

# VOLLEYBALL SKILL STATIONS

Printable Lesson Kit



PE  POWERPACK





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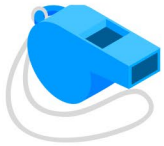
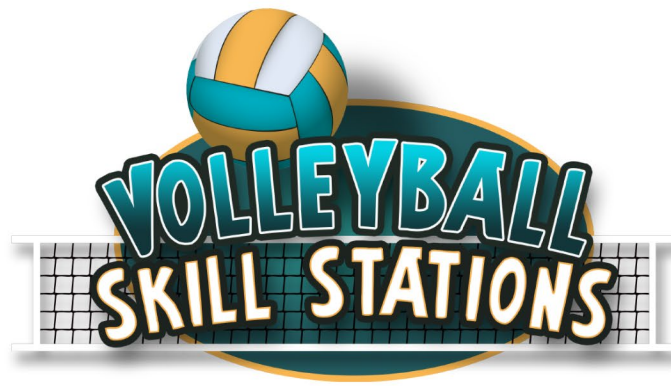
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Station work is a popular tool used by many physical education teachers. It gives students the opportunity to explore many areas of a skill, practice these skills, then apply them to a game situation.

Before getting started, the teacher should take the entire class on a tour of each station. This way, the teacher can explain their expectations, demonstrate the skills of each station, and explain how to rotate to the next station. It is important the educator explains how each skill can be used in game situation along with various tips on how to perform the skill properly.

The great thing about station work is the freedom of students to explore various levels of skill with little anxiety. Kids who are new to a sport or skill do not feel pressure of having the entire class watch them perform. At the same time, the more experienced athletes can challenge themselves and polish their skills.



## Equipment

Refer to the Station Setup Guide to see what equipment is needed for each activity.



## How it Works

1. Print and laminate each of the 20 station posters.
2. Decide which posters you will be using and how long you will have the kids stay at a station before rotating. We recommend 5-8 minutes.
3. Set up your stations by attaching each poster to the wall or to a tall cone. Add any necessary equipment. Spread your stations out so students will have enough space to perform the task safely.
4. Introduce your students to each station. Teach the relevant skills, explain how long they will spend at each station and where they will rotate next.
5. Place the students in even groups and divide them up between the stations.
6. Blow your whistle to have the students begin. Put on some fun, upbeat music. Walk around to answer questions and help students complete the activities.
7. After the set time has elapsed, blow the whistle again and have the students rotate to the next station. Continue for the duration of your session.



# SETUP GUIDE

**Note:** For all stations, beach balls or balloons can be substituted for volleyballs to make it easier.

STATION NAME	EQUIPMENT	HOW IT WORKS
<b>1 Hula Tap</b>	1 volleyball or substitute per group, hula hoops	Tap the beach ball back and forth with your teammates without stepping outside your hula hoop
<b>2 Bump &amp; Go</b>	1 volleyball or substitute per group	Stand in a triangle or circle and bump the ball from player to player
<b>3 Eye Hand Juggle</b>	2 sponge balls per group	Simultaneously pass 2 balls from player to player in your group
<b>4 Balloon Tap</b>	1 balloon per kid	Tap the balloon to yourself while experimenting with bumps, sets and spikes
<b>5 Strike a Pin</b>	1 volleyball or substitute per kid, bowling pins	Serve the ball to knock over a bowling pin
<b>6 Volley Tennis</b>	1 volleyball or substitute per group, short net (made of cones or gym mats)	Modified game of volleyball using a short net and small court. Players can have unlimited touches on their side of the net before tapping it over. No spiking.
<b>7 Bump &amp; Clap</b>	1 volleyball or substitute per kid	Bump the ball into the air and clap between each repetition
<b>8 Tic Toc</b>	1 volleyball or substitute per kid	Tap the ball back and forth between your 2 hands
<b>9 Bounce &amp; Set</b>	1 volleyball or substitute per kid	Bounce the ball off the ground, high over your head, then set it into the air with your fingertips
<b>10 Sit &amp; Set</b>	1 volleyball or substitute per kid	Sit on the floor and try to set the ball up into the air repeatedly
<b>11 Wall Spike</b>	1 volleyball or substitute per kid	Spike the ball into the ground, so it bounces off the wall and back to you
<b>12 Volley Basketball</b>	1 volleyball or substitute per kid, milk crate, large bucket or storage bin	Bump, serve or set the ball into the target
<b>13 4 Square Volleyball</b>	1 volleyball or substitute per group, 4-square court	Tap the ball into your competitor's square to earn points
<b>14 Volley Knockout</b>	1 volleyball or substitute per kid, milk crate, large bucket or storage bin	Race against competitors to bump, serve or set the ball into the target to earn points
<b>15 Volley Walk</b>	1 volleyball or substitute per kid, 4 cones set up in a square	Walk around the square while tapping the ball to yourself
<b>16 Frankenstein Walk</b>	1 volleyball or substitute per kid, 4 cones set up in a square	Walk around the square while balancing 2 balls on the backs of your hands
<b>17 Pickle in the Middle</b>	1 volleyball or substitute per kid, 4 cones set up in a line (see illustration)	2 outside players pass the ball back and forth, keeping it away from the inside player trying to intercept it
<b>18 Hot Potato</b>	1 volleyball or substitute per group	Quickly pass the ball from player to player without holding it for longer than 1 second
<b>19 Diving Dig</b>	1 volleyball or substitute per kid, gym mat	Kneel on gym mat and make diving digs as your partner tosses the ball to you
<b>20 360 Spin Catch</b>	1 volleyball or substitute per kid	Toss the ball against the wall, spin around, and catch it

