

Volleyball Clinic Syllabus

Duration: 8 Weeks

Session Length: 2 hours per week

Week 1: Introduction to Volleyball

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

Week 2: Serving Techniques

- **Goals:**
 - Learn different types of serves (underhand, overhand, jump, float)
- **Activities:**
 - Serve mechanics breakdown
 - Individual serving practice
 - Partner drills for serve-receive

Week 3: Passing Fundamentals

- **Goals:**
 - Develop effective passing techniques
- **Activities:**
 - Forearm passing (bumping) drills
 - Overhead passing (setting) drills
 - Partner passing drills
 - Scrimmage

Week 4: Setting Skills

- **Goals:**
 - Master the fundamental techniques of setting

- **Activities:**
 - Mechanics of setting: hand positioning and footwork
 - Partner setting drills
 - Scrimmage

Week 5: Attacking and Hitting

- **Goals:**
 - Introduce the fundamentals of hitting and attacking
- **Activities:**
 - Approach and jump technique drills
 - Hitting mechanics: wrist snap and follow-through
 - Scrimmage

Week 6: Defense and Digging

- **Goals:**
 - Learn defensive strategies and digging techniques
- **Activities:**
 - Stance and movement drills for defense
 - Digging drills (reaction and positioning)
 - Scrimmage

Week 7: Blocking Techniques

- **Goals:**
 - Understand the fundamentals of blocking
- **Activities:**
 - Block timing and positioning drills
 - Partner drills focusing on block practice
 - Scrimmage

Week 8: Game Strategies

- **Goals:**
 - Enhance on-court communication and team strategies
- **Activities:**
 - Discuss basic offensive and defensive strategies
 - Team communication drills, focusing on understanding teammates' perspectives
 - Scrimmage