

Unit

7

Technique and Tactical Analysis in Volleyball

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Student Learning Objectives

- 6.1 Describes the stages of learning and developing motor skills. (G12.1.1.8)
- 6.2 Applies tactics and strategies to overcome opponents (attacking) in the team and individual games. (G12.1.1.9)
- 6.3 Applies tactics and strategies to prevent opponents (defending) in team and individual games. (G12.1.1.10)
- 6.4 Evaluates attacking and defending tactics and strategies to overcome opponents in the team and individual games (football, badminton, tennis, basketball, cricket, netball, rounders, rugby). (G12.1.1.11)

Unit 6 Introduction

All sports need some form of technical ability, tactics allow these techniques to be performed successfully. If you wish to be a high-level sports person you must have a good level of tactical and technical ability. Some skills can be general and can be used across all sports these include things like running and jumping. As seen in previous grades, some skills may be specific to only a few sports like a serve in volleyball or a golf swing. In sports and physical activity, tactics are like an action plan which is used to achieve an objective.

In this unit, you will continue to develop your volleyball skills through improving technique and tactical awareness. We will have a chance to analyse and evaluate our own performance, comparing techniques and tactics with those of elite performers. You will all discuss the stages of learning, and how we develop motor skills through volleyball and other similar sports.

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Glossary of key terms		
Word	Form	Definition
awareness	noun	being alert to the surroundings
approach	verb	moving towards a specific place
blocking	verb	raising hands high above the net to block an oppositions spike or volley
defensive	adjective	a technique used to protect or defend a goal
dig	noun	hitting the ball from waist height with hands closed together
jump serve	noun	a powerful serve which involves the player jumping on impact.
formation	noun	the positioning of players on the court
offense	adjective	a technique used to attack a goal
perimeter defence	noun	a common defensive tactic used in volleyball
rotate	verb	moving in a circle around a set point
float serve	noun	a serve which glides in a high loop over the net.
spike	noun	hitting the ball forcefully downwards over the net.
volley	noun	hitting the ball over the net with the finger tips





Motor skill development

A motor skill is any action or movement that involves using muscles. There are two types of motor skills, gross and fine.






Activity 1

Can you give some examples of gross and fine motor skills?

Gross	Fine
	

Activity 2

Volleyball involves many different gross motor skills. Write down a brief description of each of the basic volleyball skills

Set	
Dig	
Serve	
Hit/Spike	
Block	

Stages of learning and skill development

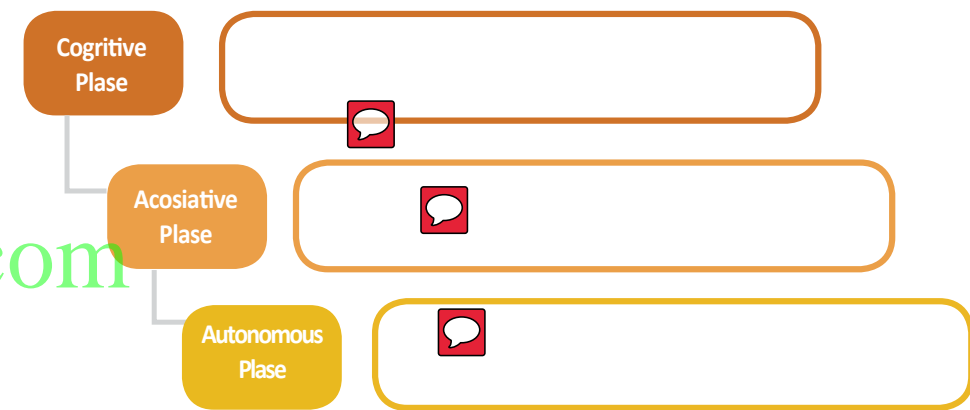
When it comes to learning new skills, we must go through certain stages to develop confidence in skill execution. We identified this in grade 11.

Activity 3

Using the diagram below, can you describe the stages of learning. Use a specific volleyball skill as an example:


Skill

Think about volleyball, write down which stage of learning you think you are in for the following basic skills.



Activity 4

Think about volleyball, write down which stage of learning you think you are in for the following basic skills.