# HULA TAP

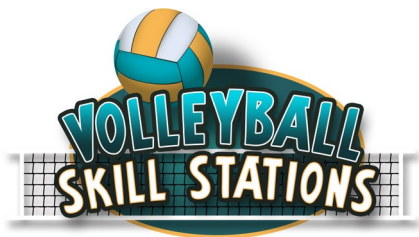
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## INSTRUCTIONS:

1. Grab a ball and a group of 2-4 teammates. Set up in a circle with each child standing inside a hula hoop.
2. Start by tapping the ball to a teammate. Continue tapping the ball around your circle without letting it hit the ground.
3. All players must keep one foot inside the hula hoop at all times.
4. To make it easier, get rid of the hula hoops and allow everyone to move around freely.





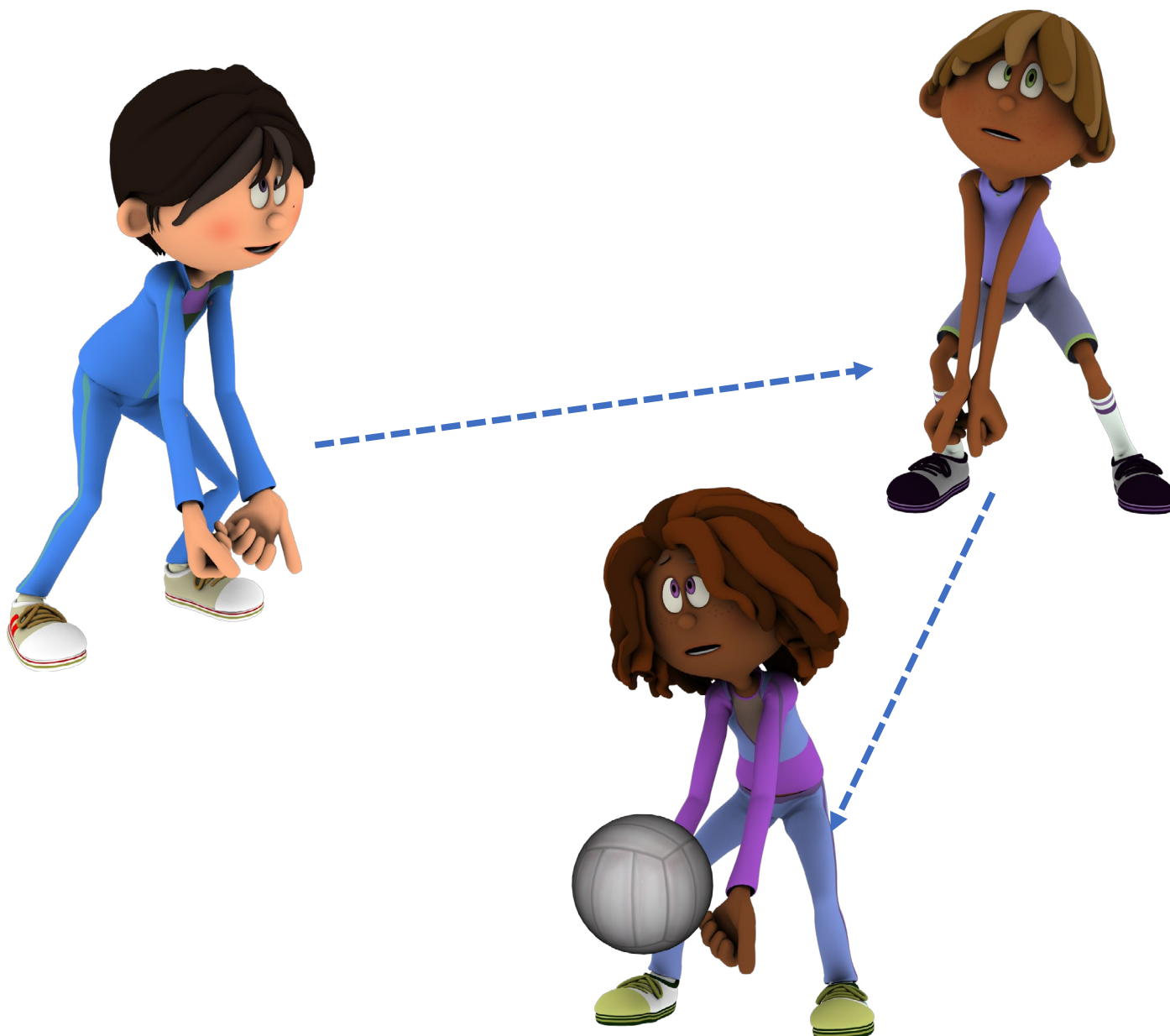
# BUMP & GO

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## INSTRUCTIONS:

1. Grab a ball and a group of 2-3 teammates and set up in a triangle or square.
2. Using your forearms, bump the ball to one of your teammates.
3. How many times can you bump the ball in a row without letting it hit the ground?







