Practical Beach Session – Smashball & Tripleball Demonstration

Volleyball Canada

Learning Outcomes

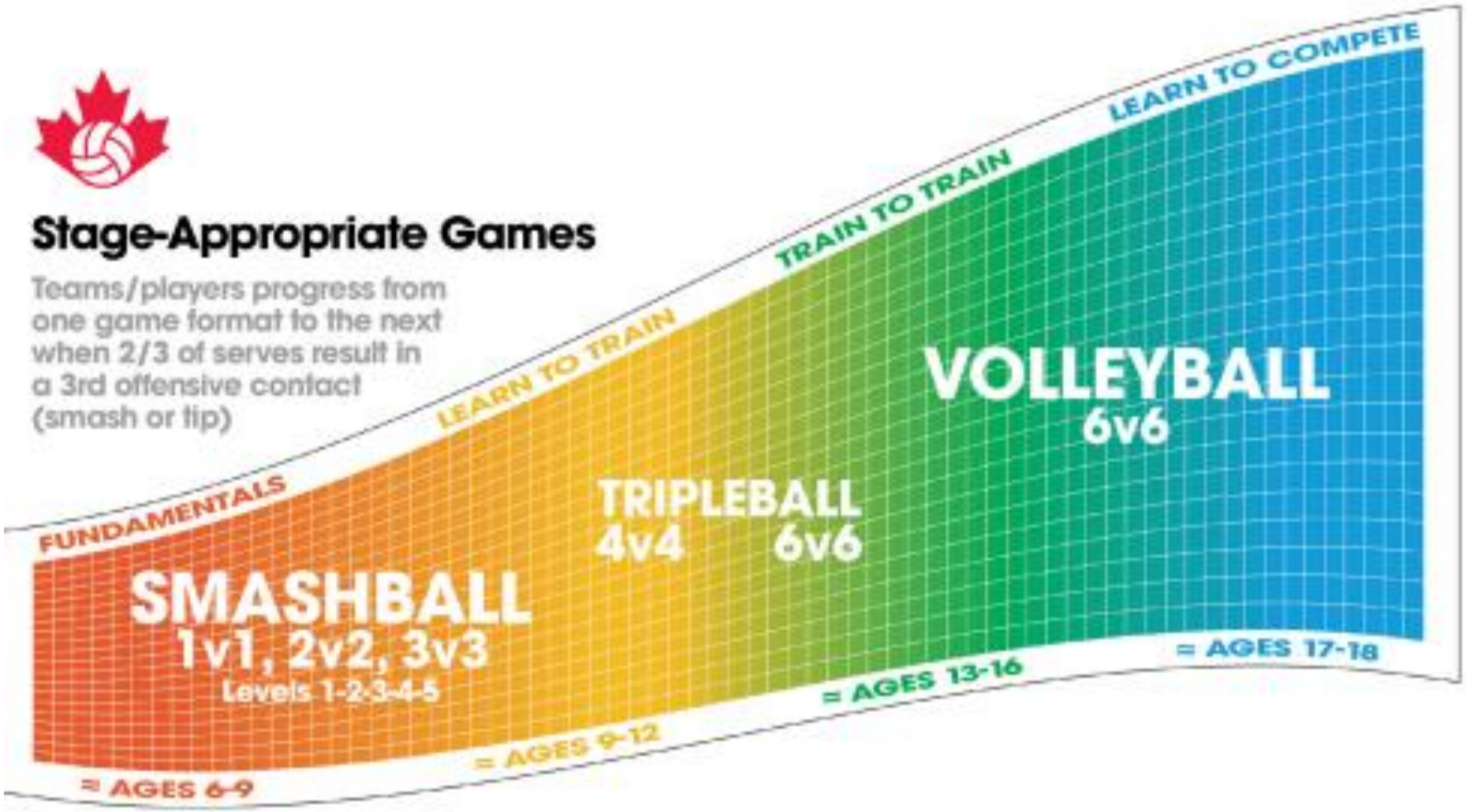
- Adapt the traditional game of volleyball to attract and maintain youth in the sport
- Develop physical literacy through stage-appropriate volleyball games
- Demonstrate Smashball and Tripleball as stage-appropriate games that focus on FUN, PLAY and SUCCESS

Overview

- What is Smashball and why Smashball?
  - The Game
  - Planning & Coaching
- Tripleball
- Conclusion

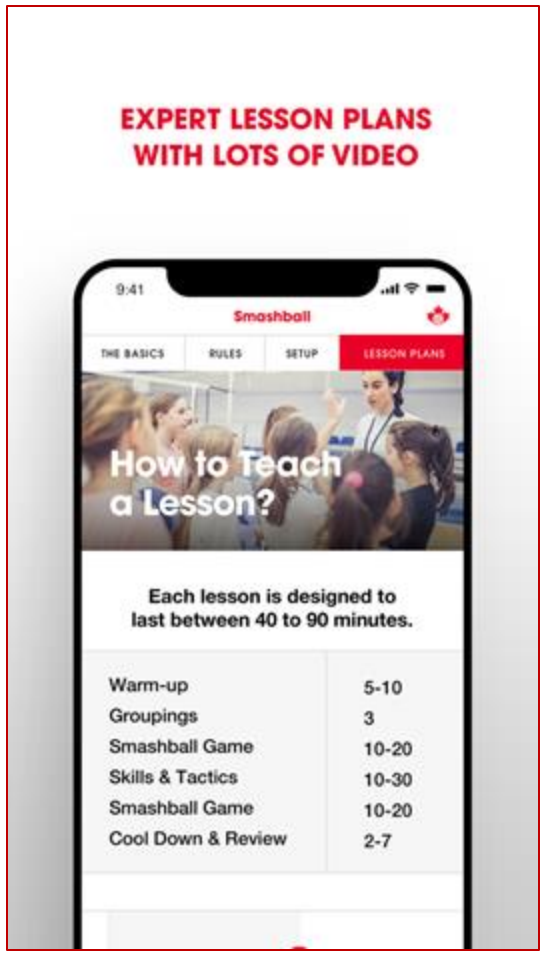
Why do kids play in sports?

