

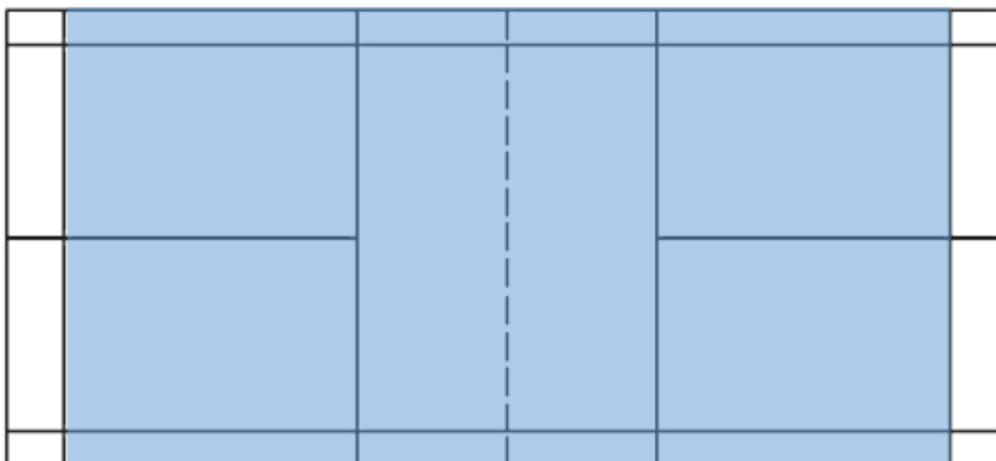
Dear Teachers and School Games organiser,

Thank you for considering volleyball as one of the sports that your students will access.

We would like to clarify our guidance regarding the formats you play volleyball in school and during the school games.

The School Games and Lets Play Volleyball resources state that at year nine and ten the game should be played 4v4 on 14x7m courts however the vast majority of sports halls across the county are not big enough (with appropriate run off areas) to accommodate multiple courts this size. Therefore, to provide the most developmental and safest alternative please see the below guidance:

Game Format	Age	Max. Players per team	Court dimension	Net Height
3v3	From Y7 up to Y10	5	11.88m x 6.1m (Short length x Wide lines of the badminton court)	2.15m



We believe that those adjustments will offer several opportunities for the development of the young athletes through the volleyball activity:

- Use of existing lines in the sports all (easiest to set up)
- Use of familiar lines for the athletes (service in Badminton doubles)
- Size of court close to original guidance for 3v3 (10cm wider & 6cm shorter on each side)

- More space to cover per player generating a better development of the movement
- More contact to the ball (up to 100% of players can touch the ball at each rally) which increases the skills development
- More potential contact with the ball per player should increase their engagement as a “better” player is less likely to “steal” the ball.
- More decision making opportunity as there is more space to attack (in comparison to 4v4), which generates tactical awareness in offensive and in defensive situations.

The progression from Y7 up to Y10 will appear in the control of the skills. As the court, number of players and height of the net remain the same, the physical development and skills development of the players will be an element of the development of the game.

For example, after few weeks of activity (this is only an example and not a guidance)

In Y7, athletes may be able to return the ball with 3 touch per team over the net using mainly (if not only) the overhead shot and some “scrappy” forearm pass.

In Y8, players may be able to return the ball with 3 touch, using mainly the overhead pass and some forearm pass, including some “tip” attack.

In Y9 and Y10, as they grow up, they may reach higher above the net and add some smash and block to their game.

We are looking forward for your school to use this format of game. As all school will be using the same format of game, we might be able to generate a regional competition, further than the county competition.

For any further support and guidance on implementing volleyball into your school please contact me using the below details.

Best regards,

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