

## METHODICS OF VOLLEYBALL INSTRUCTION IN YOUNGER SCHOOL AGE CHILDREN

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*(Professional paper)*

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### **Abstract:**

*In modern conditions of volleyball competitions the existence of systematical work in volleyball school is essential. A volleyball school is a systematically organized unit for volleyball – sports improvement of children. It is through this school that children master and improve the basic technical elements of volleyball games. Depending on the level of difficulty of the technical and tactical elements which they master certain degrees and classes are organized. So there are the following degrees of volleyball schools: the first, the second, the third, the fourth and the fifth.*

**Key words:** *technical and tactical elements, degrees School volleyball, motor skills, analitical method, the method of situational*

### **VOLLEYBALL IN SCHOOL**

In contemporary conditions of volleyball competitions the necessity of the existence of systematical work of schools of volleyball is evident. Volleyball school is a specialized organizational unit for volleyball – sports improvement of children aged from nine till eighteen years. The special goal of the school is to add to the development and improvement of individual skills of children through the educational training process so that they could become quality volleyball players from the beginners.

Games involving a ball, somewhat similar to volleyball can be found in many ancient societies. The modern form of volleyball was created in 1895 by an American called G.W. Morgan in effort to maintain the continuity of work on summer sports during the winter months.

Volleyball has been played in Europe since 1917, first in France and Italy and then in other countries of the old continent. In spite of being a relatively new sport, volleyball has quickly gained a lot of followers. Like all the other sports games volleyball is very complex and it has a great number of derived movements, moving, which requires

more complex training during the training process. Significant improvement of results in volleyball is the consequence of the improvement of the methods of training.

In order to make better results it's not only essential to practice in favorable conditions and best methods but to practice long enough. It is essential to start training when the human organism shows the biggest adjustment. The knowledge of this fact conditions the early specialization in volleyball. Volleyball schools are one of its forms. Besides early specialization, the first and very significant selection is conducted in volleyball schools which cannot be conducted just based on the observation of the child playing but also in different areas of its display.

The conclusion on the talent of the young people should by no means be rushed. The practice has shown that often times the ones which were talked about as not talented, had achieved a very high level and on the other hand the talents remained the permanent talents. The possibility of identification of the young is very important and it is very useful for them to see the older athletes active not just during the game but also during the training. In that

case volleyball schools founded in the clubs have extraordinary possibilities. During the selection of children it should never be omitted that the persistence is one of the most important qualities of future volleyball players especially if it is known that the acquisition of the volleyball techniques is very complex and it is more difficult than it seems.

In the acquisition of the techniques in the period of training there are no significant differences between the girls and the boys, especially not in the first years of training. Only a few exercises are not recommended for girls so it is not necessary to make special programs regarding the gender of the starters of volleyball schools. The difference does exist in the conduct, presentation and assistance but it is more the thing of ethics and knowledge of methods of volleyball. "Starting from the fact that the man is the one who produces, creates and manifests the game and that he is the most important factor in it, our endeavor to perfect the game must be comprised in the desire to improve the man, his acts, movement and manipulations."

#### **SUBJECT, GOAL AND WORK ASSIGNMENTS**

Volleyball is a complex sports game which is abundant in all classes of motor forms. One of the most significant problems of volleyball competitions is the realization of the end results i.e. the observation of the elements of the technique important for the successful realization of the volleyball game. Mastering a technique i.e. efficiency in technique demonstration is surely a big advantage in competing.

The way to get to the top volleyball technique is forming, organizing of volleyball schools in clubs and in organizations of certain associations and privately. That is exactly the subject of this paper. Volleyball schools is a specialized organizational unit for volleyball-sports improvement of children aged from nine to eighteen years. The goal of the volleyball school is to contribute to the education of children and their regular intellectual and physical development through the application of specific training contents and thus create healthy persons capable for life. A special goal of the school is to contribute to the development of individual possibilities of children be raised to higher levels through the educational and training process in order to make a beginner quality volleyball player.

The assignments of volleyball schools are the scouting of children with exquisite feeling, abilities and wish for improvement in volleyball through methods of selection, to take children through organized and expert work, to make the work of school optimally long, to contribute to the general biological development of children, motor abilities important for volleyball, to contribute to the development of moral and volatile (emotional – volatile area) characteristics, the work on the development of psychological stability, to stimulate the desire for identification with the athletes who possess the real human values (top athletes), to give them useful and healthy fun and to protect them from the dangers of the street (alcohol, tobacco, drugs, theft) and all other things.

