



Breaking the Mould

Traditionally volleyball has often been approached as more of a game and less of an organised sport. A large portion of Secondary Schools in South Australia actually teach volleyball as part of their program however many of them have never completed any form of training or have ever really played the sport.

Something that has developed over the years is the dependency on drills and lines during school lessons. So many times I have seen a volleyball lesson with two long lines all passing in pairs and wonder how this relates to a real game of volleyball and how is it fun?

Something to keep in mind is that volleyball can essentially be played anywhere as long as you have something to hit over. A net can be as simple as a ribbon tied between two solid points or even as basic as a low hanging tree branch. This is especially apparent when working with young children as the chances of a player spiking the ball hard on a lower net are less.

Having something like ribbon rope can provide a cheaper alternative to get you school involved in the sport and the more enthusiasm there is from the students the more chance of parents sponsoring equipment or budgeting staff considering an upgrade.

As long as it is safe and is not going to fall on the players then they can play volleyball over it.

Remember volleyball is also an organised sport so the potential is there to play all the way from social right through to the Olympic level. South Australia is blessed with a large group of clubs teaching and playing volleyball in all areas of Adelaide and there are plenty of opportunities to get involved.

Remember the best volleyballers are those who have had the most opportunity to get a touch on the ball!