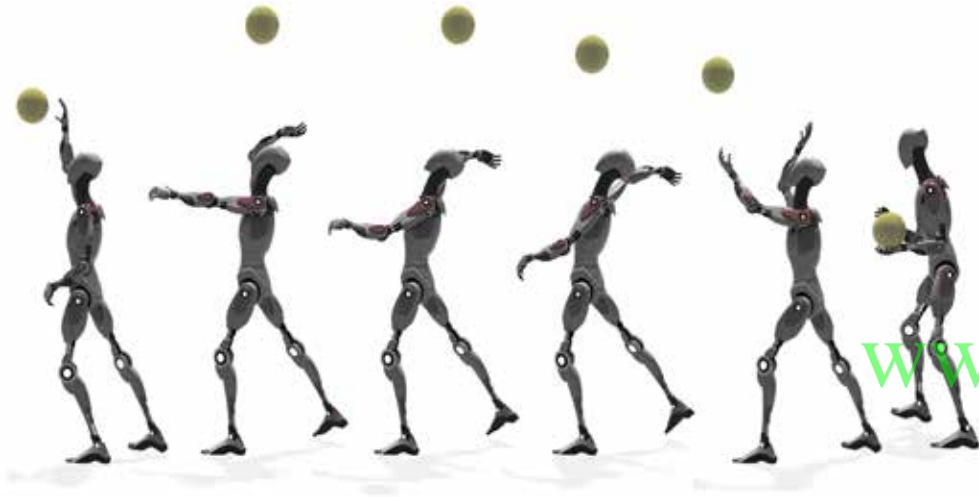
Skill	Stage of Learning
Dig	
Set	
Serve (underarm)	
Serve (overarm)	
See Elite Extension Task E1	



Developing and advancing techniques

Different types of serve

Float serve:



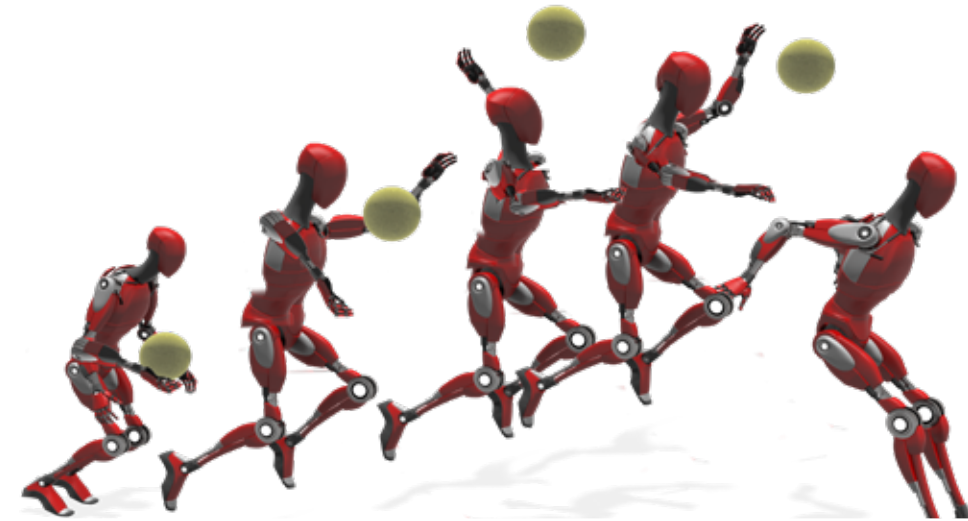
A float serve moves in unpredictable ways. It does not spin and is difficult to pass.

Activity 5

In the box below write down some key points of performing a float serve:




Jump serve:



A jump serve is more powerful. The server throws the ball high and jumps to strike the ball in the air.

Activity 6

In the box below write down some key points of performing a jump serve:





Should my serve be short or deep?

It is important to choose how far to serve the ball. If you serve short, the ball will fall for the frontline players. If you serve deep, it will travel to the back of the court. You should study your opponent's movement and position to help you decide how to serve.

