

Resources

Check your local library and schools as well as local park and recreation programs. A trophy shop may be able to put you in touch with a local league or association willing to share information.

USA Volleyball

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Web site: <http://www.usavolleyball.org>

Elements of a Practice Session

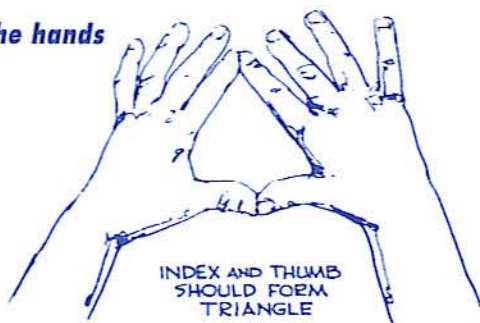
Warm-up Time: Plan some simple warm-up exercises and make one or two points about the importance of physical fitness. Explain that exercises keep muscles loose and strong, which helps boys avoid injury. You might also talk about the importance of good diet in keeping fit.

Drills for Volleyball Fundamentals: Teaching the fundamentals is a must at every level of volleyball. Take time to teach and review basic skills at every practice session, and plan simple drills to reinforce learning. Work with boys in groups of three or four so nobody gets bored or feels slighted.

Team Meeting: Plan a 10-minute discussion for each practice session. Choose a topic and think of an interesting way to get players thinking and talking about the rules, the game—and themselves. Don't make this a lecture. Challenge players to set goals for themselves and the team. Help boys feel that they are important to the team.

Game Time: Set a goal or focus for each game and help players see the relationship between skills and the game.

Position of the hands



Equipment for Cub Scout Volleyball

Appropriate equipment is important to learning skills, playing well, and enjoying the game.

The Net and Standards

Check with local sporting goods stores on the availability of adjustable nets and standards for the net heights recommended. A temporary solution is to use a regulation net and standards, wrapping the net around the standards at the height desired. All items, such as standards, wall fixtures, and the like should be padded in some way for safe play.

The Ball

Number four (junior size) volleyballs are appropriate for Cub Scouts. These balls are usually available at local sporting goods stores, although it may sometimes be necessary to order them from the manufacturer. Use of an adult-size volleyball is possible provided the ball is good-quality leather.

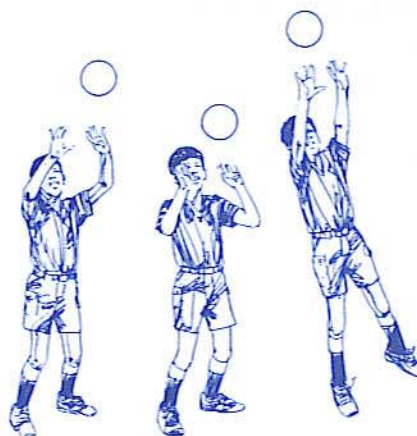
The Court

Court lines may be taped to the floor, using tape made for this purpose.

Several courts may be included in a gym or all-purpose room, using permanently installed equipment, if available, or temporary standards and taped court lines.

Uniform

Many players wear knee pads. Long-sleeved shirts help protect forearms. Boys should not wear any jewelry. Do not allow boys to chew gum while playing volleyball.



The overhead pass