Coach & teacher starter pack

Worked example: 8 beginners | 45 minutes | 4 balls | 1 coach or teacher

Goal: pass a playable ball to a teammate, then use it in a short rally.

Space: one clear 9 × 9 m (29.5 × 29.5 ft) court side. Put an approved low net or safely secured rope across its middle for a short 4 v 4 court. Keep clear run-off space. If that setup is unsafe, mark a floor line and use catch-and-throw instead.

No diving or hard attacks. Use a lighter ball or allow a catch when needed. Shorten an activity for fatigue, pain or space problems; do not fill unused time with punishment runs.

0:00–0:06

All 8: easy movement, ready-position stops and gentle arm preparation. Check: warm and ready, not tired.

0:06–0:16

4 pairs, 1 ball each: toss–pass–catch. Swap after 5 tosses. Add one step only when the return is controlled. Count passes caught at the partner's forehead without a chase.

0:16–0:18

Water and station change. Collect all balls in a safe spot. One cue: angle the platform to the target.

0:18–0:28

2 groups of 4, 1 ball each: tosser, passer, target, observer. Rotate all 4 roles after 5 feeds. Keep 2 spare balls out of play. Observer counts target catches and gives one useful cue.

0:28–0:41

4 v 4, 1 ball: start with a gentle toss or close serve. Allow one catch if needed. Rotate roles after each rally. Try pass–set–send. Count cooperative crossings first; score a short game when rallies are playable.

0:41–0:45

Easy movement, return equipment; each player names one thing to repeat. Record the best controlled sequence and choose one next-session goal.

The 45 minutes include water and transitions. Print-and-write, not a fillable form. This is an adaptable example, not a competition rule or a promise of results.

Full instructions and next steps

Partner passing: learnvolley.com/drills/partner-passing

PE lesson plans: learnvolley.com/pe-lesson-plans

More blank session plans: learnvolley.com/printables#session-plan

Adaptable blank plan

Coach & teacher starter pack

Date / group

Time / players

Space / balls

One observable goal

Time	Activity / roles	Cue / equipment

Before you start: check clear space and secure equipment. Easier: gentler feed, lighter ball or one catch. Harder: change only one constraint when control is repeatable.

My easier version / access needs

Water, transitions and equipment collection

Afterwards: keep one thing; change one thing

Observe and choose the next step

Coach & teacher starter pack

Choose one action: from 5 gentle feeds, how many passes can the partner catch near forehead height without chasing? Keep the feed and target similar when repeating. Count catches, not player ability; adapt the task if it does not suit the group.

Player / pair	First round / 5	Next round / 5	One cue / next step

Example entry (illustrative): Pair A, 2/5 then 3/5; cue: aim the platform at the target. A small change in this practice is not proof of lasting improvement.

What did I actually see?

Which single cue or easier version will we try?

Next session: one goal and one activity

Full instructions and next steps

Partner passing: learnvolley.com/drills/partner-passing

PE lesson plans: learnvolley.com/pe-lesson-plans

More blank session plans: learnvolley.com/printables#session-plan