



What's unique about volleyball

Volleyball is a universal and inclusive sport that can be played sitting or standing, indoors, outdoors or on the beach making it accessible all year round. It fosters a strong sense of belonging and togetherness, is enjoyed across many cultures globally, and is a non-invasive team sport that is particularly popular with women. Volleyball England has been gender-balanced since its formation in the 1950s, and the sport offers a variety of formats that make it welcoming and inclusive for everyone.

What is the intent of your format



Develop confidence and competence within physical activity/sport skills



Build social skills and connections (i.e. sense of belonging)



Provide inclusive opportunities

Volleyball is a universal and fully inclusive sport that can be played indoors, outdoors, or on the beach, making it accessible all year round. It fosters a strong sense of belonging and togetherness, is enjoyed across many cultures globally, and is a non-invasive team sport that is particularly popular with women. Volleyball England has been gender balanced since its formation in the 1950's, and the sport offers a variety of formats that make it welcoming and inclusive for everyone.

Volleyball is an ideal sport for developing positive behaviours, teamwork and communication skills among young people.

Target group benefits



All young people



Girls



Ethnically diverse communities



SEND

Volleyball as a sport is particularly popular with women and ethnically diverse communities due to its world-wide cultural appeal. These formats support young people to progress from simple catch-and-throw activities to 2v2 volleyball, developing recognised volleyball skills such as the dig, set, spike, serve, and block.

These small-sided and modified versions of the game will introduce volleyball to children of all abilities aged 7-11 in schools and community settings.

Sitting volleyball with modified balls can be enjoyed by young people of all abilities in an inclusive environment.

It's just not volleyball if you...

1

Don't work together with your teammates before returning the ball over the net.

2

Don't develop your volleying, digging, spiking and serving skills.

3

Don't play safe, play fair, and embrace the values of Volleyball.





How to run inter-competition: VolleyFest



How to set up

- This format works well as an introduction to volleyball and provides opportunities to develop skills required to play more competitive formats.
- Set up three skills stations using the activity cards:
 - Keepy Uppie
 - Can you dig it
 - To me, to you, to me
- Allow 15 minutes on each station before rotating groups
- Allow enough time for all groups to have a go at each station.

Scoring

- Create different scoring challenges, for example:
 - Easy - Count how many passes you can make before the ball lands on the floor
 - Medium - Count how many passes you can make in 30 seconds, 60 seconds
 - Hard - Between each pass can you; clap your hands, touch the floor, sit down and stand up, or turn around?
- Encourage participants to create their own challenges and scoring ideas
- The highest score on each station wins.



Age group

KS2 (7-11 years old)



Gender

Male / Female / Mixed



Participant numbers

Minimum 4 players.

Participant numbers will depend on the available space, time and number of activity cards being delivered.

Group sizes could range from minimum 4-32 participants. The bigger the group the more skill cards you would use and the larger the space you would require.

- 4-12 participants = 2-3 cards
- 12-24 participants = 3-4 cards
- 24-32 participants = 4-5 cards.



Target audience

For all.

All activity cards can be adapted for different abilities and levels of experience.



Benefits for YP

Through volleyball, young people will:

- Have fun and enjoy themselves
- Develop friendships and meet new people
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand their contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Learn how to set realistic goals and work towards achieving them
- Develop fundamental volleyball skills while demonstrating determination, resilience and commitment, and learn to solve problems through game-based challenges
- Play fairly and develop positive sporting behaviours such as teamwork, respect for themselves and others, and taking initiative.





Volleyball for SGOs

PRIMARY



Roles for YP

Young Leaders can be involved in the following ways:

- Leadership – young people can run the event schedule on the day, enter the results and update the overall standings
- Officiating – young people can officiate all the games from refereeing to scoring
- Young people can organise results and rotations to help the festival run smoothly.



Progression

Our VolleyFest focuses on participation and skill development for young people new to the sport.

Skill stations can be adapted and increased in difficulty (as highlighted on the activity cards) to support progression towards playing Volley2s. Further information on Volley2s can be found [here](#).

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How to run inter-competition: Volley2s



How to set up

- This format is designed for young people who are ready for a more competitive, game-based format.

Set up your playing area

Court Size

- Recommended length: 9m (4.5m on each side of the net)
- Recommended width: between 3.05m and 4.5m.

