Warm-Up Games

**Pushball**

*Equipment* = *One Volleyball and two benches*

- Split into two teams, the number on each team depends on your gym size.
- Goals are benches turned on their sides with the flat side facing inwards

*Rules*: The ball cannot leave the ground (immediate change of possession), no kicking the ball you may only push the ball to your teammates. There is obstruction with your body! Scoring occurs when the ball hits the bench!

**“Chuck the Pig”** previously known as Chuck the Chicken

- *Equipment* = *One rubber Pig or Chicken or Volleyball*
- Split the class into two teams, size of the class does not matter, the more the merrier!
- The object of the game is to chuck the pig away from the other team (I play that they can throw it anywhere, except on portable roofs or the roof of the school. We have ended up in the cafeteria during lunch and all over the school), and accumulate as many points (runs) as possible.
- Compete for a time period or to a specific number or a specific number attempts per team

One team is the “chucker” and the other team is the “chuckie”, team switch rolls as soon as a team chucks the pig.

1. Teams are divided into two, the “Chuckers” throw the pig as far as they can and then the student who chucked the pig, runs around their team which is clumped together as many times as they can until they hear the other team yell “STOP”. The team members who are clumped are responsible to count out loud the laps as their team member completes a lap. And then the team completes #2.
2. Once the Pig has been chucked the other team runs after the pig, the first person to reach the chicken initiates the under/over sequence until the pig reaches the end of the line. The last person yells “STOP” and then repeats #1

Team/Class Drills:

Two ball three-person drill.
- one person serves, one receives, one is the passing target.
- you set up on one third of the court.
- change it to volleying, change it to spinning balls.
- give goals, i.e. five good passes then rotate.
- you can have a fourth as another target along the net.
- you can have four groups on a court at one time (alternate)

3 vs 3 continuous drill. (triangle drill over the net)(Fi)
- volley only
- tip only
- add block, setter only
- setter in same spot whole time or for class/tryouts, rotate after the ball goes over the net.
- Can play an actual game if you include hitting, change the formation to 1 up 2 back.

4 vs 4 drill or 6 vs 6 team play.
- coach or coach’s toss/hit from sideline.
- free ball or down ball
- set up different positions i.e. 3 players are front row and one player is back row. i.e. 2 are front row 2 are back row.
- you can also do this drill with 5 vs 5.
you **must** go back to a player if they make a mistake so they can replay the ball and be successful.
Virus game.
6 vs 6 or any modification you want except.........one player is a virus who will do anything crazy!! Bump it over right away, pass it to a spiker, pass it to a setter, over hand hit on first contact right back over etc........

Dead Fish
Two teams on opposite sides. One minute to serve, any misses and you go and lie down on the opposite side and your team has to “save” you by serving and hitting you to get you back to your side. Team with the most “dead fish” on the other side loses.

Xena Spiking Drill
Have your players stand on top of a sturdy table and toss the ball so they can time a hit and swing through the ball above the net! They can scream or yell as they hit – your choice! For some, this is the first and only time they get to know what it feels like to really spike a ball! (also, lower the net in gym class so they can all attempt spiking in games)

Swedish Two-Ball
Regular 6 on 6 with two volleyballs. Both teams have a ball and serve underhand at the same time. Play it out (no spiking allowed) whichever team has two volleyballs scored on them at the same time loses and the other team gets a point. Each point ends the mayhem, and both teams start with the ball and serve at the same time again. If you serve out you have to go around to the other side get the ball and bring it back to serve it again, meanwhile the other ball may still be in play!
Great for a really strong class (no need to know how to spike or serve overhand) Lots of chatter (okay screaming!) and good for teams as players learn to be ready for anything, not just the same old bump, set, spike routine.
Serve Against the Wall
One ball per person. Line up close to the ball, toss the ball in front of yourself and swing hard at the ball, high on the wall. Catch the ball with your whole hand against the wall (without hitting yourself).

Small tasks – Big Pay Offs
Every drill has a goal and exit task
- Hitting Drills – must hit 2 good hits to exit (cannot touch the net)
- Hitting Drills – 5 kills to get out vs a defense (with or without blockers)
- Perfect pass to get out – on any drill
- Everyone must talk and complete the goal
- “Three to make two” (If you miss one you have to go a third time)
- Serving – two “in” and two to a specific location (position 1, 6, 5, or 3)

**** be specific but don’t include too many goals****

Your Choice What do you want to see?
- Active Stretching
- The importance of learning the Tipping Progression
- Calling the Blockers and where to go
- Serving Progressions

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One Bounce Volleyball Rules
(For competitive teams or younger less skilled players.)

Choice Rules:
Can play 6 vs. 6 or 3 vs 3
Can play full court or half court. (divide court in half length)
Can serve overhand, or underhand, or throw to start rally.

All of the above depends on ability, how crazy you want it, how competitive, gym space, number of students etc.

Main rules:
Regular volleyball rules.
One bounce only in a row on one side.
Serve must go in.

Rest of the time the ball can be spiked off the back wall/hit the roof /floor (all on the same side) and you can play it off the wall, roof, or floor, as long as it only bounces once in a row on the floor.

Can have three contacts on a side. (can adapt to “as many contacts as it takes to get it over”)
During the rally the only “out” (other than the serve) is, under the net or around the posts.

Can also have more than one bounce a side. Example, one player lets it bounce then plays it then a different player on the same team lets it bounce then plays it. (Same player cannot hit it twice)

No one is allowed to kick the ball; only regular volleyball skills can be used. The idea is they should have more time to get to the ball. (you can also add things like “tactics”; try to get the first pass to the setter)

We have used this game in grade 9-12 classes as well as 3 vs. 3 full court in University/club. (always good to mention the University thing to your 9’s and 10’s so they don’t think it is because of their abilities)

Enjoy!
If you have any questions please contact me at Fiona_MacGregor@wrdsb.on.ca(underscore between my first and last name)