# EYE-HAND JUGGLE

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## INSTRUCTIONS:

1. Grab 2 sponge balls and a group of 2-3 teammates
2. Pass both balls around at the same time, following the same pattern from player to player.
3. When a ball comes to you, catch it and immediately make a good toss to one of your partners. Both balls must keep moving at all times!
4. See how many times your group can pass the two balls without dropping.





# BALLOON TAP

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## INSTRUCTIONS:

1. Grab a balloon and find some empty space.
2. See how many times you can tap your balloon into the air. No catching allowed!
3. Try to use a volleyball bump, set and serving motion if you can.
4. If it becomes too easy, try to tap 2 balloons at a time.





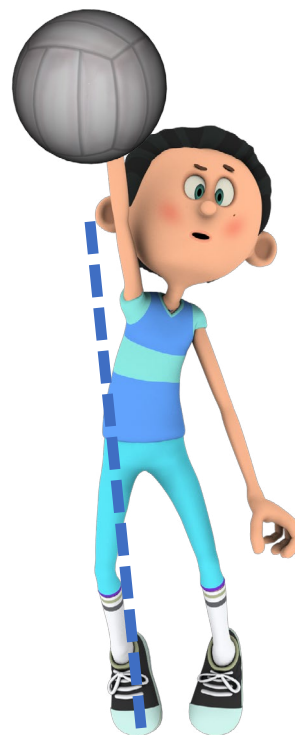
# STRIKE A PIN

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## INSTRUCTIONS:

1. Grab a ball and stand about 10 feet away from the pin.
2. Stand behind your hitting line and serve the ball at the pin trying to knock it over. Then retrieve the ball, stand up your pin if needed, and try it again.
3. You can serve overhand or underhand.
4. If it's too easy, move farther away. If it's too hard, move closer!



# VOLLEY TENNIS

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## INSTRUCTIONS:

1. Grab a ball and split your group into 2 teams of 2-4 kids. Each team stands on one side of the "net."
2. Tap the ball over the net to the other team. If it hits the ground on their side, you get a point. You can tap the ball as many times on your own side before hitting it over.
3. No spiking allowed!
4. Start by playing with a balloon or beach ball. Once you get the hang of it, switch to a real volleyball!





# BUMP & CLAP

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## INSTRUCTIONS:

1. Grab a ball and find some open space.
2. Toss the ball high enough in the air so you can clap your hands 1 time.
3. After you clap, as the ball comes to your hands, bump it in the air, then catch the ball. Reset, then do it again.
4. See how many times you can do it in a row.
5. When 1 clap becomes too easy, try doing 2 claps!







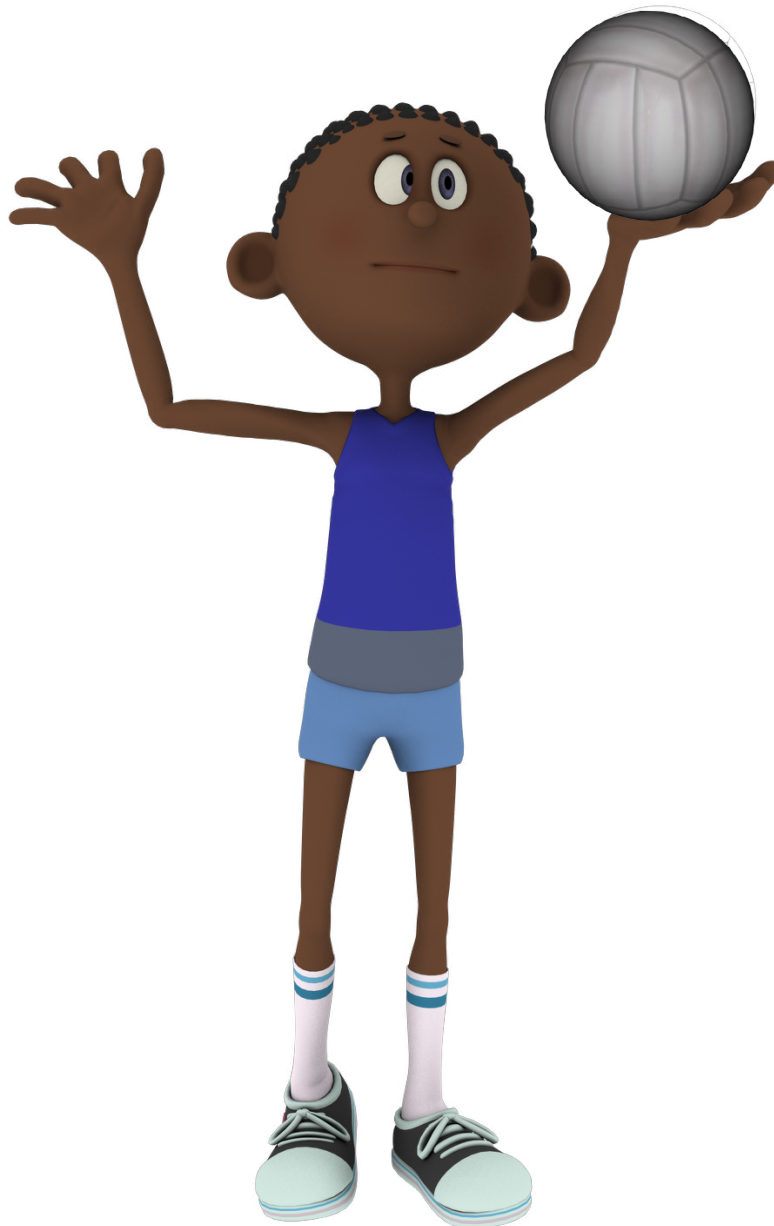
# TIC TOC

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## INSTRUCTIONS:

