**MINI-VOLLEY**

1. **Program Self-directed:**
   a) Activity games to facilitate movement on the court with or without the ball.
   b) Program is taught in Stages
   c) Stage 1 - Movement, hand-eye coordination, throwing and catching the ball
   d) Stage 2 - Ball handling skills, overhead passing, forearm passing and serving. Sequencing the game is introduced to learn to play 2 on 2.
   e) Stage 3 - Using skills learned in Stage 2, players are introduced to adapting skills to ball trajectory. Introduction game formats. Playing 2 on 2, 3 on 3, and 4 on 4.
   f) To defend your territory (To prevent the ball from landing in your court or deflecting of your team).

2. **Skills introduced:** overhead passing, forearm passing and underhand serving

3. **Net height:** varying as per height of players

4. **Court size:** doubles badminton court

5. **Ball used:** Tachikara OTB - 10 primary ball and the Tachikara mini-volleyball

6. **Playing the game:** taught in progressions from 2 on 2, 3 on 3. Three contacts per side, all contacts are caught, the first two are caught only, only the second contact is caught.

7. **Age of Players:** program starts in grade 1

8. **Scoring:** short games no score kept

9. **Goal:** for players to have fun

**ATOMIC VOLLEYBALL**

(Difference from Mini Volleyball are in **bold**)

1. **Program Self-directed:**
   a) **Skills and drills format**, 8 week program
   b) A **new skill** is introduced each week
   c) **Practice levels** of drills depend on the skill level of the player. There are **three levels** of drills for each skill.
   d) **Game patterning** is introduced by games of 2 on 2, 3 on 3
   e) **Game play** - equal time for games as per skill development. - can be played at different levels depending on the players.
   f) **Hitting** - players can have fun spiking the ball
   g) To attack the ball into the opponents territory (To send the ball over the net and have it either land in the opponent’s court or deflect off the opponent).
   h) To defend your territory (To prevent the ball from landing in your court or deflecting of your team).

2. **Skills introduced:** overhead passing, forearm passing, **serving - under and overhand**, spiking, blocking, **stride and slide**, team play

3. **Net height:** 2 metres (or adapted to the height of the players)

4. **Court size:** doubles badminton court

5. **Ball used:** Tachikara Mini-Volleyball and the Tachikara Volley-Lite

6. **Playing the game:** Taught in game patterning. 3 contacts per side using, **to the net, along the net and over the net**. The contacts can all caught, the first two contacts caught only, only the second contact is caught. This is variable as per the skill level of players. 4 on 4

7. **Age of Players:** For players of any age to learn the skills of the sport. Program designed to follow the Mini-Volley program.

8. **Scoring:** short timed games - no points kept

9. **Goal:** for players to have fun

---

**PROGRAM CHARACTERISTICS**

The programs below have been created for youth 12 and under but can be taught to beginners of all ages!