#### **VOLLEYBALL SCHOOL OF THE FIRST DEGREE**

Attendees of this school are elementary school-children in the third and fourth grade aged 9 and 10. Having in mind that PE curricula at this age is implemented by preschool teachers and rarely sports pedagogues and without any diminishing the efforts of the above mentioned it is quite natural that selection for the volleyball school be trusted to the PE teacher who is more competent in the areas of sport.

It all seems simple at first sight but concerning growth, habits and overload of this age children it is evident that this type of work is extremely difficult and responsible.

Basic tasks in the volleyball school of the first degree are- to direct correctly physical development of children, to develop movement patterns, (walking, running, jumps and throws) in various conditions, movement patterns should be developed according to latent motor areas of this age. This degree of school is recommending two trainings a week and one competition which is not necessarily of competitive type. Any activity at this age is to be performed by play which is a form children use to know themselves and others. This is the way to develop the collective feeling. Also there should be as many competitions as possible within the training session. Some pre exercises should be introduced for volleyball. Balls used at this age should be lighter and bigger (for certain exercises), or smaller for other exercises. Physical preparation is directed to development of all motor features. It

is well known that this is the period of accelerated growth and development of motor features both in girls and boys and full attention should be paid to their development. As for acrobatics it is necessary forward roll, backward roll, side rolls, side turns, upright position. Relay games and elementary competitive games should find their place in the training session and one should adapt them to the age and sex of the attendees. As for coaches in this degree school they should be extremely competent technically and psychologically. A coach should be a good animator, so children start to like and get interested in this volleyball. A drawback for the coach is absence of goal, basket so there is no particular aim to motivate children.

### **VOLLEYBALL SCHOOL OF THE SECOND DEGREE**

Attendees of this school are elementary schoolchildren in the fifth and sixth grade aged 11 and 12. It is normal to expect the influx of new attendees on condition these children are suitable for this group, i.e. for this degree school.

Basic tasks in the volleyball school of the second degree are to direct correctly physical development of the future volleyball player, in accordance to the childrens motorics, to start training technical elements of a volleyball and introduce basics of this games rules. At this stage children have already acquired certain habits in physical activities and they should be engaged 3 times a week plus inter group matches. Contrary to the first degree with the emphasis on general development and habit formation this second degree school specific exercising begins and teaching of volleyball game elements (positions, movements, fingers and hammer ball revolving, upper and lower service). When acquiring the technique children should perform technical elements correctly and precisely.

It is best to acquire technique through play as the fastest way to do it. It is to emphasize that children should start as soon as possible net playing if only to master the finger technique. Training should follow the basic principles of methodics of teaching new elements: first easy ones then more difficult, first simple ones then complex. One should not insist on analytical methods but should use it in the game to make it more interesting and diverse.

A child in this period, should not be modeled by clichés and molds of training and exercise but

should be allowed creativity and freedom of expression with the ball.

Physical preparation is directed to development of total motor features with the emphasis on speed of movement (locomotion and start speed). As for acrobatics it is still basic consideration and plan and program of training should comprise all elements envisaged by PE curricula. Relay and elementary games are still represented in the plan and program of training in order to solve the problems of physical and technical preparations, i.e. acquiring the techniques of volleyball. Extremely important factor in this stage in training is demonstration or correct display of the techniques necessary for children to acquire in this second degree stage.

### **VOLLEYBALL SCHOOL OF THE THIRD DEGREE**

This chronological age means competition and taking part in different levels and ranks of competition (town, region, republics, state). Volleyball school of the third degree encompasses elementary schoolchildren in the seventh and eighth grade aged 13 and 14.

It is normal to expect the influx of new attendees but this time talented ones who are motor and longitudinal dimensionally well ahead of their peers.

Basic tasks in the volleyball school of the third degree are to further correct physical development, to improve technical elements and teach new ones, theoretical work with children (tactics and tactics variants, systems of the game, composition of the team and rules of the game that are necessary because of matches). Since it is competitors group it is recommended to train 4 times a week (Monday, Tuesday, Thursday, and Friday), hour and a half plus once a week a match intergroup or league one. As for the volleyball technique in this period children should be taught competition technique, conditions of the game, it is advisable to practice passing, bottom service, with and without rotation, positions and movements in the game, smash and blocking.

Methods used in improvement and instruction are combined, that is situational one. It is considered that this method will give much better results because children learn applied technique and tactics that will be used in the game itself. They will absolutely be more efficient than the children learn-

ing segmentarywise.

