

Volleyball



Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. The team that wins the rally is awarded a point and serves the ball to start the next rally. A few of the most common faults include:

- causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net;
- catching and throwing the ball
- double hit: two consecutive contacts with the ball made by the same player;
- four consecutive contacts with the ball made by the same team;
- net foul: touching the net during play;
- foot fault: the foot crosses over the boundary line when serving.

Sport Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children are able to strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

Key Stage 1

In this particular stage of development we would be looking at the progression of the Fundamental Movement Skills of our participants whilst integrating with Sport Specific Skills. Our emphasis will be placed on providing fun activities that evolve around themes which the children can relate to such as superheroes, cars, animals etc. Our games are aimed at developing critical skills for the children such as Agility, Balance and Coordination. Whilst also developing key psychological skills such as Confidence, Commitment, Control, Communication, Concentration.

Key Stage 2

In this particular stage we focus more on Sport Specific Skills with some underlying emphasis still placed on Fundamental Movement Skills. Our activities are always engaging and we aim to allow the athletes to transfer their volleyball skills into game related scenarios and also provide them with the tools to transfer their skills into other sports. Ball manipulation and ball mastery will be important in this area to ensure that the athletes are capable of controlling the ball in game related scenarios.

General Information

Our company always provides a high quality of coaching no matter what sport we provide and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity and equality are essential in all our lessons and we strive to equip each child with the appropriate knowledge and skill set in order to compete and learn to use in and most importantly out of our sessions in everyday life.