STUDENT VOLLEYBALL!

HEVO FRESHERS PACK
Firstly we would like to welcome you to the HEVO programme. 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 capitalise on the most important week in the HEVO calendar... Fresher’s Week!

Your welcome pack will be with you in the next few weeks, and will contain all the below tools to plan, recruit and deliver your 1st session during fresher’s week:

- A fresher’s pack containing
  - Advice on how to promote your sessions
  - Sign-up sheets
  - Template emails to students
  - A plan to deliver a mass participation session

- A Game in a Bag

- A USB Stick containing all important documentation including promotional material
**1ST WEEK AS A HEVO**

**STAND OUT**

Your 1st opportunity to promote volleyball to students is during the fresher’s fair. It is essential you have a stand to recruit students for your weekly recreational session.

**TOP TIPS**

- Man the stand with 2-3 people. Try to stand out from other clubs. What’s your unique selling point?
- Make your stand visual and interactive (example pictured below).
- Demonstrate the sport using the ‘Game in a Bag’ provided (pictured below)
- Use sign-up sheets (included in pack) to record names and details of students for promotion and marketing. Could you use iPads or laptops?
- Have a clear plan of dates and times for your 1st session so you can inform sign ups there and then
- Hand out posters and leaflets (can be found on your USB stick) to promote your session
FURTHER PROMOTION

Following the fresher’s fair it is important you continue the recruitment drive by reaching out to the wider student audience using these tips:

**MORE ADVERTISING**
Ensure that your sessions are advertised in as many places as possible - posters, website, SU social media and Fresher’s Week guides. You also will have email addresses and numbers from Fresher’s fair so make sure you use the template emails on USB.

**CHECK YOUR SOCIAL MEDIA PAGES**
Some students may contact you via Facebook to ask about the sessions, so keep checking and be as helpful as possible.

**BE IMAGINATIVE**
Volleyball can be played in different formats, anytime, anywhere.

![Image of people playing volleyball]

**DEMONSTRATIONS**
Use your Game in a Bag to set up anywhere - in the SU building, library, or around campus where there is a good flow of people walking past. This attracts attention and can get people interested in coming along to taster sessions.

**UVOLLEYBALL**
How about delivering a UVolleyball festival during fresher’s week? We have found it’s a great way to attract students. If you don’t have the equipment ‘UV Gear’ rent the lights and sell paint, lines and balls.

T - 01737 233 890
E - info@uvgear.co.uk
W - www.uvgear.co.uk

#HEVOGoSpike
**1ST SESSION**

It is likely you are going to get a range of students along to the 1st 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:

As part of the HEVO conference you will be trained to become Go Spike Student Activators. We appreciate that your fresher’s week may come before the conference therefore we have provided an example session plan from the course to deliver for your 1st 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 3+ people involved in running the 1st session to cater for mass numbers

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**Students wanting to play BUCS**

Ask your BUCS club representatives to come along to the 1st 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 volleyball or UVBall or beach volleyball

**Students wanting to play recreational volleyball**

Ensure the sessions are fun, inclusive and engaging for all involved (example plan on page 5).

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Students wanting to play BUCS

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#HEVOGoSpike
**Example Session Plan**

**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.

**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:

**Challenges**

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 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.

**TOP TIP**

If you have more than 64 players try to book a 2nd session.

#HEVOGoSpike
**Go Spike Speed Cage**

The Go Spike Speed Cage is a great way to promote volleyball and raise awareness of your club. You will be trained to use it during the conference.

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

To book the Speed Cage, please contact Samantha Harding, Adult Participation Manager, on s.harding@volleyballengland.org or call 01509 227722.

**Go Spike Game in a Bag**

Included in your pack is a ‘Game in a Bag’. A perfect environment to use this equipment is during fresher’s fair or demonstration events.

The ribbon is your net - tie it between two posts, hold it or even lay it on the floor. It’s extremely versatile and can be set up in seconds

**Further Information**

For more information or any questions relating to Higher Education volleyball, please contact

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