



Volleyball Teamwork & Technique (ages 7-12) Activity Reference Guide

Popcorn Setting

Purpose: Setting,

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.

Setting Execution:

Skill Breakdown: Setting Technique

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

Game execution:

- Have players partner up and follow this cycle:
- Player # 1 Tosses the ball to self for a small self-set then on the second Set...Sets a bigger set to Player # 2.
- Player # 2 receives Set and first performs a small self-set then... Sets a bigger set back to Player # 1
- Once they get the hang of it, Set a record number of (Popcorn Sets) Sets 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 Sets) 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 Set 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.