Net Height

- Between 1.80m and 2.15m depending on the age and height of the players. The net should be set just above stretch height.

Organising Matches

- If you have enough courts for all teams to play at the same time, a simple format is to keep Team 1 on the same court throughout the competition. All other teams rotate clockwise by one court after each round
- The example below gives 9 rounds of matches:

10 Teams – 5 Courts – 9 Rounds

1	2	3	4	5
10	9	8	7	6

- Play matches to 15 points or for 5-8 minutes
- You can alter the length of matches to fit the time you have available
- Allow 2–5 minutes between games for thanking opponents, taking a drinks or toilet break, rotating courts, and providing advice and encouragement before the next game
- Every team needs to play every other team
- Don't worry if all proposed matches have not been completed
- Less quantity can mean more quality.

Further support is available by clicking these links:

- [Local Junior Competition's Playing Order Templates](#)
- [Local Junior Competitions Score Sheet Template](#)



Age group

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Gender

Male / Female / Mixed



Participant numbers

Minimum 4 players.

Maximum participant numbers will depend on the available space and time allocated.

Increase the participant numbers in multiples of 2.

- 6 players = 3-team
- 12 players = 6-team
- 16 players = 8-team
- 20 players = 10-team
- 24 players = 12-team.



Target audience

For all.

Volley2s is accessible to people of all ages, genders, culture and ability.

We offer adaptations for different levels of play (Red, Amber, Green, Gold) and can modify equipment to meet different ability levels (e.g. using a balloon ball).

Inclusive volleyball – 2v2 can be adapted into a sitting volleyball format using a lower net and a larger ball.





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- Learn the importance of practice and preparation
- Learn how to set realistic goals and work towards achieving them
- Develop fundamental volleyball skills while demonstrating determination, resilience and commitment, and learn to solve problems through game-based activities
- Play fairly and develop positive sporting behaviours such as teamwork, respect for themselves and others, and taking initiative. Develop social skills that are essential for becoming well-rounded individuals.



Roles for YP

Young Leaders can be involved in the following ways:

- Leadership – young people can run the event schedule on the day, enter the results and update the overall standings
- Officiating – young people can officiate all the games from refereeing to scoring
- Coaching/Team Managers – young people can be placed in charge of a Volley2s team or school. The coach would need some volleyball experience so they can give feedback to their players during the competition
- Young people can organise the collation of results, tables and announce the next games to make the tournament run smoothly.



Progression

The Volley2s Guide provides progressive levels of development through four comprehensive schemes of work. This supports progression through the pathway of Red, Amber, Green and Gold.

At each stage you can adapt the Volley2s competition framework for the level of the participant. This can be done on ability or the age of the players. Age groups can be mixed where players are able to participate safely and confidently at the appropriate level. Further information on Volley2s can be found [here](#).

Enhanced progression opportunities are available through Volley3s.

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Additional support

Volleyball is highly inclusive sport, particularly in its sitting volleyball format. The game can be further adapted using lighter weighted balls from balloons to beach balls, and by altering the size of the court area, the height of the net and the number of players on each side of the court.

To support you to adapt your practice check out the [SEND Inclusion Toolkit](#) co-created by the Youth Sport Trust and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support, and opportunities for people of all ages with specific impairments. [The toolkit](#) provides an introduction to a range of special educational needs and disabilities, alongside practical guidance for creating inclusive environments and signposting to further training and development opportunities. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have positive experiences with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

NGB regional contacts

- For any queries relating to our School Games formats or school volleyball please contact: info@volleyballengland.org

Personal development

- Volleyball England's online learning platform, [found here](#), provides a range of helpful information and resources, including guidance on selecting the most appropriate format, basic teaching principles and example delivery content
- Our guide to Teaching and Coaching Volley2s can be [found here](#)
- Information on all available CPD courses is [shown here](#)
- The Junior Competition Framework, [found here](#), includes specific guidelines on game format, court sizes, net heights, ball weight and other elements to ensure that the level of play is suitable for the players' age and skill levels
- To help organisers of local junior competitions, Volleyball England has released a handy guide full of useful resources. This guide saves coaches and volunteers time by covering key areas like costing, bookings, pre-event admin, equipment, rules, and more. Find out more about how to run Local Junior Competitions by [clicking here](#).

Where to participate next?