1. Grab a ball find some empty space.
2. Start with the ball in your right hand. Gently toss it to your left hand, then tap it back to your right.
3. Keep tapping it back and forth between your two hands. How many times can you tap it in a row?





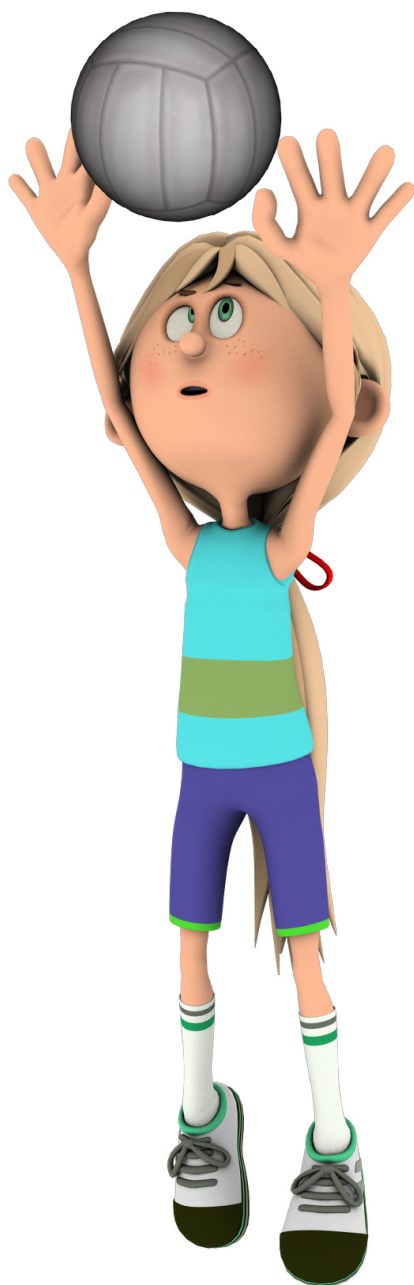
# BOUNCE & SET

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## INSTRUCTIONS:

1. Grab a ball and find some empty space.
2. Bounce the ball hard off the ground so it travels up over your head.
3. As the ball starts to come down, place your hands together and tap the ball up into the air using your fingertips.
4. Catch the ball and repeat.





# SIT & SET

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## INSTRUCTIONS:

1. Grab a ball and find a spot to sit on the floor.
2. Put both hands above your head and set the ball into the air using your fingertips. As it comes down, set it to yourself. Repeat the process as many times as you can.
3. Since you are in a sitting position, it will force you to make accurate sets/passes to yourself.
4. See how many times you can do it in a row.
5. If that gets too easy, try setting back and forth with a seated partner.







