

smashbal

- an alternative to Volleyball for younger students
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Smashbal was originally created in the Netherlands due to a lack of boys registering in Volleyball clubs. In order to make the game more exciting, an emphasis is put on Volleyball's most challenging and attractive technique, the spike.

Please visit the official FIVB website link for more info:

http://www.fivb.org/viewPressRelease.asp?No=44271&Language=en#.U1qx_-aSwN

Or Ruben Nijhuis' site and Peter van der Ven's site @ <http://en.smashbal.nl/>

They are both happy to be contacted should questions arise and was excited that Smashbal will be presented at the ECIS PE conference. You can also order the Smashbal book via this website.

1.) Warm-up game: Chickenball

Set up the badminton nets across the gym and give every pair of student an old sack (e.g. from sack-racing). The students must hold on to each of the 4 corners of the sack at all time when the ball is in their possession. You can play 2vs 2 or 4vs4. The students will be given a plastic animal (chicken or large insect) instead of a ball. By flicking the bag, they must "throw" the chicken/insect to the other side of the court. You score a point if the chicken/insect lands in the opponents' court.

2.) Some drills for Smashbal

You can use many well-known drills to teach your student to do the smash. First standing, then with a jump- here are some that use the skill in a game context:

- Wall Ball (like squash)
- Table Ball (on a Table tennis table)
- Mat ball (2 teams, aim is to hit the opponents mat, no steps with the ball, passing in between mats (located at opposite ends of the court)
- Zone Ball (agree on a zone and see how many consecutive smashes (from a self-toss) you and your partner can do with one bounce in the smash in the zone between you)
- SmashKing (decide on 2 opposing squares where the ball is allowed to land and see who can score more successful spikes (a spike in the opposite zone which your partner cant catch after the bounce)

Various relay games involving a spike over the net

3.) Experience Smashbal at Level 1-4 (see brochure!)

4.) Necessary technique for each level*:

4.2 Which volleyball techniques in what level?

Level 1	Underhand serve Overhand serve Spike (standing still or jumping)
Level 2	Underhand serve Overhand serve Spiking a catch-and-toss set Split step before catching the ball
Level 3	Underhand serve Overhand serve Spiking an overhand or bump set Split step before catching the ball Setting a pass by means of a catch-and-toss movement
Level 4	Underhand serve Overhand serve Spiking a overhand or bump set Split-step before catching the ball Setting a pass by means of a catch-and-toss movement Underarm or overhand pass after serve

* Van Der Ven, Peter. Smashbal - The Road to Smashing Success (boys Only). N.p.: n.p., 2014. Print.