- There are numerous community junior volleyball clubs, and Volleyball England actively encourages clubs to engage with their local community. Many clubs are keen to support schools through festivals, competitions and club-school links
- To signpost or find out about volleyball clubs in your area please visit: [club finder](#). The Junior Coordinator at a club is usually the main contact regarding Club-School Links.

Where to compete next?

- Volleyball clubs offer numerous chances for young people to develop their skills through friendly matches and competitive games. Volleyball clubs often provide opportunities for young people in U11-U14 age groups to train, compete and progress within the sport
- Contact your local club to find out what junior opportunities and Volley2s competitions are available. You can find your local club [here](#).





Why Volleyball for your school?

Volley2s facilitates fun and engaging sessions that encourage children to learn volleyball by playing the game and prepare them to take part in Volley2s competition.

We believe that:

- An understanding of strategy and tactics should be developed through solving the problems that are presented by playing the game
- Children make progress when they understand how to play the game and develop their teamwork, movement and problem-solving skills
- Fair play and sporting behaviour should always be encouraged
- Games should be modified and adapted to match the needs of the children.

Volley2s takes young people from an easy to play catch and throw game through four developmental stages, termed Red, Amber, Green and Gold.

How to use activities in curriculum time

Volley2s is a 2v2 version of volleyball to introduce the game to children of all abilities between the age of 7 and 11 (KS2) in clubs or schools. Volley2s takes young people from an easy to play catch-and-throw game through four developmental stages (Red, Amber, Green, Gold) to play 2v2 volleyball using recognised volleyball skills such as dig, set, spike, serve, and block.

A supporting resource provides teachers and coaches with the knowledge and skills needed to run fun and engaging sessions and to prepare children for Volley2s competitions. Click the following links for further information:

- [How to Play Volley2s RED](#)
- [How to Play Volley2s GREEN](#)
- [How to Play Volley2s AMBER](#)
- [How to Play Volley2s GOLD](#)

Additional support

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Physical Literacy

These formats and activities have been designed with physical literacy at their heart. We want all young people to have a positive experiences of physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience and discover the value of physical activity. Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and feel welcome to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, refer to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.





Personal development

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Organising Matches

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- The example below gives 9 rounds of matches:

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Progression

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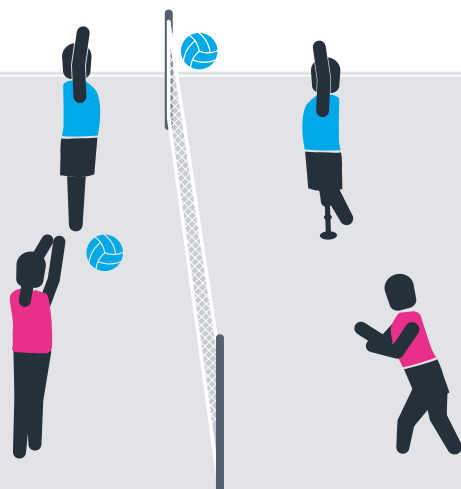
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Enhanced progression opportunities are available through Volley3s.



Keepy Uppy

PRIMARY





How to play

- In pairs, count how many passes you can make before the ball lands on the floor
- If you don't have a net, the ball must travel above head height for the pass to count
- If a net is being used, split players equally either side
- Send the ball high to your partner – “along the rainbow”
- Make your hands into the shape of a ball
- Play the ball above and in front of your forehead
- Bend your knees and push up and through the ball as you play the volley, with the contact point in front of the forehead
- The ball should peak midway between you and your partner
- If you have a large group, work in groups of four, with two pairs. Pair one completes the challenge, while one person from pair two counts and another coaches. Swap over after a set time or number of attempts.

Safety

- Do not leave any spare equipment or balls lying around, as this could lead to slips and trips.

Equipment required

-  Ball (balloon, beach ball or ball up to 160g)
-  Badminton net or dividing net. NB: you can play without a net too

Space required

- Indoor or outside on grass or tarmac
- Space equivalent to half a badminton court (3m x 4.5m).

Estimated set-up time

- 2-3 minutes.