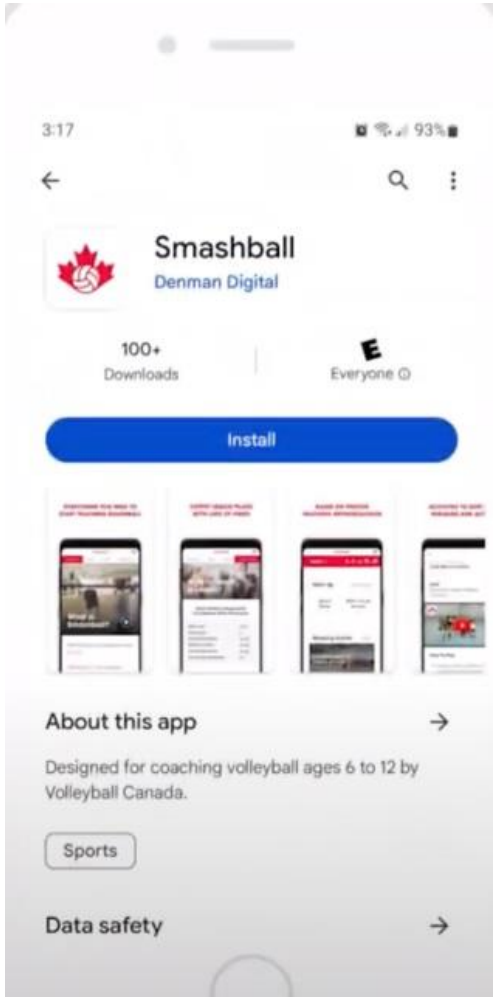
Stage-Appropriate Games that Focuses on PLAY and FUN



What & Why Smashball

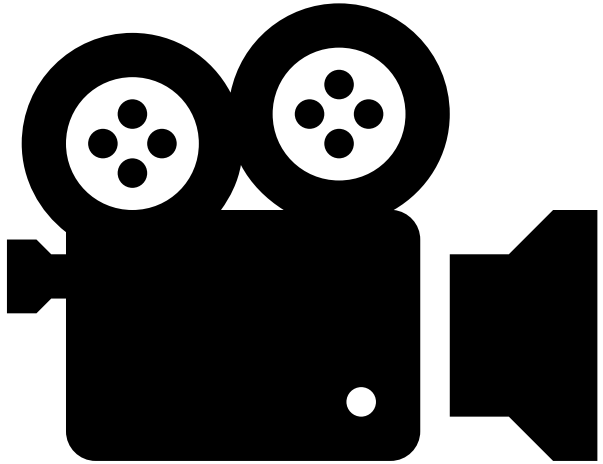
Smashball App



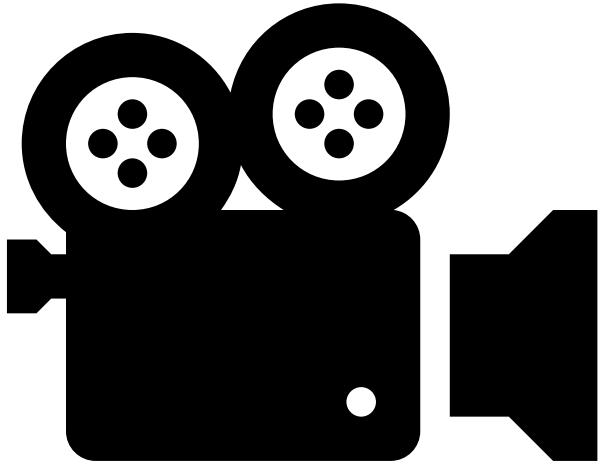


Download the Smashball App today to learn the basics, the rules, the setup, how to teach and coach the skills, and access lesson plans.

Smashball Promo Video



Smashball - Lessons Overview



What is Smashball?

- **Smashball** is volleyball aimed for kids 6 to 12 (and also for all ages)
- **Smashball** is for schools, clubs and community centers
- **Smashball** is played with:
  - Different team sizes (1 vs 1, 2 v 2, 3 vs 3, 4 vs 4)
  - Smaller court size
  - Lower net height (approximately 2 meters)
  - Lighter and bigger volleyballs
  - One bounce (if needed)
  - 5 progressive levels

Why Smashball?