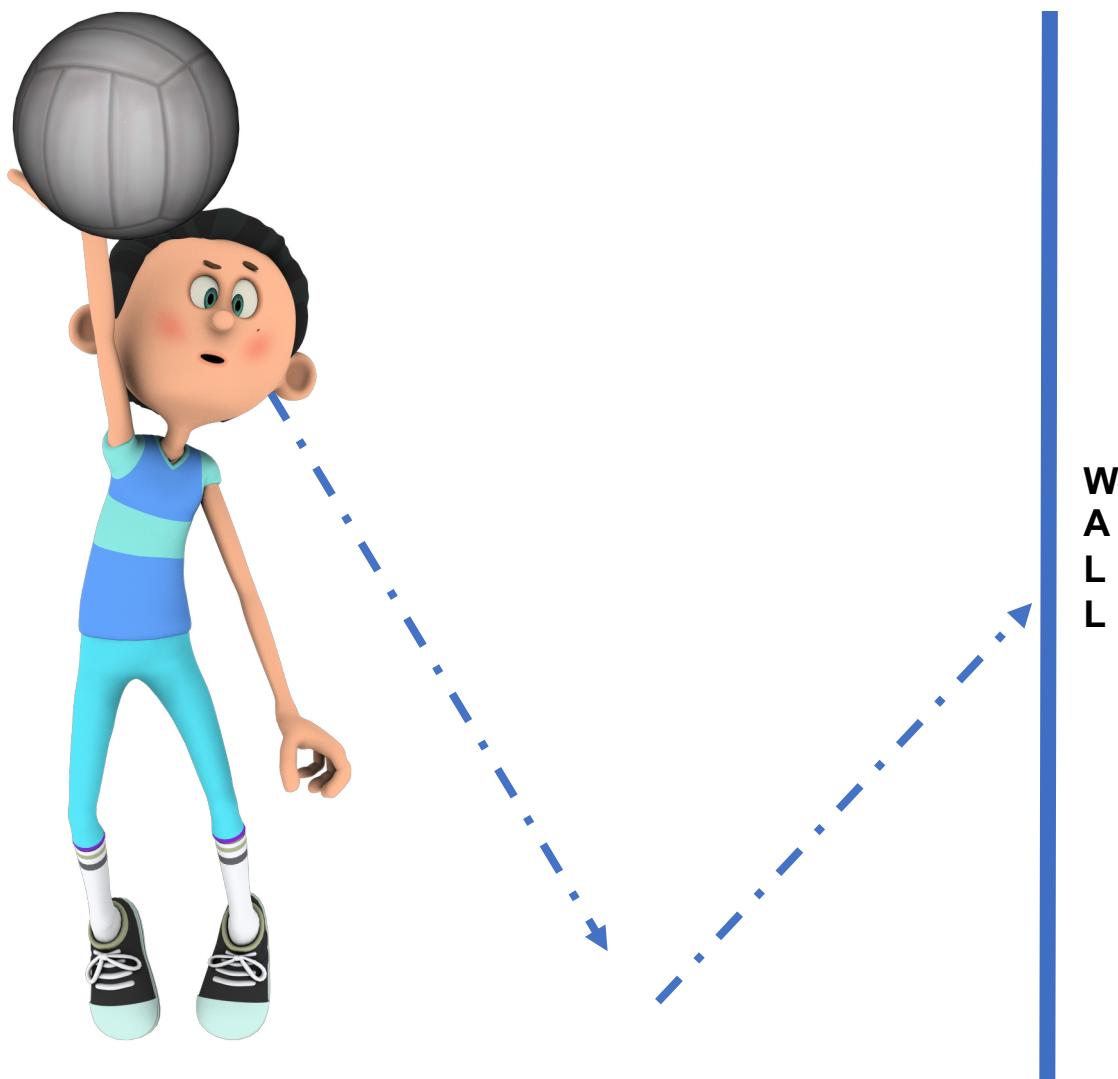
# WALL SPIKE

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## INSTRUCTIONS:

1. Grab a ball and stand about 10 feet away from the wall.
2. Spike the ball down into the ground so it bounces off the wall and comes back to you.
3. Catch it and repeat.
4. If that gets too easy, try spiking it several times in a row. How many times can you do it without losing control?



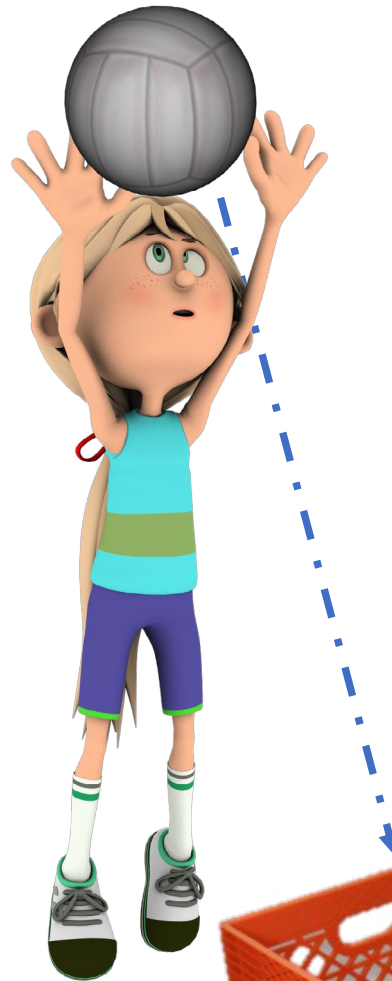


# VOLLEY BASKETBALL



## INSTRUCTIONS:

1. Grab a ball and stand around 5 feet away from your target.
2. Try bumping, setting, or serving the ball so it lands inside the target.
3. See how many times in a row you can hit the target. When it becomes too easy, move further back.

