

Let's Play  
Volleyball



# WHY VOLLEYBALL

## What are the benefits of playing my sport?

Volleyball is the only high-energy, zero body contact, mixed team sport you can play indoors and outdoors – whatever your ability.

## TOP Tip!

Volleyball can be played anywhere as long as you have a ball, two teams and a net – in the school sports hall, on the fields, in parks, or even on the beach! The following game formats are designed to be accessible, enjoyable and active for everyone.



# VOLLEYBALL

**Spirit of the Games:**  
**Excellence through competition**  
How does your sport exemplify these values?



Volleyball is a fast and exciting game — it is as thrilling to block the attack of an opponent, or defend a ball as it is to score a point with a powerful spike! This means that the game is noisy, energetic and exciting for all players!



In volleyball, only the captain is permitted to talk to any of the officials during the match. They can only ask for decisions to be confirmed.



If the ball touches the hands of a player after a spike it can be too quick for the referee to see. It is expected that players will raise their hand to admit a touch should this happen.



When a player goes to the service line they have to perform, get the ball over the net and in court. Players must believe in their own ability when the pressure is on in a game.



Teams aim to touch the ball three times before it goes back over the net. As the ball cannot be touched twice in a row by the same player you need to work well with your team-mates.



Show your opponent you'll never give up by working your hardest to always get a defensive touch on the ball before it hits the floor.

## Priority competitions:

<b>Name of the competition:</b>	Super Mini Volley
<b>Age group:</b>	Under 15 (Year 9–10), Male/Female
<b>What level/location:</b>	Local School Games festivals or leagues
<b>Who can run it?</b>	Teachers or SGOs, supported by the local club network and young leaders
<b>How to enter it:</b>	Enter through your SGO
<b>When does it take place?</b>	Super Mini Volley can take place in all seasons, indoor, outdoor or on the beach!
<b>Next steps after this competition:</b>	The County Final - Inter School Competition (Level 3) provides a county finals. If schools want to compete at regional or national level they need to progress to the full 6v6 game of volleyball and enter the signposted national competitions.

## Signposted competitions:

- **National under 15s Championships (6-a-side)** (Year 10 and younger)
  - **National under 16s Championships (6-a-side)** (Year 11 and younger)
  - **National under 18s Championships (6-a-side)** (Year 13 and younger)
  - Both male and female competitions
  - Entries close in September
  - Entry is via Volleyball England
  - National level entry through Volleyball England (the NGB), regional rounds feed through to the prestigious national finals
  - Competition is run by Volleyball England with schools/clubs hosting qualifying rounds
- This is the national knock-out competition with all rounds played in pools.

## Young Leader/Officials courses/qualifications available:

Volleyball England offer courses that are available for young people (14+) to develop the skills and confidence to support the delivery of School Games competition. They are 6 hours and can be run by teachers or Level 2 coach.

- **Young Leaders Award** – Develop the skills and confidence to introduce and develop volleyball sessions safely
- **Young Referees Award** – Introduction to refereeing based on 2v2, 3v3 and 4v4 versions of the game.
- **Young Event Leader Award** – Introduction to the skills, knowledge and confidence to set up and volunteer at an event.

## Relevant web links:

[www.volleyballengland.org/getintovolleyball/schools\\_and\\_youth](http://www.volleyballengland.org/getintovolleyball/schools_and_youth)

# VOLLEYBALL

## Competition Card 1.

Primary

### Name of competition:

VolleySport

### Age group:

Year 5 and 6 (under 11)

### How to enter:

Local competitions through SGO

### Tournament format:

VolleySport Grand Prix (central venue festival). Players can be paired up at the venue and partners are exchanged after every match.

### Simple rules:

- 2v2 team format.
- Matches are one set to 15 points (two points clear) or 6–8 minute timed game. This is dependent on entries and time permitted at the venue.
- Points are awarded to individuals based on scores from the match, i.e. if match ends 15–6, the winners would each be awarded 15 points, losers six.
- Play across a badminton court (6.1m x 4.72) and net height 2.15m.
- Mixed or single gender.
- Four badminton court hall recommended, with MultiSport Base.
- A catch could be allowed on the first contact in each point to help develop rallies and defensive skills.
- An under arm serve or throw could be allowed to increase the success of the serve.

### Roles for young people:

Young people that have completed the Young Leaders, Young Referee and/or Young Event Leaders courses could:

- Plan competitions or festivals
- Deliver competitions or festivals
- Assist with coaching
- Team manage
- Officiate

Volleyball lends itself to other roles such as:

- Statistician, how many aces were served, how many spikes won, points etc
- Reporter, writing match reports which include photographs.

### Relevant web links:

- [www.volleyballengland.org/getintovolleyball/schools\\_and\\_youth](http://www.volleyballengland.org/getintovolleyball/schools_and_youth)

### How can regularity be achieved?

Progress the central venue festival to a central venue league, increasing the opportunities to play (recommend three events a season). Can be played any/all terms, indoors or outdoors.

### How can depth in competition through extra teams be achieved?

The Grand Prix Format allows for young people to play in different pairings. It encourages progression as individuals build their own scores as well as developing teamwork. A school can take a group ranging from two players to as many as they wish.

### Think inclusively!

VolleySport can be played as a 2v2 version of the Paralympic form of the sport: sitting volleyball. The net should be lowered to around 1m. Players use the same skills and teamwork but must remain seated on the floor whenever the ball is in play. VolleySport can be made more inclusive by using a larger, lighter ball that flies more slowly through the air, or by making the court smaller and easier to defend. A catch could also be allowed on all three contacts on the ball.

