



PODAR ENRICHMENT ACADEMY

Learning for Life

└ **Volleyball**

└ **Skill:**

1) **The serve:-**

- Overhead service (Tennis)
- Round arm service
- Floating service (side arm)

2) **The pass:-**

- Overhead pass-two handed pass with back rolling
- Two handed pass with side rolling
- Jump and pass
- Under arm pass.
- Forward dive and pass.
- One arm passes with side rolling.

3) **The set up:-**

- Setting up for quick smash
- Move and set up (from back zone)

4) **The net recovery:-**

- Two handed overhead pass with and without rolling.
- One hand underarm pass with and without rolling.

5) **The attack:-**

- Smash with turn of body.
- Smash with wrist.
- Round arm smash.
- Smash on short pass.
- Simple attack combinations.

6) **The Block’:-**

- Double block against different types of attack.
- Double block against assigned zone.
- Double block against quick attack.
- Double block against attack combinations.
- Double block against attack from zone.

7) **Lead up games:**

- Bounce volleyball
- Shover ball.
- Double (two vs. two)
- Three against three.

8) **Relaxation exercise.**