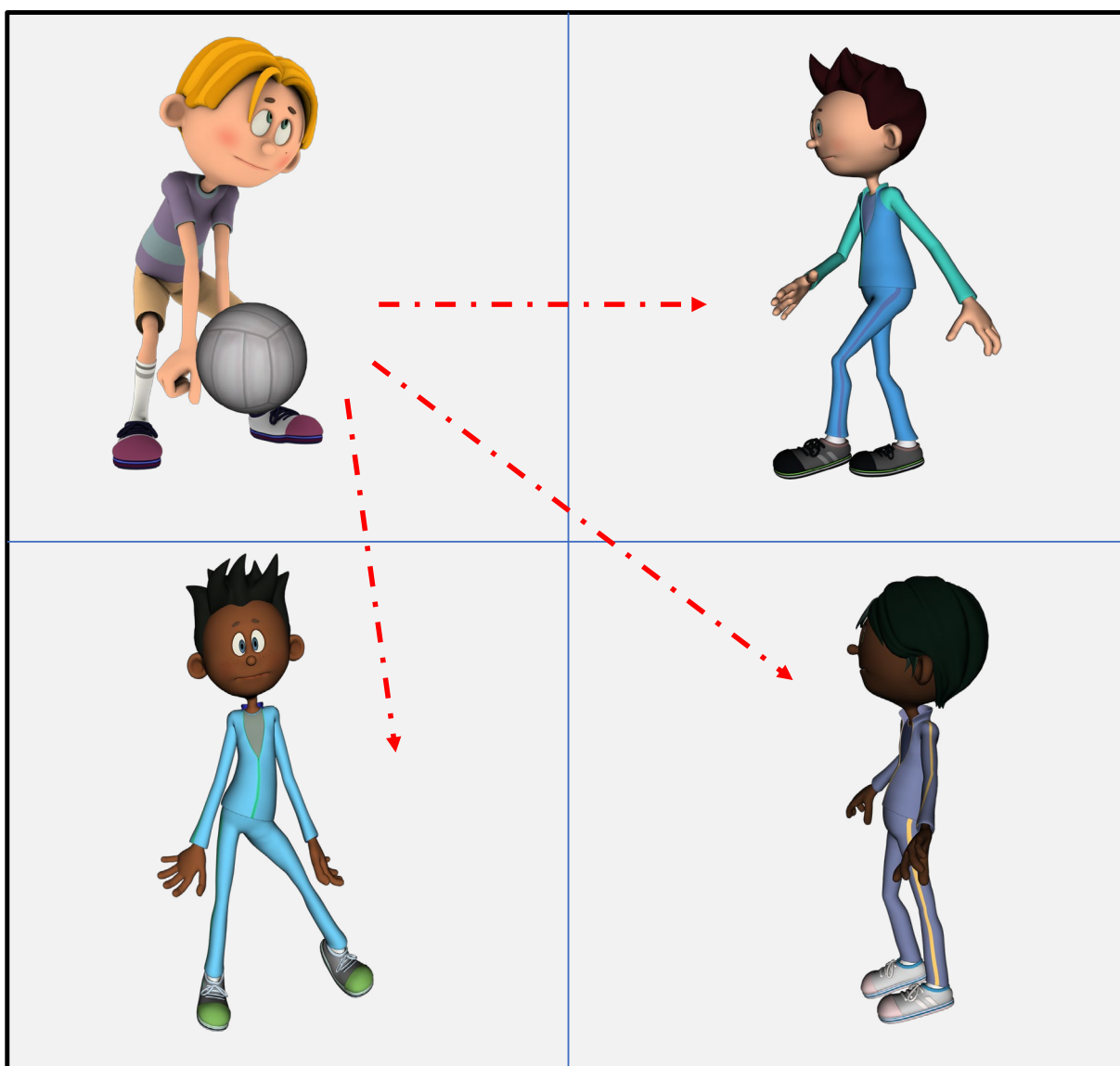


# 4-SQUARE VOLLEYBALL



## INSTRUCTIONS:

1. Find a group of 4 players to play with. One kid will stand in each square of the 4-square court.
2. On 'go' the child with the ball will set, bump or tap the ball into the air and try to get it to land in one of the other 3 boxes.
3. The kid in that box will try to tap it into someone else's box.
4. If it lands in someone else's box, the person who hit it last gets a point.





