

CEV School Project

Park Volley Exercises Guide

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SCHOOL
VOLLEY
BALL

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Introduction

Under the CEV School Project and Erasmus+ programme "Play Volleyball, grow with it", this instructional guide aims at helping and enabling any coach or teacher involved in physical education classes to implement Park Volleyball practices with children aged 8 – 12 – and to do so with their successful engagement.

With a variety of adaptations to the exercises and material options, there are numerous ways for teachers and coaches to customise their Park Volleyball activities. The challenge is to define the rules and conditions so that children can be introduced to the idea of the game in a playful and age-appropriate way.

This instructional guide was created in parallel to the **Park Volley Exercises & Games** course videos on the CEV Campus. Both resources are complementary of each other.

Section 1. Hoop Ball

Organisation

We work by bubble, where each bubble is divided into two (2) teams.

The field is constructed with cone markers. There are two (2) coloured hoops representing the goals (one for each team), and one ball.



Game

Each team has one (1) player holding a hoop that is held straight up with two (2) hands. The hoop is the mobile target. The other players try to throw the ball through the hoop through a passing game.

- Without possession of the ball, they are free to walk
- When they have the ball, they can only pivot to take one more step
- Players who throw the ball through the hoop must then take over and hold the hoop

No minimum number of passes is required. Each game lasts about three (3) minutes.

Progressions

Game Form 1

Passing: Give the ball to each other or throw it at each other (free choice).
 Scoring: Throw the ball through the hoop with two (2) hands.

Game Form 2

Passing: Pass the ball to each other via a bounce.
 Scoring: Throw the ball through the hoop with two (2) hands.

Game Form 3

Passing: Throw the ball at each other with one (1) hand.
 Scoring: Throw the ball through the hoop with one (1) hand.

Game Form 4

Passing: Hit the ball to each other off the ground.
 Scoring: Throw the ball through the hoop with one (1) hand.

Section 2. Smash Volley

Organisation

Materials needed:
 A volleyball court with a net or band. (net/band height = between 1.75m and 2m).

A rope tied between two trees can be done as well if the coach/teacher has no nets or bands.



Game

Two vs. two will be played (2 vs. 2) – You can opt to play 1 vs. 1 instead.

The game is based on the new Smashvolley in Belgium, but as an after-action, the players must simply switch places.

Each game lasts about five (5) minutes.

Progressions

Game Form 1

- 1st contact: Catch and throw
- 2nd contact: Direct set back to partner
- 3rd contact: (Jump) Attack

Game Form 2

- 1st contact: Volleyball contact
- 2nd contact: Catch and throw to partner
- 3rd contact: (Jump) Attack

Game Form 3

- 1st contact: Controlled contact of choice
- 2nd contact: Controlled contact of choice
- 3rd contact: (Jump) Attack

Section 3. Spikeball (Hoop Version)

Organisation

Materials needed:
Hoops and Volleyballs only.



Game

Working in pairs. One with one will be played (1-with-1), and then one versus one (1 vs. 1).

The game is based on the same principles of original Spikeball. However, a hoop replaces the mini trampoline.

Each game form lasts five (5) minutes.

Progressions

Game Form 1

- Player A throws the ball into the hoop (with 1 or 2 hands)
- Player B must catch it after the bounce and try to throw the ball into the hoop from that position

Game Form 2

- One-handed throwing is replaced by tossing and hitting the ball

Game Form 3

- Same as Game Form 2, but Player B must first control the ball with his/her hands (palms facing up) before hitting it back

Section 4. Ball Games in Pairs

Organisation

Materials needed:
One (1) volleyball per pair only.

Game

Working in pairs (groups of 2), with one ball per pair. Various exercises explained below.



Progressions

Game Form 1

- Players are next to each other
- Player A smashes the ball to the ground
- Player B catches it and does the same

Game Form 2

- Same as Game Form 1 but...
- Player B first bounces it off the top of their head before catching it (Player A must also bounce it off their head in response to Player B's smash off the ground)

Game Form 3

- Same as Game Form 2 but...
- Instead of bouncing it off the top of the head, players must play the ball with the knee before catching it

Game Form 4

- Player A smashes the ball to the ground
- Player B makes a basket ring with the arms, lets the ball drop through this ring and bounce off the ground once before catching it

Game Form 5

- Same as Game Form 4 but...
- When the ball falls through Player B's basket ring, Player A tries to catch it after one bounce
- Afterwards, Player A passes the ball to Player B



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