FUN

- Kids learn to smash/hit/spike right away
- Kids stay active with smaller team sizes “no standing around”

FRIENDS

- It teaches **skills, problem solving and positive behaviors** while learning to play with teammates

SUCCESS

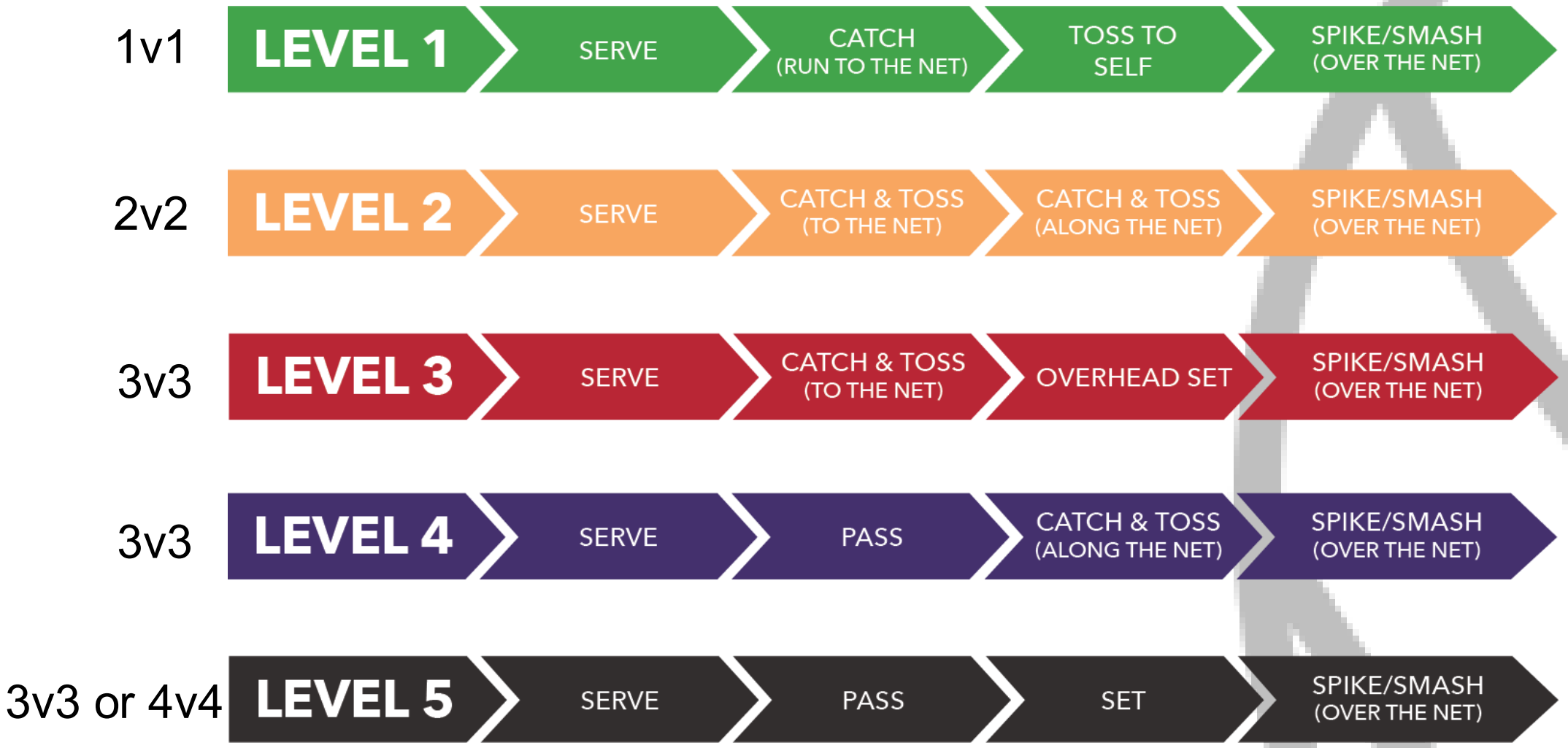
- It’s developmentally appropriate
- It’s designed so kids can experience success 70% of the time
- It’s effective in teaching volleyball skills
- It develops physical literacy