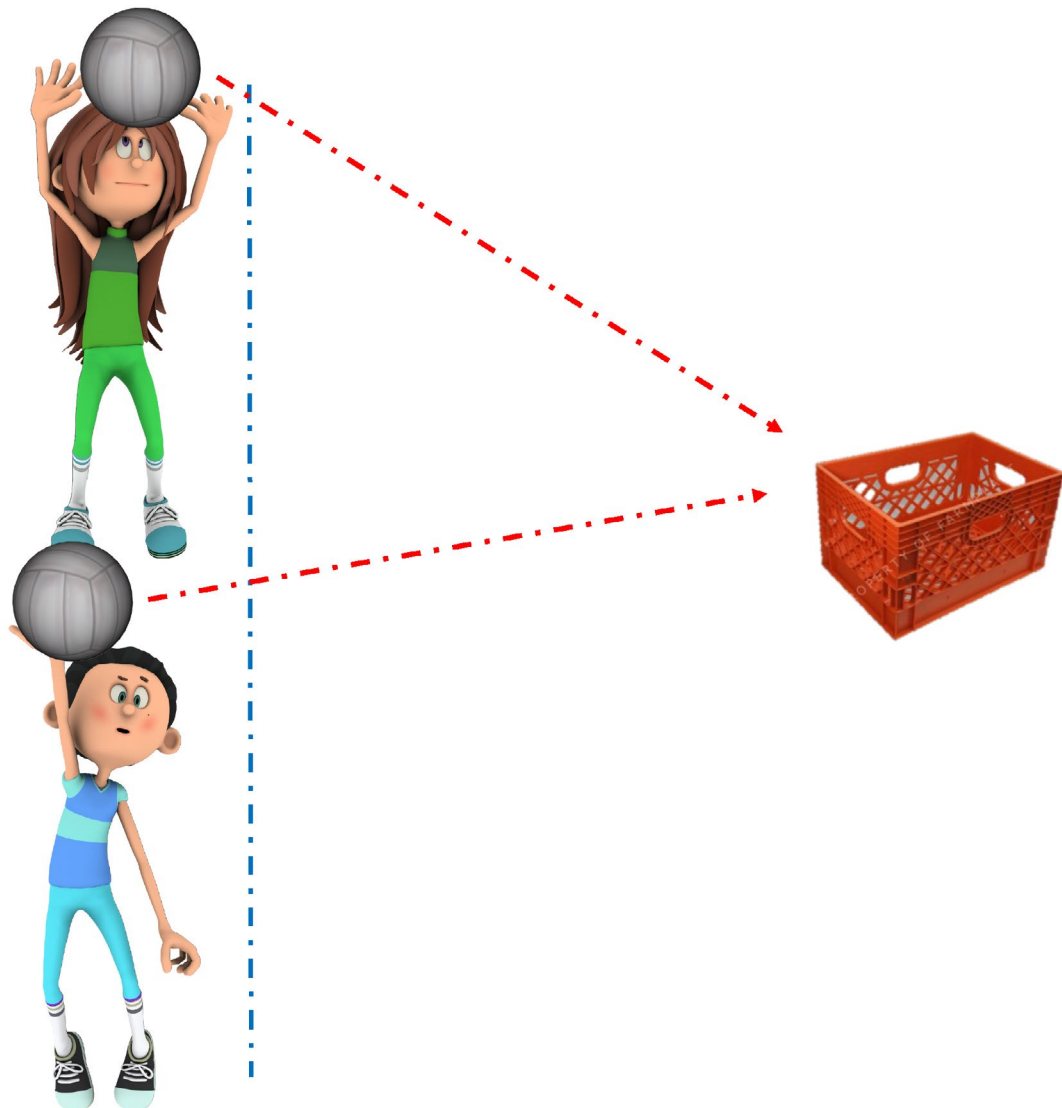


# VOLLEY KNOCKOUT



## INSTRUCTIONS:

1. Find a group of 2-3 other kids to play against. Everyone lines up around 10 feet away from the target.
2. On "go" everyone tries to bump, set or serve their ball into the target. Whoever gets their ball in first gets a point.
3. Re-set, then play again. First player to get 3 points wins!





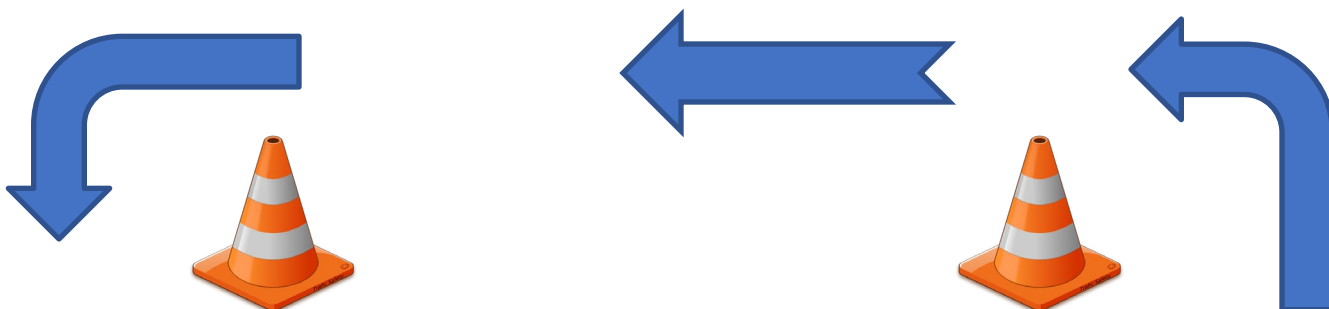
# VOLLEY WALK

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## INSTRUCTIONS:

1. Grab a ball and stand at one of the cones set up in a square pattern.
2. Start by tapping the ball up into the air and begin walking around the cones. Your goal is to walk all the way around the cones while tapping the ball up.
3. If the ball hits the ground or you have to catch it, start over!
4. Use a beach ball or balloon if the volleyball is too hard.



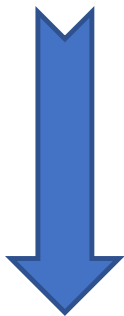
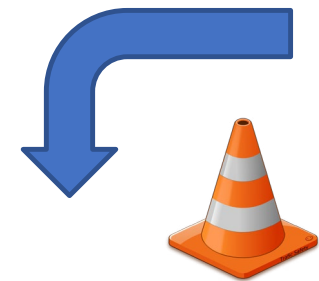


# FRANKENSTEIN WALK



## INSTRUCTIONS:

1. Find a partner and two balls, and stand at the first cone.
2. When ready, put both hands in the air (as shown in image) with your palms facing down.
3. Have a friend balance a ball on top of each hand, then try walking around the cones without letting the balls drop.
4. If that's too hard, try balancing 1 ball on both hands instead!







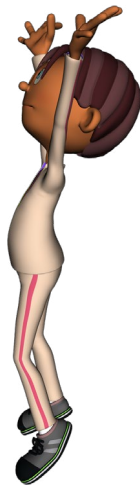
# PICKLE IN THE MIDDLE

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## INSTRUCTIONS:

1. Grab a ball and 2 partners. 1 kid will stand in the middle zone while the other 2 kids stand in the outside zones.
2. The 2 outside players will try to bump, set or serve the ball to their partner in the other outside zone. The middle player will try to knock the ball out of the air or intercept it.
3. Once the middle kid gets the ball, they move to the outside zone and are replaced by another player.



