

**Girls Volleyball Program Guide**  
**January 7-March 11**  
**Sundays 4:00-6:00PM**  
**Franklin High School**

Welcome to Girls Volleyball (Winter 2018),

The Franklin Recreation Department is pleased announce its annual girls volleyball program, designed for girls in grades 6th-8th. The town's first volleyball program was introduced eight years ago to provide girls the opportunity to learn this fast growing sport before embarking on their high school journey. Volleyball is a sport for all abilities, and our program will focus on fundamentals to improve your child's knowledge of the game.

**Equipment:**

Participants must come ready to play in sneakers, shorts and a t-shirt. Additional gear such as, knee pads, volleyball specific shoes can also be worn too but it is not mandatory. We will provide a team uniform shirt to wear each week.

**Instructors:**

Megan Woodacre played at Colby-Sawyer College where she was a four year starter, outside hitter. Megan has also assistant coached at Western New England University in Springfield, Massachusetts and at Emerson College. Megan coached this past season at Dean College.

Maddie Kuzio, Meaghan Maguire, Lizzie Boynton, Maggie Doyle, Peyton Arone and Sarah Spanek are Franklin High School volleyball players who will also be instructing your daughter this volleyball season.

**Cancellations:**

Since volleyball is an indoor sport, we will be practicing throughout most weather conditions. If a session is cancelled, we will contact you and then add a day on to the end of the session to make it up. If you have any doubt, please call the Recreation Department at (508) 613-1666

HAVE FUN!!

*Chapters*

*1. Passing 2. Setting 3. Hitting 4. Serving 5. Blocking*

**1. Passing**

Perhaps the least recognized and most critical element of volleyball is the pass. The most common and effective form of passing is the forearm pass. It's the easiest way to get the ball under control. The forearm pass is also known as the "bump pass". To use it correctly, you must join your hands together and allow the ball to strike your forearm. The most effective forearm pass or "bump pass" is:

**Wrapped fist** - Make a fist with your dominant hand and wrap it in the palm of your other hand, with both thumbs side by side and pointing at the floor. See diagram below.



Remember, it is important to:

1. Keep the ball between your wrists and elbows in the fattest part of the forearm
2. Press the wrists and hands down to hyperextend the arms
3. Lock your elbows. This gives the ball the most area to hit, and helps you control the direction of your pass.
4. Try to bend your knees before the ball gets to you so that you can both absorb the serve and re-direct the pass.
5. Don't swing at the ball, but do try to shrug your shoulders toward your target at the moment of impact.

## 2. Setting

The setter runs the offense, and determines which hitter to set. The key to good setting is consistency. The basic premise of setting is to take a bump pass and convert it to a well placed ball that can be effectively hit by another player to the opponent's court. The proper technique for setting is to raise your hands about five inches above your head with your thumbs on the bottom and pointed towards your eyes. Your fingers should be loose and slightly cupped. Don't spread your fingers any farther than necessary to receive the ball. As a guide, you'll have a two to three inch gap between both of your thumbs and both of your forefingers.

**Here are a few things to keep in mind about setting:**

1. Get to the ball.
2. Square your feet and face your target (except when you're deliberately making a back set.)
3. Bend your elbows and your knees
4. Look at the ball through the opening between your hands.
5. Bring both hands into contact with the ball simultaneously.

6. Don't let the ball touch your palm. This is called a push, and is a violation. If the ball comes to rest in you hand, or you strike the ball unevenly with either hand, you'll be in violation.

7. Receive the ball over your head, and let it snap out of your finger pads. Keep your hands above your face or you'll be whistled.

### 3. Hitting

Attacking the ball is all about timing and precision. The goal of the third hit, or spike, is to make the ball difficult for the opposing team to return. The approach for a front-row attack starts several feet behind the 10-foot line. You should be in an athletic position with your knees and hips flexed; your feet should be about shoulder-width apart, and all your weight should be on the balls of your feet.

**Call it.** Watch the ball and make sure the setter knows you want to hit by calling for the ball.

**The Approach.** The footwork for the approach goes back to what is most comfortable for you. There are variations for all hitters, but usually there is a three approach.

**Step One:** The first step is for DIRECTION. This tells the body which way it's going. Take a step with your left foot (righties).