### The route from here to County Final - Inter School Competition (Level 3):

Winners from local School Games festivals should qualify for the County Final - Inter School Competition (Level 3) event. VolleySport can be played indoors, outdoors or on the beach at any time of the year and fit into the competition calendar at any point!



# VOLLEYBALL

## Competition Card 2. **Secondary**

### Name of competition:

Mini Volley

### Age group:

Year 7 and 8 (under 13)

### How to enter:

Local competitions through SGO

### Tournament format:

Mini Volley Grand Prix (central venue festival). A central venue festival where teams play each other in a round robin format.

### Simple rules:

- 3v3 team format.
- Matches are one set to 21 points (two points clear) or 10–12 minute timed game. This is dependent on entries and time permitted at venue.
- Teams play together throughout the festival.
- Play on a short singles badminton court (5.18m x 13.4) and net height 2.15m. Courts size can be reduced depending on local need.
- Mixed or single gender.
- Four badminton court hall recommended, with long net slider system.
- A catch could be allowed on the first contact in each point to help develop rallies and defensive skills.
- An under arm serve or throw could be allowed to increase the success of the serve.

### Roles for young people:

Young people that have completed the Young Leaders, Young Referee and/or Young Event Leaders courses could:

- Plan competitions or festivals
- Deliver competitions or festivals
- Assist with coaching
- Team manage
- Officiate

Volleyball lends itself to other roles such as:

- Statistician, how many aces were served, how many spikes won, points etc
- Reporter, writing match reports which include photographs.

### Relevant web links:

- [www.volleyballengland.org/getintovolleyball/schools\\_and\\_youth](http://www.volleyballengland.org/getintovolleyball/schools_and_youth)

### How can regularity be achieved?

Progress the central venue festival to a central venue league, increasing the opportunities to play (recommend eight matches a season). Can be played any/all terms, indoors or outdoors.

### How can depth in competition through extra teams be achieved?

The Grand Prix Format allows for young people to play several games in one fixture, building excitement. Local decisions can be made to 'seed' teams to create balanced competitions, e.g. a 'strong' schools C team could play against a 'novice' schools A team.

### Think inclusively!

Mini Volley can be played as a 3v3 version of the Paralympic form of the sport: sitting volleyball. The net should be lowered to around 1.15m. Players use the same skills and team work but must remain seated on the floor whenever the ball is in play. Mini Volley can also be made more inclusive by using a larger, lighter ball that flies more slowly through the air, or by making the court smaller and easier to defend. A catch could also be allowed on all three contacts on the ball.

### County Final - Inter School Competition (Level 3)

Winners from local School Games festivals should qualify for the County Final - Inter School Competition (Level 3) event. Mini Volley can be played indoors, outdoors or on the beach at any time of the year and fit into the competition calendar at any point!



# VOLLEYBALL

## Competition Card 3. Secondary

### Name of competition:

Super Mini Volley

### Age group:

Year 9 and 10 (under 15)

### How to enter:

Local competitions through SGO

### Tournament format:

Super Mini Volley Grand Prix (central venue festival). A central venue festival where teams play each other in a round robin format.

### Simple rules:

- 4v4 team format.
- Matches are one set to 25 points (two points clear) or 15 minute timed game. This is dependent on entries and time permitted at venue.
- Teams play together throughout the festival.
- Play on a doubles badminton court (6.10 x 13.4) net height 2.15m. Courts size can be reduced depending on local need.
- Mixed or single gender.
- Four badminton court hall recommended, with long net slider system.
- A catch could be allowed on the first contact in each point to help develop rallies and defensive skills.
- An under arm serve or throw could be allowed to increase the success of the serve.

### Roles for young people:

Young people that have completed the Young Leaders, Young Referee and/or Young Event Leaders courses could:

- Plan competitions or festivals
- Deliver competitions or festivals
- Assist with coaching
- Team manage
- Officiate

Volleyball lends itself to other roles such as:

- Statistician, how many aces were served, how many spikes won, points etc
- Reporter, writing match reports which include photographs.

### Relevant web links:

- [www.volleyballengland.org/getintovolleyball/schools\\_and\\_youth](http://www.volleyballengland.org/getintovolleyball/schools_and_youth)

### How can regularity be achieved?

Progress the central venue festival to a central venue league, increasing the opportunities to play (recommend eight matches a season). Can be played any/all terms, indoors or outdoors.

### How can depth in competition through extra teams be achieved?

The Grand Prix Format allows for young people to play several games in one fixture, building excitement. Local decisions can be made to 'seed' teams to create balanced competitions, e.g. a 'strong' schools C team could play against a 'novice' schools A team.

### Think inclusively!

Super Mini Volley can be played as a 4v4 version of the Paralympic form of the sport: sitting volleyball. The net should be lowered to around 1.15m. Players use the same skills and team work but must remain seated on the floor whenever the ball is in play. Super Mini Volley can be made more inclusive by using a larger, lighter ball that flies more slowly through the air, or by making the court smaller and easier to defend. A catch could also be allowed on all three contacts on the ball.

### County Final - Inter School Competition (Level 3)

Winners from local School Games festivals should qualify for the County Final - Inter School Competition (Level 3) event. Mini Volley can be played indoors, outdoors or on the beach at any time of the year and fit into the competition calendar at any point!