# HOT POTATO

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## INSTRUCTIONS:

1. Grab a ball and 3-4 teammates. Spread out into a circle.
2. On "go" toss the ball to another kid in your group. They must catch it and immediately toss it to someone else.
3. You cannot throw the ball back to the child who threw it to you.
4. See how many times you can pass it without the ball hitting the floor.



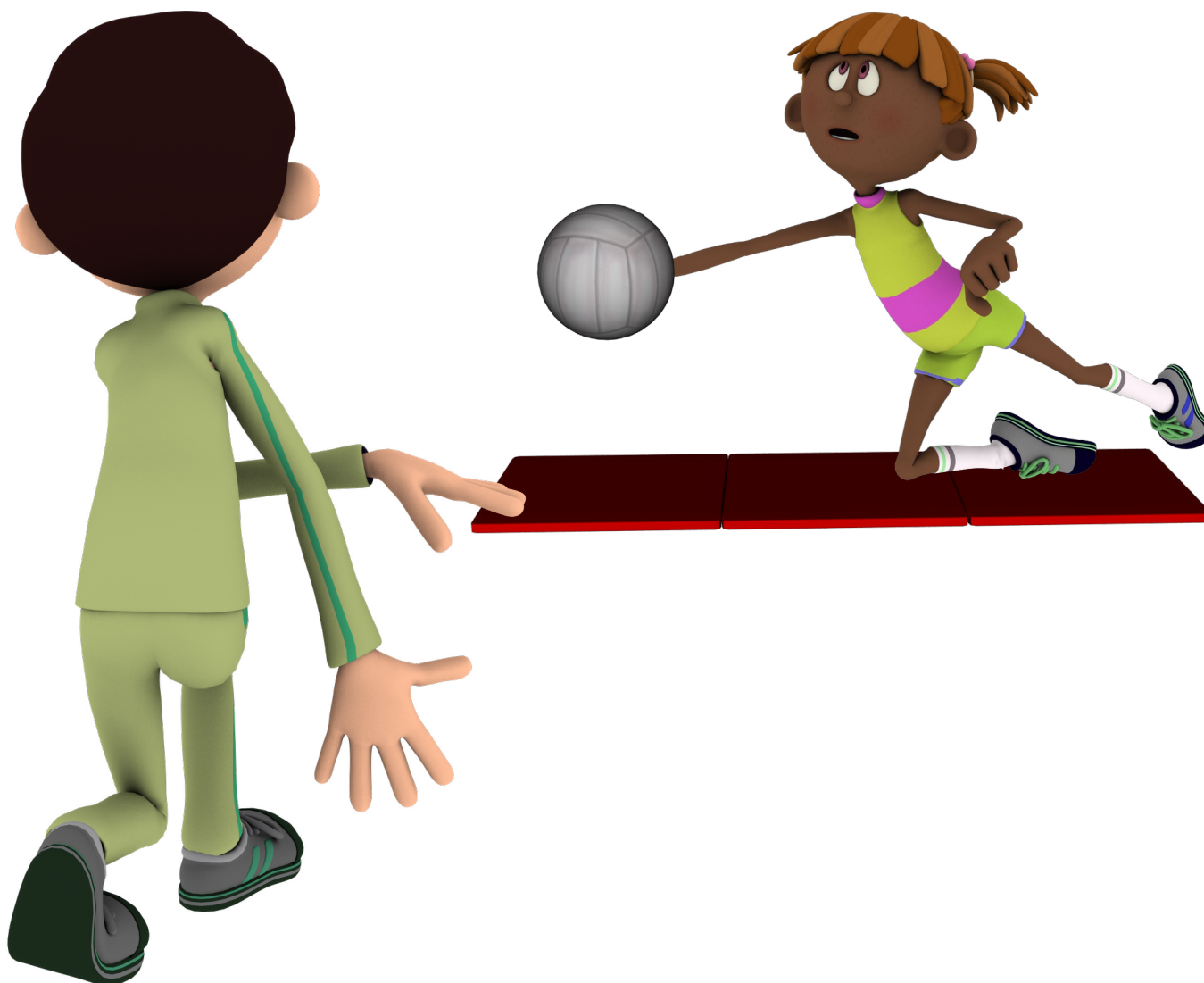
# DIVING DIG

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## INSTRUCTIONS:

1. Grab a ball and find a partner to play with.
2. Kneel down on the mat, about 10 feet away from your partner.
3. When you're ready, your partner will softly toss the ball to your left or right, so you have to make a diving dig. Try to tap the ball up high and back towards your partner.
4. Use a beach ball or balloon to make it easier.







# 360° SPIN CATCH

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## INSTRUCTIONS:

1. Grab a ball and stand around 5-10 feet away from the wall
2. Toss the ball high against the wall, then do a quick 360° spin
3. Find the ball in the air and catch it.
4. Every time you catch one, take a step back and try again.
5. How many times can you do it in a row without the ball hitting the floor?

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