

Sitting Volleyball Session Plan Six

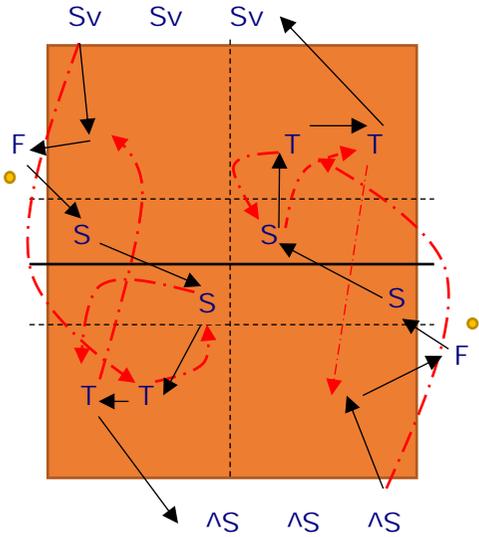
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| Date: | | Time: | |
| Group: | Mixed Male/Female | Ability: | Beginner |
| Coach: | | Learner coach: | |
| Session goals: | Communication; bringing learning to date together in game play | | |

Session Health and Safety Considerations: These will differ depending on the training environment; however, things to consider are: that the space to be used is free of obstructions, the sitting volleyball equipment is set up safely and securely, no fire alarm tests are due, access routes to fire assembly points are clear, a first aider is on site, balls are inflated to correct pressure, athletes are fit and well before commencing session.

Introduction and Warm Up (15 mins):

Welcome attendees and recap session five. Outline Session 6 goals. Begin warm up with stretching and movement. Suggested warm up with focus on movement:

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| 1. | | <p>1. Players (P and P) start behind the side line and take it in turns to move through the cones to the other side;</p> <p>2. Once everyone is on the other side, repeat going the other way, back to the start.</p> |
| 2. | | <p>1. As before, but players weave in and out of the rearranged cones (as shown).</p> |
| 3. | | <p>1. Players (P and P) start behind the side line and take it in turns to move in a figure of 8 through the 1st set of cones, back to the start then forward to the 2nd set of cones where they move in a figure of 8 before moving to the other side of the court. then move through the cones to the other side;</p> <p>2. The first team to get all players across to the other side wins.</p> |
| 4. | | <p>1. Players now move laterally, diagonally, laterally, backwards, diagonally, backwards to start;</p> <p>2. Their buttocks must be over the side line before the next person goes.</p> |

| Duration | Coaching Points (CP)/Activities/Organisation | | Reference |
|--------------------|--|--|-----------|
| Hitters v Blockers | | | |
| 10 Mins | Butterfly |  <p>1. The red lines signify ball flight; the black lines denote player movement;</p> <p>2. Servers (Sv) at each end of the court, serve to Targets (T) opposite and move into court;</p> <p>3. If the serve doesn't reach the Ts, the Feeder (F) feeds a free ball;</p> <p>3. Whether it is the serve or free ball, Ts call for the ball and pass to Setter (S);</p> <p>4. S passes back to either T;</p> <p>5. Receiving T sends the ball over the net to the Sv who has now moved into court;</p> <p>6. Setters block;</p> <p>7. If the pass goes over the block, Sv catches the ball and recycles it to line of Servers;</p> <p>7. All players move as shown by black lines;</p> <p>8. Repeat steps 2-8.</p> <p>CP – This practice enables players to try everything learned to date, serving, passing, hitting, blocking and movement. It can break down, so use the Feeder where necessary.</p> | |
| 25 Mins | Communication | <p>1. 1. Two teams of 6 set up on court;</p> <p>2. The Coach feeds alternately to both sides;</p> <p>3. Each receiving player <u>must</u> call for the ball and use two hands to contact it i.e., from the Coach fed ball and every pass thereafter;</p> <p>4. The rally is played out and whichever team wins scores a point;</p> <p>5. Play to 15 points.</p> <p>CP – If a player does not call for the ball before contacting it, or does not use two hands to play it then the point automatically goes to the other side.</p> | |

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| <p>35 Mins</p> <p>5 Mins</p> | <p>Gameplay</p> <p>Warm Down</p> | <p>2. 1. Two teams of even ability set up on court; 2. Coach feeds a ball to either side and the rally is played out; 3. For the first 5 points nobody is to speak/call – if they do the point goes to the other side; 4. For the next 5 points, the Setter only must call – if they don't the point goes to the other side; 5. For the next 5 points, the Setter and Middle Hitters only must call – if they don't the point goes to the other side; 6. For the next 5 points, the Outside Hitters only must call – if they don't the point goes to the other side; 7. For the remainder of the set, everyone must call – if they don't the point goes to the other side; 8. The first team to 21 points wins.</p> <p>This can be a mix of 2v2 or 3v3 (champion of the court) or 6v6 with focus on bringing together all the components learned over the last 5 weeks. Three sets to 15 points each, for example.</p> <p>In a group or individually. Thank players for their participation in the 6-week taster sessions.</p> <p style="text-align: center;">END</p> | |
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