

Beginner Volleyball Clinic Syllabus

Duration: 11 Weeks

Session Length: 1.5 hours per week

Target Audience: Beginners to intermediate players

Week 1: Introduction to Volleyball & Teamwork

- **Goals:**
 - Assessment of skill and knowledge of game
 - Pre-test
 - Teach basic rules and scoring
 - Introduce court dimensions and positions
- **Character Development Focus: Teamwork**
- **Activities:**
 - Overview of the game and its history
 - Warm-up and stretching
 - Team-building activities emphasizing collaboration
 - Introduction to passing and setting

Week 2: Serving Techniques & Confidence

- **Goals:**
 - Learn different types of serves (underhand, overhand)
- **Character Development Focus: Confidence**
- **Activities:**
 - Warm-up and review of previous week
 - Serve mechanics breakdown
 - Individual serving practice, focusing on self-encouragement
 - Partner drills for serve-receive, promoting supportive feedback

Week 3: Passing Fundamentals & Resilience

- **Goals:**
 - Develop effective passing techniques
- **Character Development Focus: Resilience**
- **Activities:**
 - Warm-up and review of serving
 - Forearm passing (bumping) drills
 - Partner passing drills, emphasizing persistence through mistakes
 - Discussion on overcoming challenges in practice

Week 4: Setting Skills & Leadership

- **Goals:**
 - Master the fundamental techniques of setting
- **Character Development Focus: Leadership**
- **Activities:**
 - Warm-up and review of passing
 - Mechanics of setting: hand positioning and footwork
 - Partner setting drills, encouraging communication
 - Leadership role-play in drills where players take charge

Week 5: Attacking and Hitting & Determination

- **Goals:**
 - Introduce the fundamentals of hitting and attacking
- **Character Development Focus: Determination**
- **Activities:**
 - Warm-up and review of setting
 - Approach and jump technique drills
 - Hitting mechanics: wrist snap and follow-through
 - Reflect on the importance of persistence and effort in practice

Week 6: Defense and Digging & Sportsmanship

- **Goals:**
 - Learn defensive strategies and digging techniques
- **Character Development Focus: Sportsmanship**
- **Activities:**
 - Warm-up and review of hitting
 - Stance and movement drills for defense
 - Digging drills (reaction and positioning)
 - Emphasizing respect for opponents and teammates during scrimmages

Week 7: Blocking Techniques & Accountability

- **Goals:**
 - Understand the fundamentals of blocking
- **Character Development Focus: Accountability**
- **Activities:**
 - Warm-up and review of defense
 - Block timing and positioning drills
 - Partner drills focusing on block practice
 - Discussion on owning one's mistakes and learning from them

Week 8: Game Strategies and Communication & Empathy

- **Goals:**
 - Enhance on-court communication and team strategies
- **Character Development Focus: Empathy**
- **Activities:**
 - Warm-up and review of blocking
 - Discuss basic offensive and defensive strategies
 - Team communication drills, focusing on understanding teammates' perspectives
 - Scrimmage with an emphasis on supporting one another

Week 9: Game Play Scenarios & Adaptability

- **Goals:**
 - Apply skills in game-like situations
- **Character Development Focus: Adaptability**
- **Activities:**
 - Warm-up and review of strategies
 - Set up various game scenarios (e.g., 3 vs 3, 4 vs 4)
 - Focus on adapting to different roles in play
 - Feedback session on how adaptability impacts team performance

Week 10: Review of all Skills & Rules of Game

- **Goals:**
 - Assess skills learned over the clinic
 - Foster teamwork and sportsmanship
- **Character Development Focus: Reflection**
- **Activities:**
 - Warm-up and review of key skills
 - Skills assessment stations (serving, passing, hitting, blocking)
 - Mini-tournament with mixed teams, reflecting on experiences

Week 11: Post-Test and Reflections

- **Goals:**
 - Assessment of all skills learned and knowledge of rules of the game
 - Post-Test
- **Character Development Focus: Reflection**
- **Activities:**
 - Warm-up and review of key skills
 - Skills assessment stations (advanced serving, passing, hitting, blocking)
 - Mini-tournament with mixed teams, promoting friendly competition
 - Closing reflections on personal and team growth throughout the clinic