Activity 7

Discuss with a partner when serving a serving short be useful:



See Elite Extension Task E2

Attacking

A spike is not the only way to attack in volleyball. Sometimes it is useful to 'tip' or 'dunk' the ball over a blocker.

In earlier grades, we have looked at hitting using a spike-style technique.



Activity 8

What are the four steps you need to go through when hitting in volleyball:



1.
2.
3.
4.

Activity 9

What do you understand by the term tipping in volleyball?



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.....

.....



Activity 10


Practise attacking movements in your team. Try different shots to try and score points against your opponen



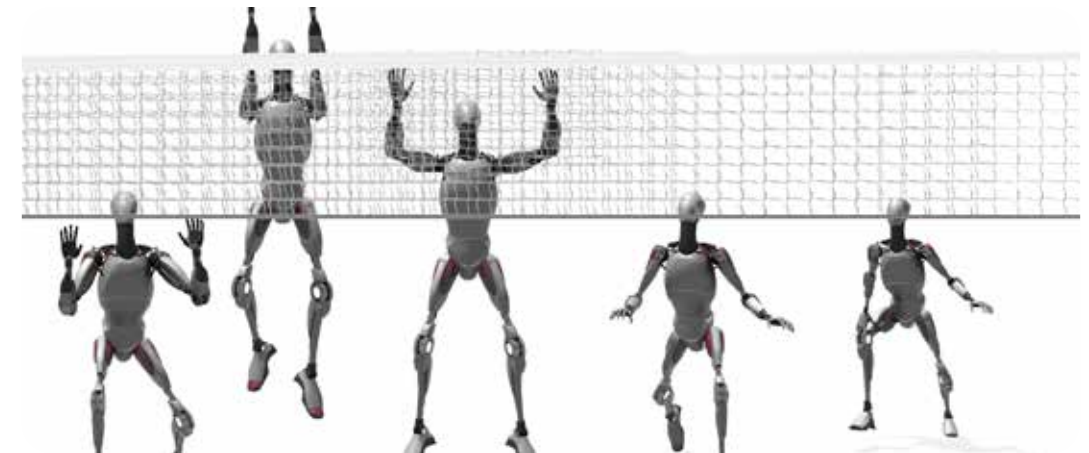
Activity 11

After playing volleyball games in class, read through the following scenario and identify the type of attacking shot you would use:

Scenario: The ball is played in a high loop over the net. It is passed to the setter. You notice your opponent's frontline has already jumped to try and block your hit, what kind of attacking shot do you play and why? (Use the image to help you)




Blocking



Blocking is an important technique in volleyball. It is useful for stopping the ball passing over the net.

Activity 12

Use the box to write down key coaching points of a successful block:



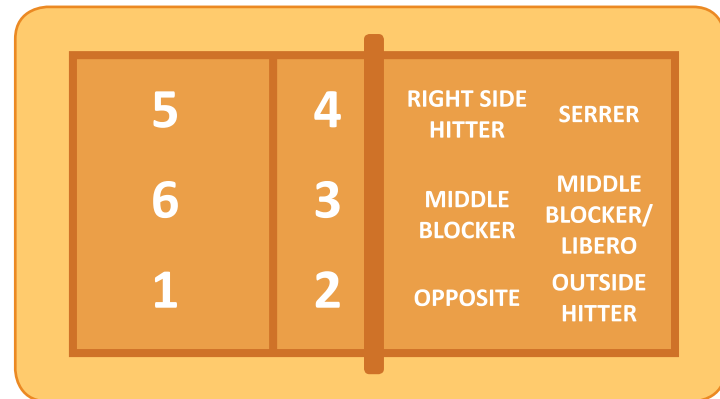
Activity 13

After practising blocking in your groups, can you give any other key points you need to remember to successfully block a ball?



Positional play in volleyball

In grade 11 we explored a basic 4-2 formation in volleyball. This means a team will have 4 hitters and 2 setters. Now we will build on this knowledge and learn about the six different positions in volleyball.