Difficulty level



How to make it easier

- Use a bigger lighter ball or balloon
- Come closer together
- Allow a bounce

How to make it harder

- Easy – Count how many passes you can make before the ball lands on the floor
- Medium – Count how many passes you can make in 30 seconds, or 60 seconds
- Hard – Between each pass, can you clap your hands, touch the floor, sit down and stand up, or turn around. Get the players to create their own challenges

Spirit of the Games



- How did you support your partner to get more passes?
- How did you show positivity?



- How did you use the rainbow to send the ball to your partner?
- How did you feel when you achieved your best?

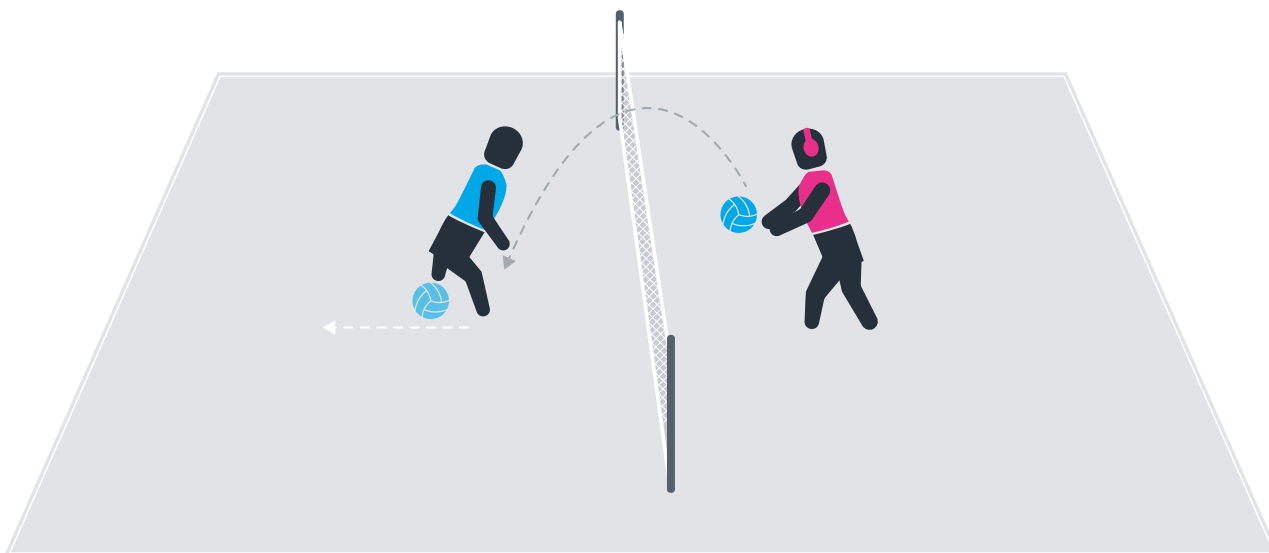
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Can you dig it? Right place, Right time.

PRIMARY



How to make it easier

- Use a bigger lighter ball or balloon
- Come closer together

How to make it harder

- Easy – score 1 point every time the ball goes through the player's legs. The players get five attempts each. Try to reach 10 points
- Medium – Turn away from the feeder. On a command, the player turns and positions themselves for the ball to travel through their legs
- Hard – Lie down facing away from the feeder. On command, stand up, turn and allow the ball to bounce between your legs



How to play

- Two players stand facing each other on opposite sides of the net
- Player 1 feeds the ball underarm over the net to player 2
- Player 2 lets the ball bounce through their legs
- Get into a ready position, like a goalie ready for a penalty. Think "right place, right time"
- Be still as the ball bounces between your feet
- Feed the ball so that it reaches its highest point above the net
- Both feet must be on the floor for the score to count
- Score 1 point every time the ball goes through the player's legs
- The players get five attempts each. Try to reach 10 points.

Safety

- Do not leave any spare equipment or balls lying around, as this could lead to slips and trips
- Ensure players are well spaced along the net
- Ensure all feeders are on the same side.

Equipment required

-  Ball (balloon, beach ball or ball up to 160g)
-  Badminton net or dividing net. NB: you can play without a net too

Space required

- Indoor or outside on grass or tarmac
- Space half a badminton court (3m x 4.5m).

Estimated set-up time

- 2-3 minutes.

Difficulty level



Spirit of the Games



- How did you work with your partner to get more points?
- How did you get better together?



- How have you improved during the activity?
- How does it make you feel when you keep trying, even when it is difficult?

