

Dublin Youth Athletics- Volleyball Program Rules

GRADES 3 & 4

Skills Drills -Each match day (1 hour max) will begin with Skills Drills warm-up as follows:

1. **Serving** - Each player tries 2 consecutive serves. Count the# going over the net and landing in the other court. The service line will be roughly 20ft from the net. Note that the net height is 6 feet. Encourage under-handed serving and progress to over-handed serving if the child is comfortable. Serves must pass over the net without touching.
2. **Passing Accuracy** -Coach stands in the center circle (setter's position) and tosses ball to player who is playing back row. Player tries to pass up to the coach. 2 consecutive tries each.
3. **Partner Pass** -Players pair up 10 feet apart. Start the pass with a toss to the other player. Count the # of passes in a row between the 2 players. Allow 2 tries. See how long each pair can continue without dropping or catching the ball.
4. **Wall Set** -All players take a position next to a perimeter wall. All start setting against the wall. Player is out if ball hit's the ground (sit down). Last one standing is winner. Coaches should strive for and celebrate improvement each week for each child.

Games -After the Skills Drills, play 1 game until the end of the hour. No score will be kept for this age group. This format will focus on learning the skills of the game (passing, setting, serving, 3 hits before going over the net, etc.) rather than focus on the score. Assume that the front row, middle position will be the setter (if you happen to ever get 3 hits on one side). If more than 30 minutes remains for the game, stop after -15 minutes for a side change and water break. No timeouts are allowed at this age group.

Substitutions- When rotating after a side-out, the new player will enter the back-row middle. The player in the service position (back-row, right) will sub out. Each week, a different 6 players must start the game. No other substitutions are allowed other than for an injury. The goal is equal playing time.

Service line -During Skills Drills, the service line will be roughly 20ft from the net. During games, the server should stand where appropriate for their skill level (no closer than 15ft). Encourage under-handed service.

Serving -Any one server cannot serve more than 3 consecutive points. After 3 consecutive points, a side out will occur (serve goes to the other team). The server should get 2 chances to serve successfully on his/her first service attempt.

Violations - Carries, double hits, etc. will be called loosely at this grade level. It is still important for the players to know what those violations are and try to correct their technique between points.

General - Coaches are encouraged to be active near or on the floor between points, but not during play. For each rotation, it is anticipated that the coach will be needed on the court to position each child to his/her new position. No officials will be used at this age group. When the game is over, players must line up on each side of the net, cross under the net and greet the other team.

No tournaments will be held at this level. Parents must provide kneepads for each child at this age group. No child will be permitted to play without kneepads.