Smashball

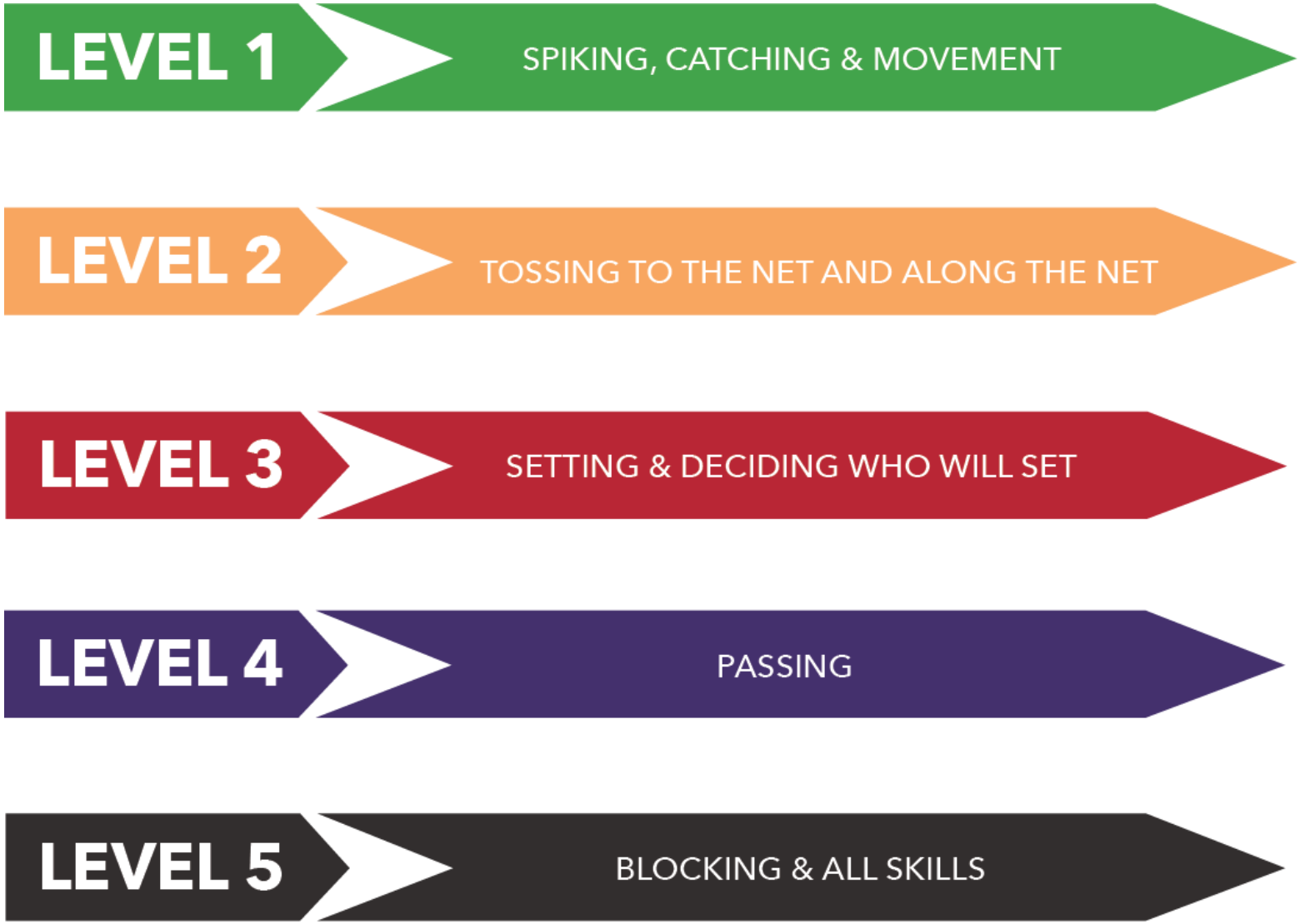
- **Develops MOTOR SKILLS** : catching, throwing, hitting, passing, setting, serving and fundamental skills including jumping, running, agility, balance, coordination and speed
- **Encourages PROBLEM SOLVING** : defending a territory, attacking an opponent's territory, coordinate and communicate effectively with teammates, manage time and space, analyzing ball trajectory
- **Fosters POSITIVE BEHAVIORS** : staying available and focused, accepting errors (own and partners), helping partners succeed, resiliency, staying positive, taking responsibility

The Game

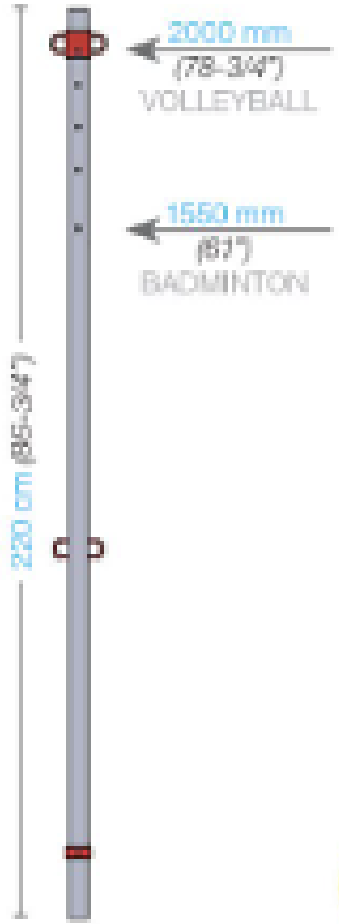
How to Play?


1v1
LEVEL 1
SERVE
CATCH (RUN TO THE NET)
TOSS TO SELF
SPIKE/SMASH (OVER THE NET)
2v2
LEVEL 2
SERVE
CATCH & TOSS (TO THE NET)
CATCH & TOSS (ALONG THE NET)
SPIKE/SMASH (OVER THE NET)
3v3
LEVEL 3
SERVE
CATCH & TOSS (TO THE NET)
OVERHEAD SET
SPIKE/SMASH (OVER THE NET)
3v3
LEVEL 4
SERVE
PASS
CATCH & TOSS (ALONG THE NET)
SPIKE/SMASH (OVER THE NET)
3v3 or 4v4
LEVEL 5
SERVE
PASS
SET
SPIKE/SMASH (OVER THE NET)