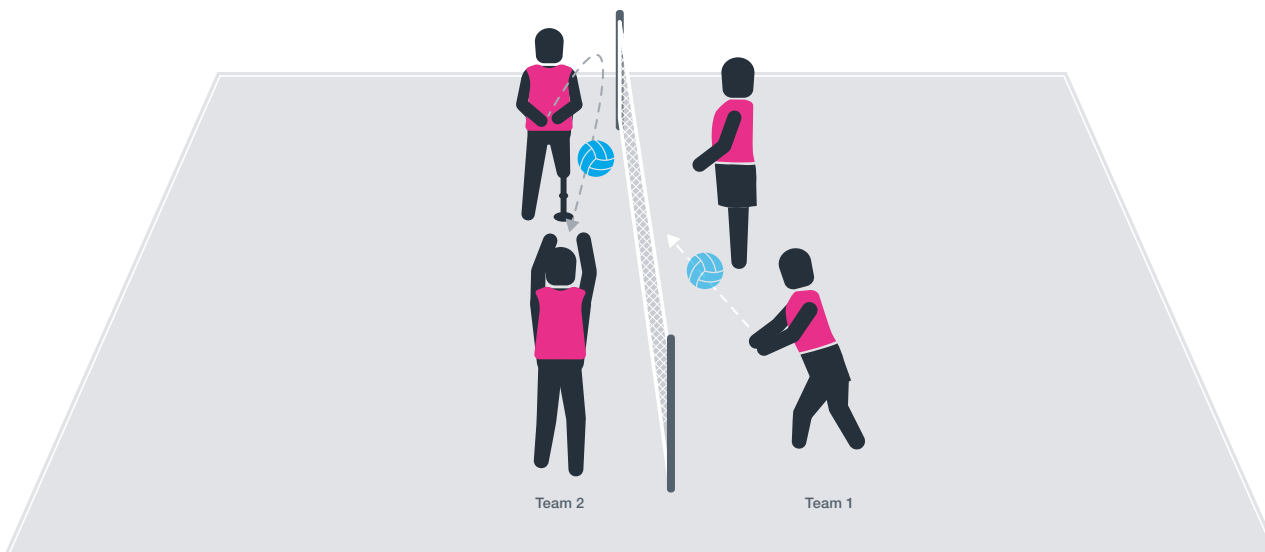
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To Me, To You

PRIMARY





How to play

- Get into 2 teams of 2 players. Team 1 will be the feeders and Team 2 will complete the challenge
- Team 1 will feed the ball underarm to Team 2, whose aim is to have 3 contacts before they return the ball over the net. Swop after 3 attempts
- Score 1 point for each sequence of three contacts and a return over the net. The feeding team should keep score
- Teaching points:
 - Pass the ball high to give your partner time to move for the ball – “play along the rainbow”
 - As soon as you know your partner will play the first contact, move quickly to the net
 - Turn to face the direction you want to play the ball.

Safety

- Do not leave any spare equipment or balls lying around, as this could lead to slips and trips
- If your ball goes into another group's space, wait until they have stopped playing to collect your ball.

Equipment required

-  Ball (balloon, beach ball or ball up to 160g)
-  Badminton net or dividing net

Space required

- Indoor or outside on grass or tarmac
- Space half a badminton court (3m x 4.5m).

Estimated set-up time

- 2-3 minutes.

Difficulty level



How to make it easier

- Use a bigger lighter ball or balloon
- Allow a catch and underarm feed

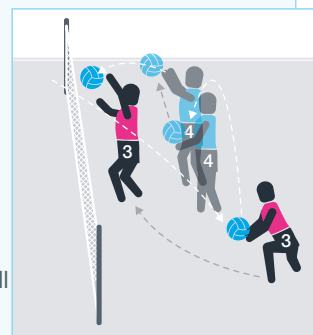
How to make it harder

- The contacts can be progressed using a catch-and-self-feed volley through to a dig and volley or spike, and then into the “To Me, To You” diagonal challenge
- Mark out a target area on the feeder's side of the court. The larger the target area, the easier it is to score. Award extra points if the ball lands in the target area

Player 3 plays the ball over the net using a volley, spike or tip

From the serve player 3 must play the ball using a dig. During the rally they can use a volley or dig pass

Player 4 catches the ball self-feeds, and volleys the ball high between Player 3 and the net.



