



Coach Clinic – November 12, 2014
Williams Parkway PS

Duration: 2 hours

Elementary/Middle School Level

Clinicians

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Format

Introduce individual skill; highlight 2 to 3 basic elements; demonstrate with supporting drill(s). Conclude with introduction to team concepts including:

- Team service receive
- Team defence
- Team offence

Key Universal Consideration: “BEAT THE BALL”; *get to spot where ball is travelling to before the ball gets there, establish stable, ready position and execute skill.*

1. Body position

Basic athletic position to enable efficient movement to the ball consists of 2 phases:

- Resting position
- Ready position

Key considerations:

Resting Position – feet comfortably apart, shoulder width; torso leaning forward (chest over knees) ; hands resting on thighs

Ready Position - feet comfortably apart, shoulder width; torso leaning forward (chest over knees); arms in front, shoulder width; hands in front of knees. Palms slightly turned upwards; knees slightly bent so that knees slightly ahead of toes to enable forward weight.

2. Serve

Basic Elements:

1. Underhand Serve

- a. Ready position - upright position, left leg slightly ahead of right
- b. Body weight on back foot
- c. Ball held in left hand in front of torso, mid-line
- d. Serving arm straight
- e. Pendulum motion
- f. Contact with heel of hand
- g. Follow-through to target

2. Overhand Serve

- a. Ready position - upright position, left leg slightly ahead of right
- b. Body weight on back foot
- c. Serving arm is bent at elbow and either parallel to floor or straight up (fingers pointing toward ceiling)
- d. Hand in line with arm and wrist, hand and fingers are kept stiff
- e. Step and toss simultaneously in front of hitting/serving shoulder
- f. Toss only as high as you can reach
- g. Serving arm drawn back
- h. Step with left foot and serving hand swings forward in unison
- i. Contact with heel of hand
- j. Follow-through to target

3. Forearm Pass

Basic elements:

1. Ready position
2. Arms out front and away from body
3. Thumbs parallel to ensure uniform platform
4. Beat the ball
5. Ensure contact is always in front of body
6. Step through the pass

4. Face Pass/Setting

Basic elements:

1. Ready position
2. Sprint to ball and get behind it – BEAT THE BALL
3. Ideal position – if ball were not to be played it will land on forehead
4. Bring hands above forehead
5. Fingers are spread, relaxed, and curved to the shape of the ball
6. Thumbs and index fingers form diamond shape
7. Thumbs point to opposite ears
8. Arms bent approx., 90 degrees
9. Body has slight forward lean; knees slightly bent

5. Attack - Arm Swing

Basic elements:

1. “Bow and arrow” arm position, elbow slightly above shoulder
2. Non-attacking arm important when combining swing with approach
3. Attacking arm smoothly swung overhead – similar to throwing action – toward the ball using following sequence:
 - a. Attacking shoulder rotates toward the ball
 - b. Upper arm rotates forward and upward with the shoulder. Elbow and hand lagging behind
 - c. Forearm rotates forward and upward until hand contacts ball
 - d. Contact is made with open hand, fingers spread and curved to shape of ball
 - e. Whole hand contacts the ball and wrist is flexed to move hand over top of ball to create topspin
4. Contact in front of hitting shoulder
5. Full extension
6. Follow through to target

6. Attack – Approach

Basic Elements:

1. Start in an upright position, right leg slightly forward (if right handed)
2. Body weight on front foot
3. First step always towards the ball
4. Approach to the ball (3 step):
 - a. First step – medium length toward point of attack (left foot)
 - b. Second step – aggressive long step with right foot, heel first; arms swing back behind body
 - c. Third step – left leg steps forward to a position parallel to slightly in front of right foot
5. Explode to the ball

6. Block

Basic Elements:

1. Ready position - upright position close to the net, knees slightly bent, feet shoulder width apart
2. Back is straight; elbows positioned out in front of body at shoulder level
3. Hands open, fingers slightly curved
4. Lateral movement – shuffle to ensure athlete stays square to net; arms remaining in the same starting position
5. Arms not used to contribute to jump
6. Once in position where ball is likely to cross – jump straight up without dropping hands
7. Time it so that blocker is at peak of jump when ball is crossing the net
8. Cross-over step