**Step Two:** The last two steps are quick. The second step is for POWER. This should be a big, long step with your right foot. Bring your arms back as your right heel lands and your weight shifts.

**Step Three:** The last step is to STOP forward motion. The jump begins when your left foot joins your right, and you push off the floor. Bring your arms back and swing through, snapping your wrist.

### 4. Serving

Each play starts off with a serve. The server steps behind the line at the very back of the court, called the end line, and has freedom to serve from wherever he or she pleases as long as the foot does not touch or cross the line. If the server's foot crosses the end line, it is considered a foot fault, and results in a side-out—a change in possession—of the ball. There are several types of serves- float, top-spin, jump serve.

#### The Floater

Start with your feet. Put your left foot in front of your right, about shoulder width apart. Hold the ball at about eye-level with your left hand on the bottom and your right hand on top. The toss should only be high enough so that when you pull back your right arm, the hand contacts the ball on its downward swing. Toss the ball with your left hand; pull back

your right arm as far as possible and swing—but not all the way through. Pop the ball of your palm.

Stop the motion of your right arm when your hand contacts the ball, as if you're punching the ball to the other side of the net, and don't snap your wrist. This serve allows the ball to float and wiggle in the air. This makes its positioning on the opposite side of the court very hard to read, it makes it very difficult for opponents to return float serves.

### **Topspin**

The beginning steps for the topspin serve are just like the floater, but the toss for the topspin must be higher. Toss the ball high enough so that the right arm can come down on the ball in a snapping motion on the underside of the ball. It's all in the wrist. Do not stop the motion of the right arm when it contacts the ball; rather, turn your shoulder away from the ball, swing all the way through and **DO** snap your wrist. Snapping your wrist will deliver a hard and fast serve to your opponent. This is very similar to a tennis serve.

### **Jump Serve**

This is a very advanced type of serve, and it should only be used at high skill levels. Instead of keeping the feet stationary, the player tosses the ball high in the air and takes a multistep approach to hitting the ball. Although the player may land in the court after the jump serve, the feet must leave the ground behind the end line to be legal. The motions are similar to the topspin serve, but they are done in the air. Jump serves are very effective, but they are often inaccurate because of the inconsistency of tosses.

## **5. Blocking**

The volleyball block is a skill that looks simple. You just jump straight up with arms outstretched in front of the hitter, right? In reality, there is a lot more to good blocking than just throwing your hands up.

Becoming a good blocker requires an understanding of simple physics. The hitter is going to hit the ball as hard as possible at or near your forearms and hands. If you touch the ball, will it end up back in your opponent's court or will she be able to "tool" you, that is, hit the ball off of your hands or arms so that it is unrecoverable by your team?

Your job is to position yourself so that you block it back onto the hitter's side or take the heat off the attack creating an easy play for your team.

### **Starting Position**

- Stand with your hips and shoulders square to the net. Your feet should be slightly wider than shoulder-width apart. Bend your knees slightly so you can move quickly in either direction.
- Hold your arms up, elbows out, palms facing the net at about eye level. Keep your hands here whenever the ball is on the other side because it can cross the net at any time. You need to be ready whether it crosses accidentally, if their setter dumps the ball onto your side or if a hitter attacks it.

### **Footwork**

Before you can block the ball, you need to get your body in front of the hitter as efficiently as possible. You need to travel along the net in position to jump quickly and block. To accomplish this, there are two footwork patterns to choose from – the side step and the crossover step.

### **Shoulder, Arm and Hand Position**

**Strong Hands** – When you jump, spread your fingers, push your arms up over your head about shoulder-width apart and push with your shoulders. Think about trying to bring your shoulders to your ears. Drop your head to reach further over, but keep your eyes up on the hitter.

**Penetrate** – Shoot your arms as far over onto the opponent's side of the net as possible – this is called penetrating the net. Leave as little space between your arms and the top of the tape as possible without touching the net. Do not allow the ball to get between you and your side of the net.

**Turn Outside Arm In** – If you are blocking on the outsides of the court, keep your inside arm and hand flat, but angle your outside hand and forearm into the court. This way, if the ball hits that arm it will bounce off of you and back into the court, not outside the lines.