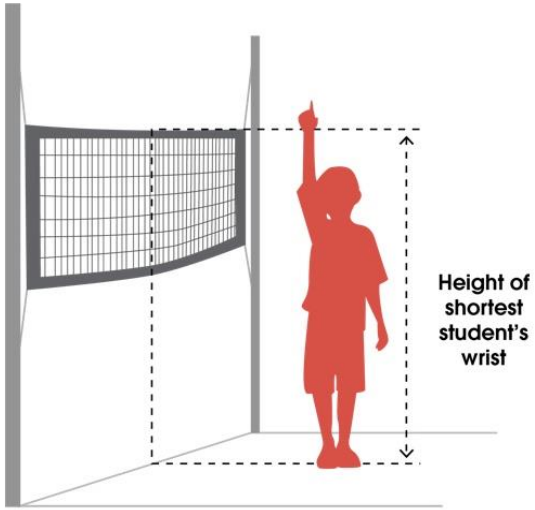
Key Skills and Movements



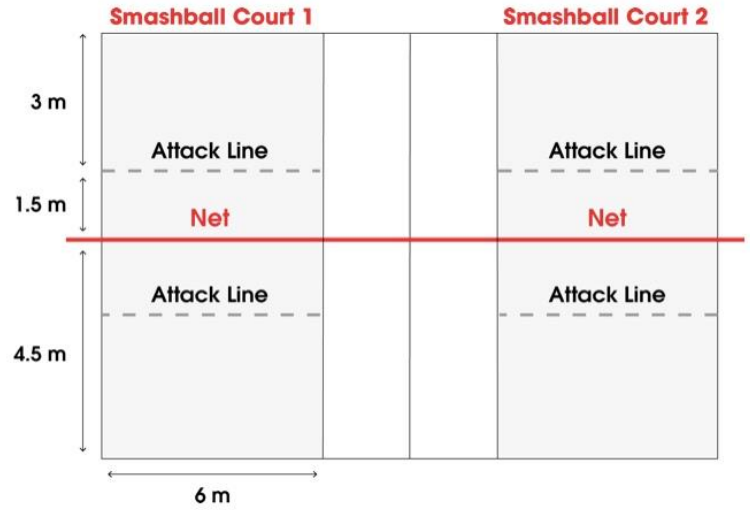
Equipment – ADAPT what you have

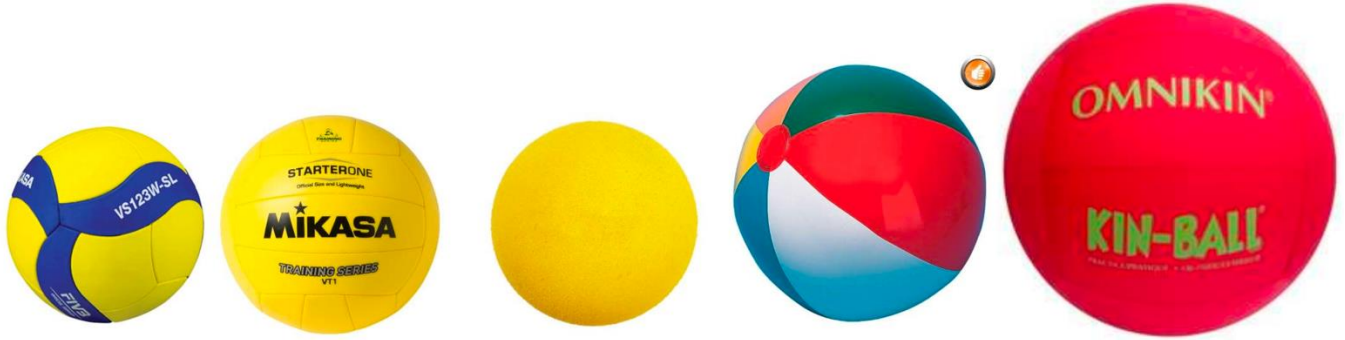


Adapt the net height



Adapt the court size





Guidelines

- How do you know when a player is ready for the next level?
- What are games played to?
- How many players per court for a program?
- What is a good coach to player ratio for a program?
- Refer to the Smashball App for answers to all these questions

Planning

Let the Game be the Teacher

- Warm-up & create teams
- Game (Level 1 cooperation) + Question Time
- Skill (new technique, problem to solve or behavior to focus on) –
- Game (Level 1 opposition)
- Cool Down & Review

Elements of a Plan

Sequencing

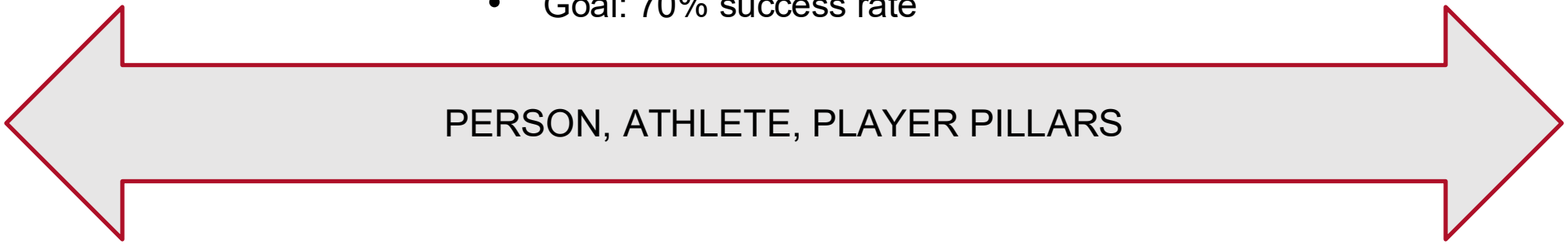
- Warm-up
- Create teams
- Game-Skill-Game
- Cool down & Review

