

2021-2022



FRESHERS PACK





WELCOME

You have a very exciting opportunity to make a big impact on volleyball at your university. We realise that coming into the role it's hard to know where to start so we have produced a resource pack for you to capitalise on the most important week in the HEVO calendar...
Fresher's Week!

TO SUPPORT YOU:

1

How to stand out at your fresher's fair

3

Who to expect at your first session

5

Sign up sheets (attached document)

2

How to promote your sessions to the wider student

4

A plan to deliver a mass participation event

6

Template emails to students & contact

FIRST WEEK AS A HEVO

This is your first opportunity to promote volleyball and stand out to students during the freshers fair. It is essential you have a stand to recruit students for your weekly recreational sessions.

TOP TIPS

→ Man the stand

Have 2-3 people on the stand at all times so that there are enough people to potential members - make people at ease. Be as enthusiastic & excited as possible.

→ Visual & Interactive

Make your stand visual and interactive. Try having a laptop showing volleyball videos and promoting your sessions (e.g. photos from last year).

Excellent communicator

→ Demonstrations

Take a ball and set up in high footfall areas as this attracts attention and can get people interested in coming to taster sessions.

Can do attitude

→ Give out information

Have a clear plan of dates & times for your first session so you can inform sign ups there & then. Setting up a Facebook page might also be helpful. Hand out posters & leaflets.

poster template [here](#)

TOP TIPS CONTINUED

Set up a challenge



Set a volleyball challenge for freshers with a leaderboard. The speed cage is a great way to promote it

- The speed cage is 4m wide x 4m deep x 5m high
- A speed gun measures the speed of the spike
- Cost is £50 plus delivery from Loughborough

Make a record

Use sign-up sheets to record names and details of students for promotion and marketing. Could you use iPads or laptops?

Check social media pages

Some students may contact you via Facebook to ask about sessions so keep checking and be as helpful as possible.

Excellent

communicator

"Can do"

attitude

More advertising

Ensure your sessions are advertised in as many places as possible. Posters, websites, SU social media & fresher's week guides. You can find out email templates below.

email template
here

GOOD EXAMPLES OF SOCIAL MEDIA



uonvolleyball • Follow
University of Nottingham

uonvolleyball Come and visit our stall (U2) from 10:00 to 17:00 today! We're so excited to meet and see you all! #uonfreshers
uonvolleyball #GreenandGold
redoakroller Good to meet you guys today! I hope you enjoyed freshers fair



61 likes
SEPTEMBER 25, 2017



Brunel Volleyball @brunelmball • 20 Sep 2017

Freshers Fair was Awesome, Great to see a lot of people Try Volleyball 📺 See you at our first Trials on Friday 😊 #brunelfreshers #vclleyball



1 comment 1 retweet 1 like

YouTube GB Search



NTU Volleyball @NTUVolleyball • Feb 17

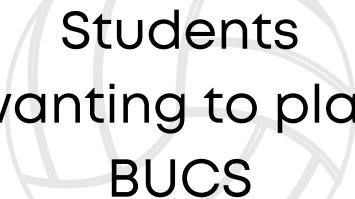
Look at all those amazing colors!!!

The @NTUPlayForFun UV Volleyball tournament is looking bright and fabulous!!
#DigSetSmash #BrusePink #I'roudtoBePink



DELIVERING YOUR FIRST SESSION

It is likely you are going to get a range of students along to the first session with different abilities and motivations for attending. As a HEVO it is important to retain as many students as possible throughout the year, therefore we have provided some information below so you know what to expect and solutions:



Students
wanting to play
BUCS



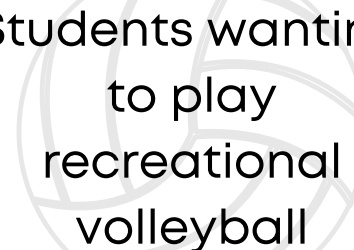
Ask your BUCS club representatives to come along to the first few sessions to provide easy routes into the club.



Students
wanting to try a
new sport



Try different formats to make volleyball stand out from other sports i.e. sitting or U.Volleyball or beach volleyball.



Students wanting
to play
recreational
volleyball



Ensure the sessions are fun, inclusive and engaging for all involved (example plan on next page).

DELIVERING YOUR FIRST SESSION

As part of the HEVO conference, you will be trained to become a HEVO. We understand that your fresher's week may come before the HEVO conference therefore we have provided an example session plan from the course to deliver for your first session

THE KEY POINTS TO REMEMBER ARE:



Make the sessions fun and inclusive to students of all abilities



Try to ensure students get maximal court time during the session so they have a positive experience



You will need at least three people involved in running the first session to cater for mass numbers

EXAMPLE SESSION PLAN - LARGE NUMBERS

SKILL INTRODUCTION

10 minutes

Group size should be based upon amount of space, balls and people in the session. The smaller groups the better as more touches.

GO SPIKE CHALLENGE

10 minutes

Play on multiple badminton courts across the sports hall to maximise student involvement.