Physical preparation is directed to development of total motor features with the emphasis on development of speed strength, endurance general and particular ones.

As for acrobatics it is still basic consideration and plan and program of training should comprise specific volley ball acrobatics, rely and elementary games, and additional sports such as basic child's play, football, basketball, etc.

### **VOLLEYBALL SCHOOL OF THE FOURTH DEGREE**

Attendees of this school are secondary school students in the first and second grade aged 15 and 16. In sports terms these are considered as competitors – cadets. They take part in the leagues of the towns, regions, republics and state. Considering the age volleyball school has the following tasks-systematic development of the physical abilities, improvement of technical elements, focus on psychological preparation, more advanced theoretical work with children (tactics, systems, composition of the team, game rules, competition propositions). Number of trainings is 5 plus 1 match (intergroup or league).

Basic aims in the volleyball school of the fourth degree are to further level of knowledge, skills, further development and improvement in specialized positions in composition of the team. Also one should continue to improve technical elements and specific manifestations of the elements of the technique in individuals (style), and nurture creativity. Tactics and tactics variants are manifested primarily in the game situations. This determines the method to use and these are syntetic and situational method.

### **VOLLEYBALL SCHOOL OF THE FIFTH DEGREE**

Regardless of the fact that some authors do not think this degree belong to schooling because the attendees are cultivated players it is acceptable to say that basics in volleyball schooling stops after this degree. Here are the reasons to justify this statement. In this period certain motor features enter the phase of accelerated development so motorics is not yet “mature“ which automatically means that manifestation of the technique is yet to be advanced.

Attendees of this school are secondary school students in the third and fourth grade aged 17 and 18. In sports terms these are considered as competitors – juniors. Volleyball school has the following tasks- systematic and maximal development of all motor abilities, improvement of technical and tactical elements in game situations, focus on psychological preparation, more advanced theoretical work with children (tactics in relation to our and opponent team, systems, composition of the team, game rules, competition propositions). Number of trainings is the same 5 plus 1 match (intergroup or league, and as for competitions if there are no first league matches one should organize training matches or intergroup matches.

Basic aims in the volleyball school of the fifth degree are to further level of knowledge in all areas, focus on psychological and theoretical preparation for the senior team. Most of the time one should devote to situational and over situational training. One should continue to insist on the improvement of technical elements in the game and in competitions. Tactics in this phase is developed but it needs improvement and insistence on improvement in specialized positions in composition of the team.skills, further development and Also and specific manifestations of the elements of the technique in individuals (style), and nurture creativity. Tactics and tactics variants are manifested primarily in the game situations. This determines the method to use and these are syntetic and situational method.

Physical preparation is directed to development of total motor features with the emphasis on development of explosive and speed strength, of all relevant muscle groups. Additional work is indispensable, that is work in trim cabinets, trim tracks, gym. As for acrobatics it is still basic considered important but more attention is directed to the specific volleyball acrobatics with the ball. Rely and elementary games are still pursued and thoroughly exercised as the introductory or preparatory phase of the training. Child is better known through these games, meaning we are all different in our reactions in different situations and they abound in volleyball game. It is not unusual that in this phase individual players join the senior teams so this degree of the volleyball school can be rightly called the phase of the maximum improvement and manifestation of the volleyball technique.

## ELEMENTS OF THE GAME TECHNIQUE

**Serve** originated the same date as volleyball as a way to toss the ball into the game- to throw the ball into the game and to the opponent. Probably the very name originates from the circumstances of the game. In the origins of volleyball serve was just the start of the game and there was no intention to baffle the opponent team. As volleyball becomes competing sport serve becomes the element of attack, and even the most deadly one. Recent changes in the rules- each overplay is a score has given the serve one of the most important function of the volleyball elements. Tactics of the game demands thorough preparation of the serve manner. Good serve means well structuring and preparation of the players. In order for the players to be ready for such huge tasks a coach should devote enough time to the instruction of this element.

This is the initial throw starting each game, it is performed at the beginning of the set and after each mistake. A player must hit the ball in such a manner that the ball passes the net and hits the inner court of the opponent. There are two types of serve underhand and overhand serve but today in elite volleyball nobody performs the underhand serve. The most popular serve is jump serve that can be extremely difficult to catch if showing great rotation and speed.