Game-Skill-Game

- Play a game
- **Qestion Period**
- Skill: Practice a skill, tactic or behaviorl based on observations of the first game
- Play a game to integrate and apply new skill
- Alternate cooperation, competition, co-ompetition
- Goal: 70% success rate

Adaptations

- Change number of players per team (1v1, 2v2, 3v3)
- Reduce/increase court size
- Reduce/increase net height
- Simplify/to make more complex - tactics



Explanations & Demonstrations

Players need to:
Hear it
See it
Do it

Observation & Feedback

- Watch the player, see the ball
- Use different vantage points
- Be specific and positive
- Be clear and concise
- Be relevant to what the athlete needs to improve
- Allow athletes time to play
- Use probing questions

Review – Key principles

- ✓ Adapt the court size
- ✓ Adapt the number of players
- ✓ Keep kids active
- ✓ Leverage what you have to make it fun and engaging
- ✓ Use the Smashball App, it’s a great resource!

Keep in Mind

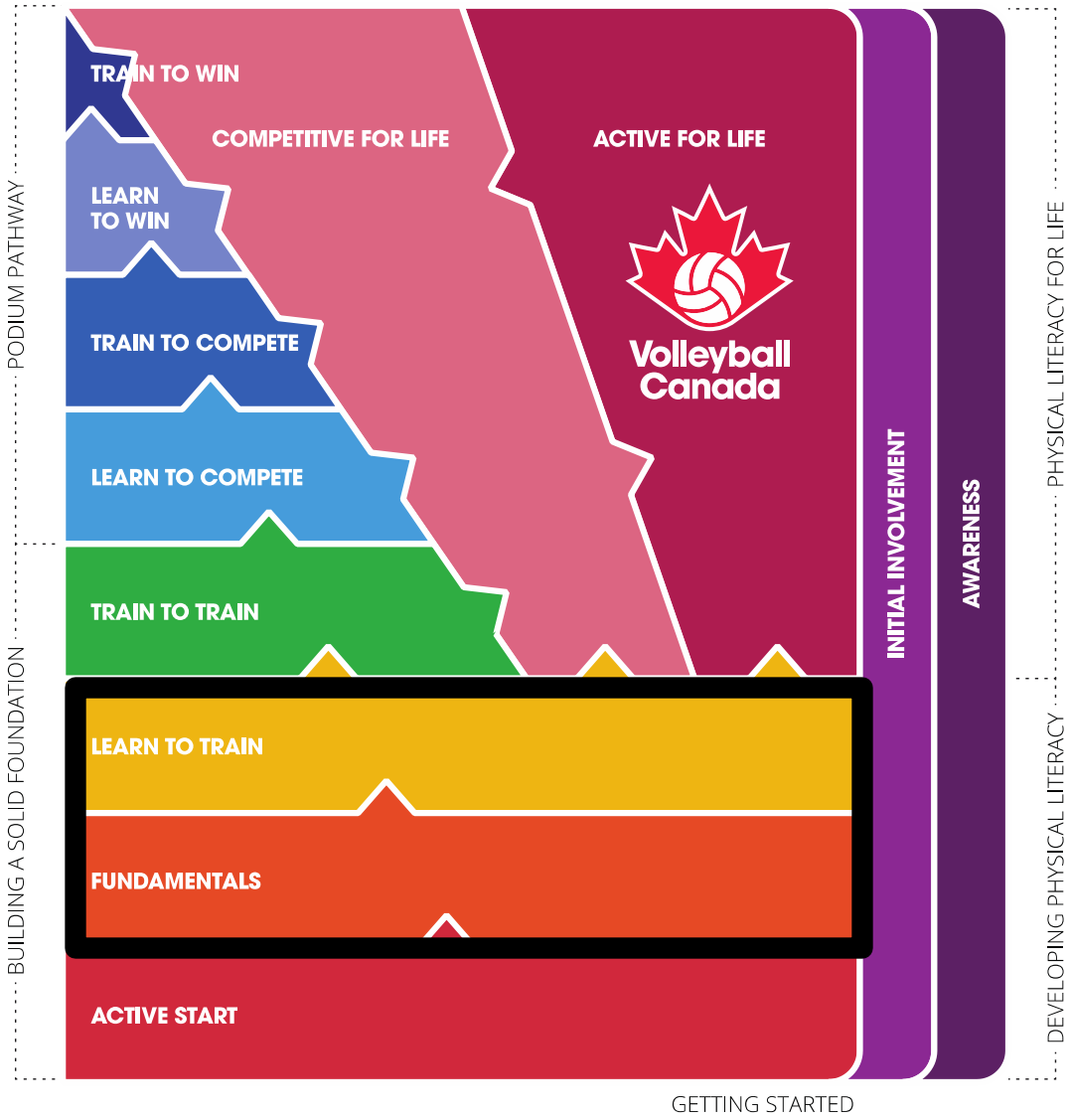
- Leverage what you have (don’t focus on what you don’t have)
- ADAPT, ADAPT, ADAPT
- The goal is for kids to have FUN, experience SUCCESS, learn positive behavior and to problem solve and by playing TOGETHER

LTD Framework

Smashball sits within the FUNdamentals (6 to 8 year olds) and Learn to Train (9 to 12 year olds) stages.