Spirit of the Games



- How do you feel when you partner gives you positive encouragement?
- Why is it important to congratulate each other?

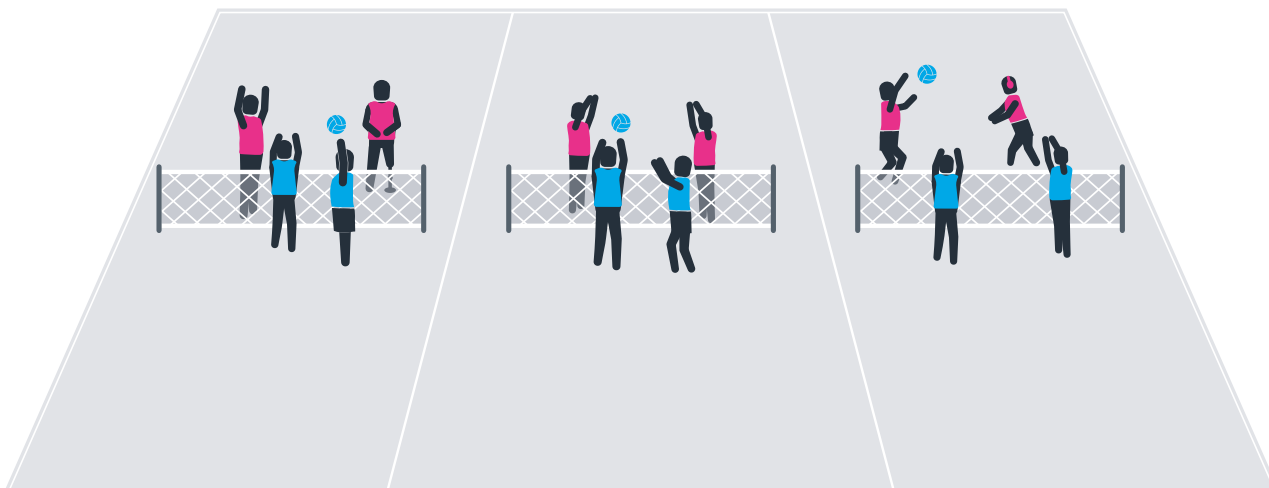


- How would you feel if another team didn't follow the rules?
- Why is it important to follow the rules of the task?



Volley 2s

PRIMARY



How to make it easier

- Easy – Volley2s Red. A catch is allowed on the 1st, 2nd or 3rd contact
- Teams must play the ball three times. Serve from anywhere on the court

How to make it harder

- Medium – Volley2s Amber. A catch is allowed on the 1st or 2nd contact. Teams must play the ball three times. Serve from anywhere on the court
- Hard – Volley2s Green. A catch is allowed on the 1st or 2nd contact. Teams must play the ball three times. Serve from the back half of the court
- Hard – Volley2s Gold. Teams must play the ball a minimum of two times. Serve from behind the baseline

Spirit of the Games



- How did you work with your partner to play the ball over the net?
- How did you support your partner to be better?



- How did you agree on a decision when you were unsure of the outcome?
- How did you react when you won or lost?



How to play

- Easy – Volley2s Red. A catch is allowed on 1st, 2nd or 3rd contact. Teams must play the ball three times. Serve from anywhere on the court
- Medium – Volley2s Amber. A catch is allowed on 1st or 2nd contact. Teams must play the ball three times. Serve from anywhere on the court
- Hard – Volley2s Green. A catch is allowed on 1st or 2nd contact. Teams must play the ball three times. Serve from the back half of the court
- Hard – Volley2s Gold. Teams must play the ball a minimum of two times. Serve from behind the baseline
- A point is scored if the ball lands in your opponent's court, or if you fail to play the ball over the net into your opponent's court
- Play 1 set to 15 points, or for 6-8 minutes.

Safety

- If the balls go into another group's area, warn the players by calling out to them
- Do not run into other group's areas to retrieve the ball until play has stopped.

Equipment required

-  Ball (balloon, beach ball or ball up to 160g)
-  Badminton net or dividing net

Space required

- Indoor or outside on grass, tarmac or beach
- Space half a badminton court (3m x 4.5m).

Estimated set-up time

- 5 minutes.

Difficulty level



VOLLEYBALL
ENGLAND

SCHOOL
GAMES