### Smash serve

Smash serve is the most difficult element of the volleyball game because it demands:

- precise underhit of the ball
- precise and strong start
- precise and strong jump
- strong high and long jump
- speed hit
- landing

Serve begins with the correct pose for the performance and ends by players return to the defending position. All these single activities and taken in total require great effort on the side of the server. This type of serve is ubiquitous if the ball speed is great one and this demands a lot of put energy. But if performed with small speed is easy for the reception and does not make sense to perform it in this manner.

Most given advice to the players at matches and trainings when performing smash serve: "Under hit

and start so as to delay the jump".

This means that in the first phase of the jump you fly to the ball and hit it in the beginning of the middle phase of the jump. The aim is to avoid ball contact in descending phase of the jump and to use the first phase when the serve speed in ascending and the biggest.

In young players one should demand that in smash serve the ball speed be such not to endanger the safety of the serve performance.

With the improvements of the serve almost unnoticed ball speed should be increased. Ball should be underhit so that the contact server starts half a meter from the base line towards the net and the jump is to be done as deeper into the court as possible.

**Bump** is top repulsion of the ball used to change the direction of the received serve and to better position the ball to the attacker. A player most often hits the second ball in the action. Slide is the main tactical part because the player must be so good to enable his attackers to attack the softest opponents block spot. Therefore he must monitor his teammates but opponents as well especially their movements to the net. According to the rules there is one slider but there are teams with two sliders.

**Block** is the first line of defense and most efficient one. Three players are responsible on the net. They can perform the block so as to monitor the opponents slider to act accordingly or to decide to prevent the swift attack from the middle of the net. Main factor of the good block is handwork to the other side of the net in jumping moment because if the blockers hand are flat on the block good smasher will use this chance and the blocker will finally block the smash but to his side mostly under his own legs.

**Smash** is most effective and most attractive form of ball direction into the field of the opponent and scoring. Ball lifted above the level of the net is caught while jumping in the highest point most quickly and directs steeply into the opponents part of the court. It is difficult to stop it if it is quick and is mostly stopped by gator.

## CONCLUSION

Physical education is very important because it was represented in schools even in the early periods. Today the main problem posed is

incompetent representation and implementation of the PE curricula in schools. These classes are sometimes skipped so as to compensate for the loss of some other subjects classes. Although we know that our children are spending their time in front of the computers and are less active we also must pay attention and prevent neglecting the role of PE. But mistakes are made and this is a big problem of nowadays.

Purpose of PE is to introduce varied and systematic motor activities and together with other educational contents to contribute to the development of the personalities of the schoolchildren. Primarily we must develop motor abilities, contribute to the acquisition of and application of motor knowledge and skills and habits and theoretical knowledge in everyday and specific life and work conditions. Our focus should be a pupil.

Organism shows biggest adaptation in early school years and that is why this age should be used correctly. One should properly act to enhance physical development of children, to develop movements patterns ( walking, running, jumps, throws) in different conditions and these patterns should be developed in congruence with latent motor areas of this age children. Each activity in this age should be completed through the game because the children recognize this form as a means to get to know themselves and others as well. That is how collective spirit is developed.

This period is the right one to introduce children to some basic elements of some sports. Thus PE classes can be used as a means to make first steps into some sport playing later on. This is the right time to make early selection and to direct them to certain sports depending on their predispositions. Teacher should be animator so they grow fond of volleyball or some other sport. A drawback for the teacher is that there are no goals or baskets so no particular aim is to fulfill and no motivation to pursue. This means that all depends on the PE teacher.

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## МЕТОДИКА НА ОБУЧУВАЊЕТО ВО ОДБОЈКАТА КАЈ ДЕЦАТА ОД ПРДУЧИЛИШНАТА ВОЗРАСТ

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(Сѝручен ѝруд)

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### **Апстракт:**

*Во современите услови на одбојкарското надигрување, се наметнува неопходноста за усојоење и систематизирана работа во одбојкарските школи. Одбојкарската школа е специјализирана организациона единица за одбојкарско-спортско усојрување на децата. Низ таа школа децата ги совладуваат и усојруваат основните техничко-тактички елементи на одбојкарската игра. Во зависност од тоа кое е нивото на тежината на совладаниите техничко-тактичките елементи, одредени се степените и класите на школата. Сред тоа усојои: прв, втор, трет, четврт и петти степен на одбојкарските школи.*

**Клучни зборови:** *техничко-тактички елементи, степени на одбојкарски школи, моторни способности, тренинг, аналитичка метода, ситуациона метода*