TOP TIP

IF YOU HAVE MORE THAN 64 PLAYERS TRY TO BOOK A 2ND SESSION

ADAPTED GAME

30 minutes

In a 4 badminton court sports hall you can involve 64 players at one time (16 per court)

SET UP

Organise your group into teams of 6-10 in a circle. Set up group challenges to introduce basic skills as follows:

- 1st team for every member to successfully volley / dig the ball twice
- 1st team for every member to successfully volley / dig the ball around in a circle twice

King Ball

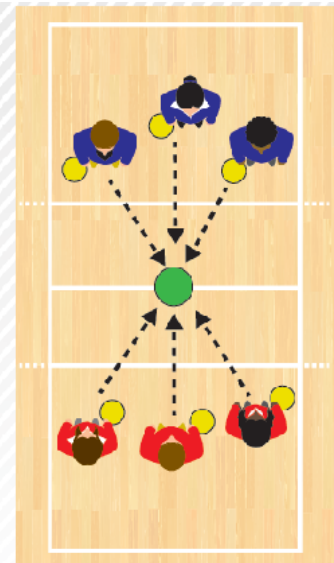
Aim: For the King Ball to pass over the winning line

- Divide the group into two equal teams
- Each team has three balls
- Each team has to hit the King Ball using a serve
- One member of the team feeds the ball back into play while other members are serving - keep it fast!

Variations

1. Players stand at the baseline
2. Use more than one ball as the King Ball
3. Throw the ball into play instead of serving it
4. Change the size of the King Ball

Top Tip: Balls to be fed back into play quickly to ensure a team member always has a ball to defend the King Ball by adding a ball chaser



King Of The Court

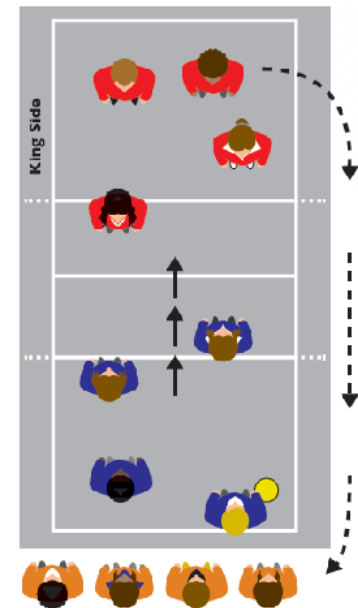
Aim: For the 'Kings' to stay on court as long as possible

- Three teams
- The 'Challengers' serve to the 'Kings' to start each rally
- If the Kings win the rally, they score a point
- If the Challengers win the rally, they replace the Kings
- The team that loses comes off court and the next team comes on
- The idea is to try and stay on the 'King side' and the first team to five points wins

Variations

1. Once a team gets to five points, mix the teams up
2. If a team wins the point with a spike, they score two points
3. If you have a large group, play with three or four teams of Challengers
4. If it's a large group, one team can referee and score

Top Tip: 'Kings' to always serve. This makes sure challengers come onto court fast and ready to play



EXAMPLE SESSION PLAN - SMALL NUMBERS

SKILL INTRODUCTION

10 minutes

Group size should be based upon amount of space, balls and people in the session. The smaller groups the better as more touches.

As an alternative to the skill introduction in the 'large numbers' guide you can also introduce the serve and spike with these simple drills (right). They are all possible in groups of 2/3:

TOP TIP

THE GAMES DON'T
NECESSARILY NEED TO
BE PLAYED IN A SPORTS
HALL.

GO SPIKE CHALLENGE

10 minutes

Can be played in a small space either within a sports hall or open area. Only a net (could be a Go Spike net band) and ball is required. This can be played in pairs and can become a really competitive challenge.

ADAPTED GAME

30 minutes

This game can be played with a few as 6 players on court. It is a great way to quickly establish equal ability teams on court and challenge all participants.

To The Baseline

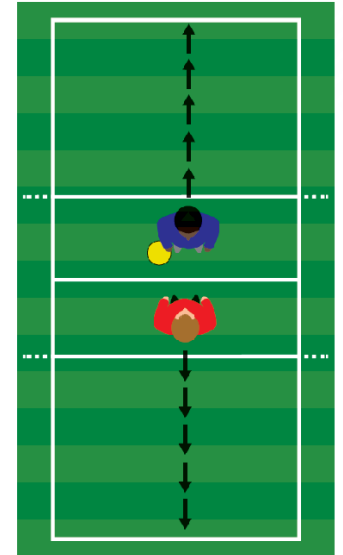
Aim: To improve accuracy of serve and for players to reach the baseline

- In pairs, with one ball
- Players stand opposite each other and take it in turns to serve
- If the serve goes over the net and is caught, both players take a step backwards
- Keep going until you reach the baseline

Variations

1. Use underarm serves
2. Make it into a race to the baseline between teams
3. Jump serve = two steps

Top Tip: For beginners serving can be a difficult skill to master. Beginners are able to throw the ball into play before moving onto the underarm serve



