



Volleyball Teamwork & Technique (ages 7-12)

Activity Reference Guide

Pepper with a Partner

Purpose: Bumping, Setting, Hit

Equipment: Volleyballs, Standing Spots

Set Up: Put down colored spots, or use court markers, to show partners where to stand. They should be approx. 5' from one another to start.

Bumping Execution:

Skill Breakdown: Bumping Technique

- Coach demonstrates proper bumping technique. Have players give each partner 5 – 10 practice bumps.

Game execution:

- Have players partner up and follow this cycle:
- Player # 1 throws the ball to Player # 2.
- Player # 2 Bumps it to Player # 1 who then tries to Bump it back to Player # 2.
- Player # 2 catches (or gets) the ball and restarts the cycle.
- Player # 2 throws it to player # 1.
- Player # 1 Bumps it to Player # 2.
- Player # 2 Bumps it back to Player # 1

Once they get the hang of it, Set a record number of Bumps back and forth till the ball drops or rally ends. Set a 2- or 3-minute timer.

Setting Execution:

Skill Breakdown: Setting Technique

- Coach demonstrates proper Setting technique. Have players give each partner 5 – 10 practice Sets.

Game execution:

- Have players partner up and follow this cycle:
- Player # 1 throws the ball to Player # 2.
- Player # 2 Sets it to Player # 1 who then tries to Set it back to Player # 2.
- Player # 2 catches (or gets) the ball and restarts the cycle.
- Player # 2 throws it to player # 1.
- Player # 1 Sets it to Player # 2.
- Player # 2 Sets it back to Player # 1

Once they get the hang of it, Set a record number of Sets back and forth till the ball drops or rally ends. Set a 2- or 3-minute timer.

Pepper w/ Partner Execution:

- Have players partner up and follow this cycle:
- Player # 1 throws the ball to Player # 2.
- Player # 2 Bumps it to Player # 1

- Player #1 then Sets it back to Player # 2.
- Player # 2 Hit (spikes) the ball and restarts the cycle.
- Player #1 Digs/ Bumps it to player #2.
- Player #2 Sets it to Player # 1.
- Player # 1 Hits it back to Player #2 and keeps the rally going until ball drops.

Once they get the hang of it, Set a record number of Bumps back and forth till the ball drops or rally ends. Set a 2- or 3-minute timer.

- Coach Sets a Record Number (A rally of 5 bumps) Sets a 2 min. timer. They have 2 minutes to beat and set a new record. Every time the ball drops, rally ends; their count resets back to 0 and retries.
- On coach's whistle Player #1 tosses the ball to player #2 to start the rally.
- Each bump is counted until rally ends and ball drops to the ground. Then players restart. Count starts back at 0.
- If a team beats the record and sets a new record the time stops, and a new round is started.
- Coach Sets New Record Number & resets 2 min timer.

Variations:

- Over the Net Edition - Have players stand on either side the of the net and pass back and forth.