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Based on the Play Practice book by Alan Launder, Human Kinetics
20 tasks and progressions to teach beginning- Volleyball

Task/Progression Sequence: Volleyball Middle and High School

Position for Passing

Task 1

Progression 1- Partner toss (server, receiver)

There will be three receivers on one side of the net in a ready position. The server is on the other side of the net and will simulate a serve by tossing the ball over the net. The receivers will then position themselves in a position to pass the ball by shuffling to where the ball is going to land. (Focusing)

Task 2

Progression 2- Partner tosses with a bump to the setter

There will be three receivers on one side of the net in a ready position to bump the ball. The server is on the other side of the net and will simulate a serve by tossing the ball over the net. The receivers will then attempt to successfully bump the ball to the place where the setter will be. (Focusing)

Serving Practice

Task 3

Progression 1- Wall Hit

Students will place themselves in front of a wall 15 feet away. Each student will try serving the ball using the over and underhand serves. Their goal is to hit the wall five times with the over and underhand serve. (Shaping)

Task 4

Progression 2- Over/Underhand Serves

Students will line up on the serve line and attempt to serve the ball over the net using both the over and underhand serves. The students will score one point for everyone they hit over the net and into the opposite court. They need to get five points for underhand serve before they can move on to the overhand serve. (Focusing)

Task 5

Progression 3- Ball Placement using underhand serves

There will be a server on one side of the net and three players lying on the opposite court in different spots. The server will try to hit the players lying on the court using an underhand serve. The server must hit a player on the court before they can switch with a player that got hit. (Enhancing)

Task 6

Progression 4- Ball placement using overhand serves.

There will be a server on one side of the net and three players lying on the opposite court in different spots. The server will try to hit the players lying on the court using an overhand serve. The server must hit a player on the court before they can switch with a player that got hit. (Enhancing)

Positioning for setting

Task 7

Progression 1- Partner tosses with bumper and setters (catch bump)

There will be one on bumper positioned on the back half of the court and three setters lined up on the same side of the court lined up against the net facing the bumper. The bumper will simulate a bump by tossing the ball to a setter. It is the setters' job to position themselves under the bump and catch the ball in a setting position. (Focusing)

Task 8

Progression 2- Partner tosses with a bumper and setters (set ball)

There will be one on bumper positioned on the back half of the court and three setters lined up on the same side of the court lined up against the net facing the bumper. The bumper will simulate a bump by tossing the ball to a setter. It is the setters' job to get in a position under the bump and set the ball as if they were setting up a hitter in front of the setter. We also want the students to work on back setting as well. (Enhancing)

Positioning for Hitting

Task 9

Progression 1- Partner tosses with setter and hitter (catch ball)

There will be a setter lined up on the net and there will be a hitter lined up mid court on the same side of the net. The setter will simulate a set by tossing the ball to a spot where the hitter can hit the ball effectively. The hitter will approach the net and jump as if they were going to hit the ball but they will catch the ball. (Focusing)

Task 10

Progression2- Partner tosses with setter and hitter.(hit ball)

There will be a setter lined up on the net and there will be a hitter lined up mid court on the same side of the net. The setter will simulate a set by tossing the ball to a spot where the hitter can hit the ball effectively. The hitter will approach the net and jump as if they were going to hit the ball and effectively hit the ball on the opposing court. (Enhancing)

Position for Blocking

Task 11

Progression 1- Hitter, setter and blocker (no hit)

The blocker will be lined up on one side of the court facing the opponents. The setter will be on the other side of the court lined up on the net with the ball and the hitter will be lined up mid court behind the setter. The setter will then simulate a set to the hitter will go through the proper motions of a proper hit. It is then the blockers job to get in front of the hitter and jump up and block the hit. The setter will simulate a set but the hitter will not hit the ball. (Focusing)

Task 12

Progression 2- Hitter, setter and blocker (with hit)

The blocker will be lined up on one side of the court facing the opponents. The setter will be on the other side of the court lined up on the net with the ball and the hitter will be lined up mid court behind the setter. The setter will then simulate a set to the hitter and the hitter will then try to hit the ball and not get it blocked. It is then the blockers job to get in front of the hitter and jump up to block the hit. (Enhancing)

Task 13

Progression 3- Spiker, setter and two blockers

The two blockers will be lined up on one side of the court close to the net facing the opponents. The setter will be on the other side of the court lined up on the net with the ball and the hitter will be lined up mid court behind the setter. The setter will then simulate a set to the hitter will go through the proper motions of a proper hit and hit the ball. It is then the blockers job to get in front of the hitter and jump up and block the hit. The blockers want to focus on synchronizing their jumps to better block the ball. (Enhancing)

Defensive Positioning

Task 14

Progression 1- Hitter, setter and defensive players (no return)

The hitter and the setter will be lined in their positions on one side of the net and the three defensive players will be lined up on the back half of the opposite court evenly spaced. The setter and hitter will simulate go through the motions of a hit. It is the defensive players' job to track when the ball is going and get into a position to keep the ball in play. There will be no return by the defense we just want them to get in the habit of moving quickly and getting low to return the hit. (Focusing)

Task 15

Progression 2- Hitter, setter and defensive players (with return)

The hitter and the setter will be lined in their positions on one side of the net and the three defensive players will be lined up on the back half of the opposite court evenly spaced. The setter and hitter will simulate go through the motions of a hit. It is the defensive players' job to track when the ball is going and get into a position to keep the ball in play. The defense will try to return the hit or keep the ball in play. (Enhancing)

Offensive Plays

Task 16

Progression 1- Bump-set-hit with a server (in predetermined positions)

The server will be lined up on one side of the net on the serve line and will simulate a serve by tossing the ball over the net. The bumper, setter and hitter will be in their appropriate positions ready to receive the serve. Once the serve goes over the net the bumper will try to pass the ball to the setter. The setter will then set the ball to the hitter and the hitter will try to hit the ball over then net. (Focusing)

Task 17

Progression 2- Bump-set-hit with a server (In game-like positions)

There will be a server on the serve line who will simulate a serve by tossing the ball over the net. There will be two students in the back row of the opposite court and there will be a setter on the net. When the serve goes over the net it is the players in the back row job to track the ball and bump it to the setter. The setter will then set the ball in a position to where the hitter can hit the ball. The player who didn't bump the ball to the setter will be the hitter. (Shaping)

Task 18

Progression 3- Bump-set-hit with defense (the dink)

There will be a server on the serve line who will simulate a serve by tossing the ball over the net. There will also be a blocker on the same side of the net. There will be two students in the back row of the opposite court and there will be a setter on the net. When the serve goes over the net it is the players in the back row job to track the ball and bump it to the setter. The setter will then set the ball in

a position to where the hitter can hit the ball. The player who didn't bump the ball to the setter will be the hitter. The blocker must track the ball and try to block the hit. The hitter will perform a dink over the blockers hands. (Enhancing)

Task 19

Progression 4- Bump-set-hit fake

There will be a server on the serve line who will simulate a serve by tossing the ball over the net. There will be two students in the back row of the opposite court and there will be a setter on the net. When the serve goes over the net it is the players in the back row job to track the ball and bump it to the setter. The setter will then set the ball over the net. The player who didn't bump the ball to the setter will be the hitter and will fake a hit to throw the defense out of position. (Enhancing)

Task 20

Progression 5- Play calling

In this task there will be three players on offence and three players on defense. The defense will serve the ball over the net and wait for the return. The offense will be told plays through numbers (1=bump-set-hit, 2=bump-set-dink, 3=bump-set-hit fake) and it is there job to execute these plays properly. The defense will try to stop the return from the offence. (Enhancing)