Wipeout

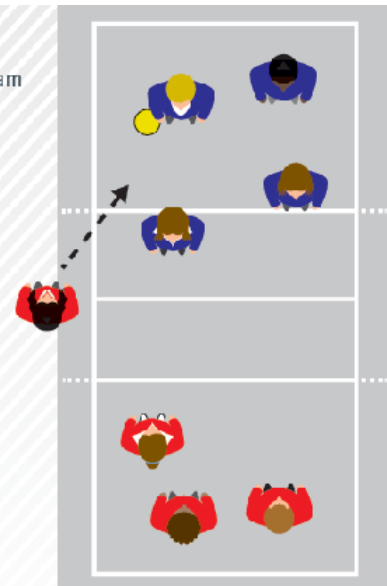
Aim: For one team to win all the players from the other team

- Two teams of four – ensure the teams are as equally matched as possible
- When a team wins a point, they also win a player from the other team
- The winning team is the first to get to ten points, or the team who wins all the players
- Player who loses the point moves to the other team

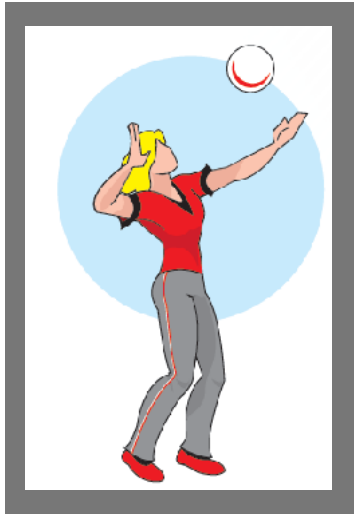
Variations

1. Time limit the game instead of points. Who has the most players after three minutes?
2. Players are allowed more than one touch to make it easier
3. Allow the team that wins the point to choose who they take

Top Tip: Accurate shots ensure the game is successful and players are not lost

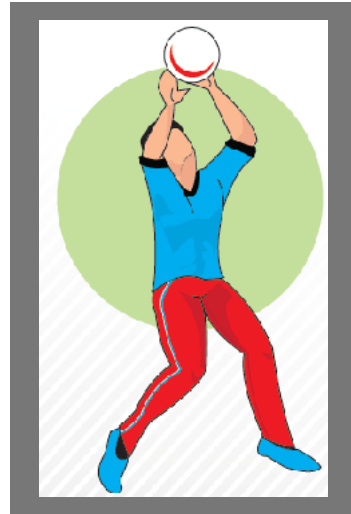


CHALLENGE IDEAS



SERVING

In pairs start at the net and take a step back every time it goes over between you and a person on the other side of the net. First one to the baseline wins.



VOLLEYING

In pairs how many volleys can you do in row.

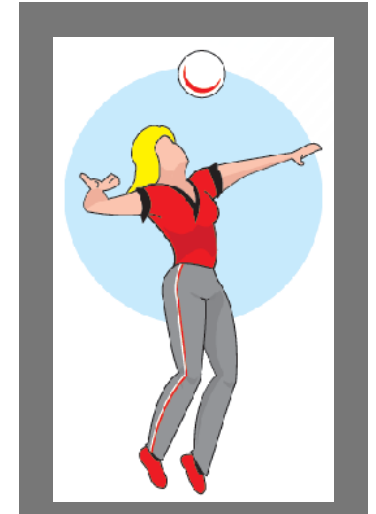
Around the world: keep the rally going by only volleying. Once touched the ball move to the back of the queue.



DIGGING

In pairs how many digs can you do in row.

Around the world: keep the rally going by only digging. Once touched the ball move to the back of the queue.

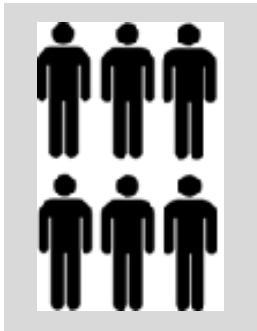


SPIKING

In pairs set up targets to aim for on the floor, adjust the distances as necessary. After practicing create a competition between the pairs using a ladder format.

STATS

68% HEVOs are still involved in volleyball since leaving their HEVO role



On average each HEVO engaged 87 students in volleyball per session

40% are likely or very likely to continue playing volleyball after university



29% of HEVO participants took part in volleyball for the first time

CONTACT DETAILS

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GO SPIKE SPEED CAGE

For universities across England

To book the Go Spike Speed Cage please contact Laura Woodruff (Project Team Lead) on 01509 227720 or HEVO@volleyballengland.org

For universities across the South West

To book the Go Spike Speed Cage please contact Andrew Potter (Plymouth Mayflower VC) on 07971 498404 or popotter40@hotmail.com.

UV GEAR

UV Gear

To book UV equipment for UVolleyball please visit www.uvgear.co.uk. You can also contact UV Gear on 01737 233 890 or info@uvgear.co.uk

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