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# AGE-LEVEL CHARACTERISTICS AND TIPS

## EARLY ELEMENTARY: GRADES 1 AND 2

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- \* I enjoy repetition. Don't be afraid to do drills over and over. This is how I learn.
- \* I lack confidence and need adult approval. Be quick to give praise, but be sincere.
- \* I am in a constant state of motion. Channel that energy into the drills and games.
- \* I want to be first, and I am still learning how to share.
- \* I want to make friends. Help me understand and respect the rights of others.
- \* I have a short attention span. Keep instructions and talking short and to the point. Only talk one minute for every year that I've been alive if you want me to stay interested.
- \* I am still developing my eye-hand coordination. Keep activities simple and encourage me a lot.



Energy / Culture / Gifted Images

## SESSION 2:

Technical Session, Hitting

### HITTING POSITION

Give instructions to the players for the correct hitting position:

- **Bow and Arrow**—Draw the elbow back, thumb to ear, and palm facing out.
- **High-Five**—Contact the ball with an open hand, high and out in front of the body.
- **Snap the Wrist**—After contact, snap the wrist forward to force the ball toward the floor.
- **Follow Through**—Swing the hitting arm down past the hip, not across the body.

### 1. SPIKE IT!

Players partner up and stand across from each other on the 10-foot lines on either side of the net. Each pair of players should have a ball. One player begins by tossing the ball just above the head and hitting the ball underneath the net to his/her partner. The player returns the ball in the same manner. This forces players to hit on top of the ball, practicing snapping the wrist and following through.

### 2. PROGRESSIVE HITTING

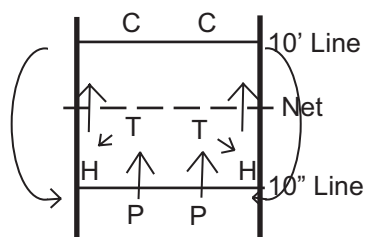
- **Approach:** Right-handed hitters step left foot-right foot-left foot-jump. For left-handed hitters, the footwork is the opposite. The last two steps are quicker than the first two steps, landing close together to provide a balanced base before jumping. Have players begin at the 10-foot line and practice their approach multiple times until most of them are comfortable.
- **Jump and Catch:** Players line up in a single line facing the net. The coach tosses the ball into the air as players perform the approach, jump, and catch the ball in the air. The ball is returned to the coach and the player goes to the end of the line.

**TIP:** Create multiple lines as coaches are available.

- **Throw It:** For this drill, players will use a tennis ball. Players line up facing the net. A player makes her approach, jumps, and throws the tennis ball as if she were hitting a volleyball. She returns to the end of the line and the drill continues with the next player.
- **Hit It:** Players form one line starting at the 10-foot line. The coach holds the ball about two feet off the net. The player takes his approach and the coach tosses the ball in the air as the player approaches and swings.

## 2. GET BACK JACK!

This drill emphasizes the importance of getting off the net quickly. The coach tosses the ball over the net to the passer (P) while the hitter (H) transitions off the net and gets ready to hit. The passer passes to the setter (S). The setter delivers the ball high into the air with a toss or a set for the hitter to attack. The hitter makes his approach, hits the ball, retrieves the ball, and hands it to the coach before getting in the passing line. Players rotate, following the pattern of the ball.



P = Passer  
T = Tosser  
H = Hitter  
C = Coach

## 3. HITTING LINES

Players line up behind the 10-foot line in the left, middle, or right hitting position. Designate a player or coach to set. The Head Coach will toss the ball to the setter who will set to one of the three hitting lines. Players retrieve their ball and rotate between lines.