Fundamental movement skills provide a solid base for children to learn and adapt to new sports, physical activities or environments.

In the **Learn to Train** stage, children are developmentally ready to acquire the fundamental sport skills for all athletic development.



Tripleball

Link video demonstration

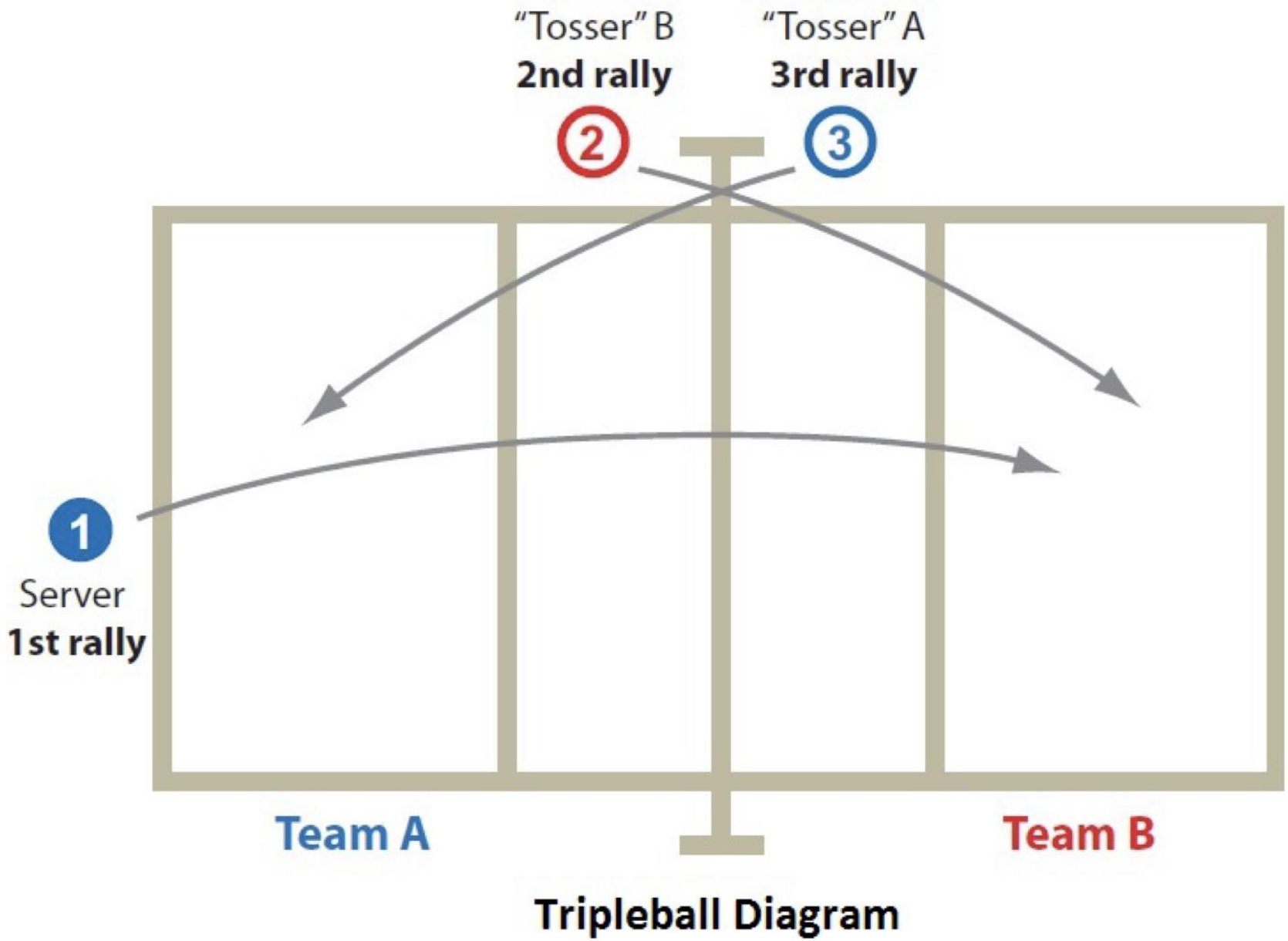
Tripleball is aimed at 12-13 year olds transitioning to the 6 on 6 format.

The goal is to promote better skill development, participation, meaningful competition, and fun.

Overview of the Tripleball Sequence:

1. The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).
   * 1st rally – introduced by the server
   * 2nd rally – tossed ball given to the receiving team
   * 3rd rally – tossed ball given to the serving team
2. The service rotates between teams after each three-ball sequence.
3. A team must rotate and introduce a new server when it is their turn to serve.
4. Every ball introduced is worth one point.

Tripleball Rally



Tripleball Diagram

Conclusion

Remember to Reflect

Reflection is an important part of being a coach.