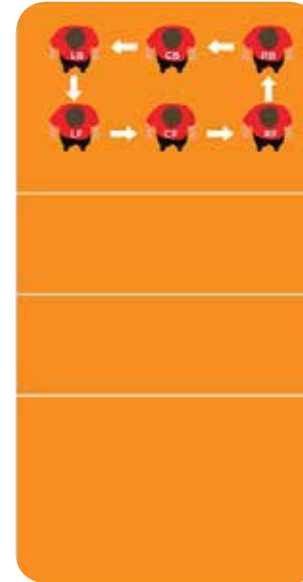


Activity 14

Use the image above to label the descriptions in the table with the correct position name:

	The main blocker and attacker. They stand in the middle of the net. Some teams have two, one at the front and one in the backline.
	This player is on the left side of the court and is the main attacking position.
	This player is positioned on the right of the court. This is the backup attacker.
	This player stands in the front row on the right side of the court. This is the backup hitter.
	They receive the ball usually from a pass and must set the ball for a third touch from one of the hitters
	The player is the main defender. They receive most of the serves or digs and are free to sub in for any other player.
See Elite Extension Task E4	

Rotation



After a serve is won, players will rotate and move one place clockwise.

This does not mean you must always change position.

Skilled players can play the same position from a different location. To do so they must move back after the ball has been served over the net by an opponent.

Back line players can attack the ball but cannot attack in front of the 10-foot line on the court.

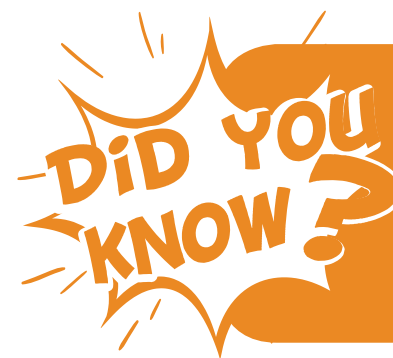
Trying out the Positions

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Activity 15

Demonstrate in the lesson you will have the opportunity to try out each position and decide which one you prefer.

See Elite Extension Task E4



You can improve your skills and join a team at Dubai Volleyball Academy!



Evaluating attacking and defending strategies in volleyball

Over the past unit, you have had the opportunity to further develop your volleyball skills. You have also had the chance to learn about and try different attacking and defending tactics.

Activity 16

After playing in the class volleyball tournament, complete the table to evaluate your own attacking and defending skills.

Skill	Rating /10	Strengths	Areas for improvement
Hitting			
Blocking			
Movement			
Setting			
Digging			
Elite Extension Task E5			


Elite extension tasks

Stages of learning

Activity E1

Can you explain the process of moving from the cognitive phase to the autonomous stage of learning a skill?

Think about volleyball performance:



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Serving

Activity E2

Explain two things that you should consider before you serve the ball:



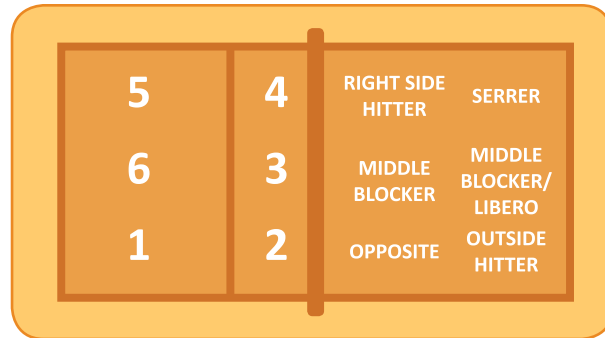




Positional play

Activity E3

Looking at the image and descriptions of the volleyball positions, write down at least one skill you think is needed to be successful in a specific position:



Middle Blocker	
Libero	
Outside Hitter	
Opposite	
Right Hitter	
Setter	

Rotation

Activity E4

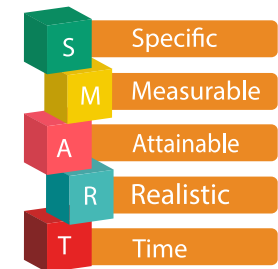
Explain why it is important for a volleyball player to get back into their original position after a rotation:

Evaluating performance

Activity E5

Create an action plan that will help you improve your volleyball performance (Remember to make your targets SMART!)

Smart Goals



Target	Action needed	Barrier to success	Evidence- How will you show you have improved?

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