

## ACTIVITY CARDS

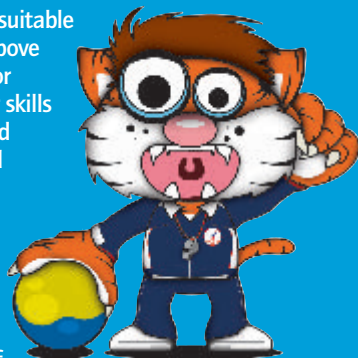
At the heart of the Let's Play Volleyball programme is a series of unique activity cards that have been specifically designed to assist coaches, teachers and players to progressively develop aspects of Acquiring & Developing, Selecting & Applying and Evaluating & Improving skills and tactics. In synergy with the cards are specific courses to assist in the delivery of Volleyball to young people.

## VOLLEYBALL LEADERS & YOUNG REFEREES

The Let's Play Volleyball programme is built on a strong philosophy that embraces the holistic development of young players. With this in mind leadership and officiating skills are cultivated through two distinctive award programmes that help young people to:

- Develop communication and feeding skills
- Conduct simple practices in a safe environment
- Organise and referee festivals based on small sided games

The Volleyball Leaders award is suitable for Year 10 (Key Stage 4) and above students, young club members or anyone wishing to develop their skills through coaching, refereeing and organising community volleyball activity.



The Young Referees award is suitable for 14 - 19 year olds and will enable the candidates to competently officiate all of the small-sided game formats of the Let's Play Volleyball programme. The course is mainly practical in nature and referees learn skills through active participation in fun and interactive activities.

## PLUS PROGRAMME

The Young Leaders/Referees Plus programme builds on the knowledge and skills developed in the awards and provides opportunities for young people to put learning into action. Young volunteers are encouraged to experience a variety of roles including technical (coaching & refereeing), events and club management with volunteering hours formally logged and recognised by Volleyball England.

## LET'S PLAY VOLLEYBALL FESTIVALS

Lets Play Volleyball festivals are local grass roots competitions that are aimed at promoting fun and maximising participation. Anyone can run a lets play volleyball festival including schools, affiliated clubs and school sport partnerships provided the format complies with the Volleyball England Competition Framework. Volleyball England organises at least one annual large scale festival in each region, usually during the early summer months.

## LONG TERM PLAYER DEVELOPMENT (LTPD)

The early experiences of young people in sport are critical to developing a life-long attitude towards participation in physical activity and health as well as providing a foundation for the development of potential.



The 'Let's Play Volleyball' programme offers an excellent developmental vehicle that is well suited to the developing child and adheres to the principles of the early stages of LTPD as well as satisfying the requirements of the National Curriculum for Physical Education.

The key to this approach is the introduction and development through a series of small-sided games that progressively challenge the individuals understanding and application of tactics, skills, leadership and teamwork. Adaptations to the full 6-a-side version are central to the success of this approach and include variations in the number of players, the court size, net height and rules in order to meet the needs of the developing player.

Volleyball England has developed a number of high quality short courses and resources to support this programme, for further information and online sales please visit [www.volleyballengland.org](http://www.volleyballengland.org) or contact:

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# Let's Play Volleyball



# VOLLEYBALL ENGLAND



## Volley Sport

2 versus 2

**VolleySport** is designed for players with little or no experience of volleyball working at Key Stage 1 and 2 or beginner groups starting volleyball for the first time.

VolleySport helps young players to:

- ➡ Understand basic tactical concepts of attack and defence, coordinate and control space and time
- ➡ Develop communication and co-operation with a team mate
- ➡ Acquire the fundamentals of movement and key sending / receiving skills (run, jump, catch, throw)
- ➡ Understand basic rules and refereeing



## Mini Volley

3 versus 3

**Mini Volley** aims to build on player's experiences of VolleySport and is primarily focused at those working at Key Stage 3 or groups that have limited previous experience.

Mini Volley helps young players to:

- ➡ Identify individual strengths and weaknesses, control space and time using a range of shots, read and anticipate situations
- ➡ Link with team mates to build attack and cover court space
- ➡ Refine fundamentals (catch, jump, strike), consolidate existing skills and develop a variety of new skills for attack and defence
- ➡ Apply basic rules and refereeing



## Super Mini Volley

4 versus 4

**Super Mini Volley** provides the key link in the transition from small-sided volley games to the 6v6 version. It is aimed at players working at Key Stage 4 or those with a sound foundation in Mini.

Super Mini Volley helps young players to:

- ➡ Identify opponent strengths and weaknesses and make decisions about using a variety of tactical systems
- ➡ Coordinate with team mates to support and cover attacking and blocking players
- ➡ Advance game specific skills aimed at ending rallies and scoring points (smash, serve, block)
- ➡ Apply and adapt basic rules and refereeing