Ask yourselves:

- What went well?
- Did the players have fun? Were they engaged?
- Were they successful at their attempts to do specific skills (70%)?
- What cues did I observe to indicate players were having fun? What cues told me I needed to change something?
- Did I adapt well to the circumstances?
- Did I reference the same teaching points?

Self-Reflection & Action Plan

Based on today's workshop:

- List your main 3 take-aways
- What will you KEEP, STOP, START doing in your youth or grassroots programming?

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Appendices

Smashball Levels
Rules, Skills and Tactics

Level 1 – 1v1

How to Play

- Players are paired together and play against one another. It is a cooperative or competitive 1v1 game (they choose). If available, players are set up using half of a double's badminton court.
- To begin the action, any player can toss or serve the ball over the net to the other player. The player with the ball is the one to serve, regardless of who got the point last time.
- The other team is allowed to let the ball bounce once if needed but they must catch it before it can bounce again. Player A must catch the ball, run to the net, toss it to themselves and smashes/attacks it over. Player B must catch it using one bounce. Player B then repeats the same action as Player A, and the rally continues until an error is made.

Skills and Tactics

- Tossing to Self and/or Over the Net, Catching, Serving (optional), Spiking
- Reading the other players' attack so that they can catch the ball after one bounce.
- Tossing the ball to themselves with accuracy in order to spike the ball.
- Learning when to move from the net into a defensive ready position and toward the net, when having caught the ball.
- This level can be used as a warm-up for all skills groups.

Level 2 – 2v2

How to Play

- Players are paired together and play against another pair. It is a cooperative or competitive 2v2 game (they choose). If available, players are set up using half of a doubles badminton court.
- To begin the action, any player can toss or serve the ball over the net to the other team. The player with the ball is the one to serve, regardless of who got the point last time.
- The other team is allowed to let the ball bounce once if needed but they must catch it before it can bounce again. Player A must catch the ball and toss toward the net where Player B must catch it. Player B then tosses along the net to Player A who spikes/smashes the ball over the net.

Skills and Tactics

- Tossing, Catching, Serving (optional), Spiking
- For the team who does not serve, once one player (Player A) catches the ball, the other player (Player B) must move toward the net.
- Tossing the ball with an arc to their target.
- Attackers must move into a position to approach and attack, moving from the net into a defensive ready position away from the net.

How It Differs from Level 1

- 2v2 and not 1v1.
- Once one player catches the ball, the other must run to the net.
- Players don't know ahead of time who will get the ball.
- Players toss the ball to another person.
- Players hit from another person's toss (not their own), which may allow for a better hit.

Level 3 – 3v3

How to Play

- Players are grouped into teams of three. It is a cooperative or competitive 3v3 game (they choose). If available, players are set up using a full doubles badminton court.
- To begin the action, any person can toss or serve the ball over the net to the other team. The player with the ball is the one to serve, regardless of who got the point last time.
- The other team is allowed to let the ball bounce once if needed but they must catch it before it bounces again.
- On serve reception or defence, the closest free player to the passing target becomes the setter (typically the player on the right). The setter sets the ball along the net (front or back) to either player, who then spikes the ball over the net.

Skills and Tactics

- Catching, Setting, Spiking, Defence, Serving
- Setting the ball with an appropriate trajectory and height (tempo).
- The closest free player to the passing target becomes the setter (typically the player on the right).
- Tossing the ball with an arc to their target.
- Attackers move into a position to approach and attack, moving from at the net into a defensive ready position away from the net.

How It Differs from Level 2

- 3v3 and not 2v2. Full court badminton rather than half court.
- Players need to decide who will set the ball.
- Attacker options are in front and behind.
- One player is the setter.
- Hitting from a set that is coming from the left or right.
- Moving into a defensive position with 3 people, not 2.

Level 4 – 3v3

How to Play

- Players are grouped into teams of three. It is a cooperative or competitive 3v3 game (they choose). If available, players are set up using a full doubles badminton court.
- To begin the action, any person can toss or serve the ball over the net to the other team. The player with the ball is the one to serve, regardless of who got the point last time.
- The other team forearm passes the ball.
- On serve reception or defence, the closest free player to the passing target becomes the setter (typically the player on the right). The setter catches and tosses the ball along the net (front or back) to either player, who then spikes the ball over the net.

Skills and Tactics

- Forearm Passing, Catching, Tossing, Spiking, Defence, Serving
- The closest free player to the passing target becomes the setter (typically the player on the right).
- Blocking movements (max. 1 blocker) and defensive cue-reading.
- Adjusting defensive position for a variety of attacks.

How It Differs from Level 3

- Passing without a bounce is required after the serve/toss.
- Setting is now a catch and toss.

Level 5 – 3v3 or 4v4

How to Play

- Teams may consist of either 3 or 4 players. It is a competitive 3v3 or 4v4 game. Players are set up using full doubles badminton courts if available. Games are timed.
- Rotational serving is based on the winner of the rally.
- Players use all volleyball skills, with no bounce.

Skills and Tactics

- Serving, Passing, Setting, Spiking, Blocking, Defence
- Begin to designate a setter.
- Players can read and move for free balls consistently.
- Offensive players target weaknesses or gaps in the opponent.

How It Differs from Level 4

- Option to play 4v4.
- No bounce allowed.
- All volleyball skills used.