

# **VOLLEYBALL REPORT PRODUCED BY RUSSELL TIMOTHY [SDO] FOR THE MONTH OF AUGUST 2011.**

<b>NATION</b>	Solomon Islands.
<b>SPORT FEDERATION</b>	Solomon Islands Volleyball Federation.
<b>SPORT</b>	Volleyball.
<b>TYPE OF REPORT</b>	Volleyball daily activities for the month of August 2011.
<b>DATES</b>	1 <sup>st</sup> August - 31 <sup>st</sup> August 2011.
<b>REPORT PRODUCER</b>	Volleyball Sport Development Officer, Russell Timothy.
<b>PLACE WHERE ACTIVITIES WERE HELD</b>	Independence valley Community, West Honiara.
<b>NUMBER OF CHILDREN PARTICIPATING IN THE TRAINING PROGRAM</b>	Sixty [ 60 ]
<b>DETAILS OF DAILY ACTIVITIES PROGRAM</b>	
<b>VOLLEYBALL REPORT FOR THE MONTH OF JULY.</b>  <b>MONDAY, 1<sup>st</sup> AUGUST, 2011.</b>	On Monday the 1 <sup>st</sup> of August 2011, I went to the Solorite Internet café to send the Volleyball report for the month of July to Mr. Fujiama.

**INDEPENDENCE VALLEY  
CHILDREN ATTENDING  
VOLLEYBALL TRAINING  
SESSIONS**

**TUESDAY, 2<sup>ND</sup> AUGUST, 2011.**



From the first day of training session, less than ten children were attending the training program. How, after few days, more children came in and participating in training.

**LUCIANA'S KINDERGARTEN  
KIDS PARTICIPATING IN MINI  
VOLLEYBALL TRAINING**

**WEDNESDAY, 3<sup>RD</sup> AUGUST, 2011**





On Wednesday forty kids from Luciana Kindergarten school came in to participate in Mini volleyball training. They were accompanying with their teachers as they came for training sessions.

**FIRST BASIC SKILL KIDS TO  
LEARN WAS THE SKILL OF OVER  
HEAD RECEIVING AND PASSING**

**THURSDAY, 4<sup>TH</sup> AUGUST, 2011.**



Independence Valley Community children demonstrated the skill of over head receiving and passing. From the last two pictures they were drilling the skills of over head receiving& passing.

<p><b>CHILDREN CONTINUED ON LEARNING WITH THE SKILL OF OVER HEAD RECEIVING AND PASSING.</b></p> <p><b>FRIDAY, 5<sup>th</sup> AUGUST, 2011</b></p>	<div data-bbox="646 190 1785 461">  </div> <p>Children were divided into two groups, first group tossed the balls while the second group received and passing the balls back to the first group and then changed over. They did this drill for twenty to thirty minutes per training session.</p>
<p><b>SECOND SKILL IS THE SKILL OF UNDER ARM RECEIVING AND PASSING.</b></p> <p><b>MONDAY, 8<sup>th</sup> AUGUST, 2011</b></p>	<div data-bbox="646 646 1791 911">  </div> <p>Independence valley children were drilling the under arm receiving and passing. They were divided into two groups one group tossed the ball, the other group received and passed the ball back to the first group.</p>
<p><b>CONTINUED WITH UNDER ARM RECEIVING AND PASSING.</b></p> <p><b>TUESDAY, 9<sup>th</sup> AUGUST, 2011</b></p>	<p>Revised with yesterday's activities.</p>



<p><b>KIDS LEARNED THE BASIC SKILLS OF THROWING AND CATCH THE BALL AND THEN THROW IT OVER AGAIN TO THE OTHER SIDE OF THE COURT.</b></p> <p><b>WEDNESDAY, 10<sup>th</sup> AUGUST, 2011</b></p>	<div data-bbox="646 203 989 462" data-label="Image"> </div> <div data-bbox="1010 203 1360 462" data-label="Image"> </div> <div data-bbox="1381 203 1745 462" data-label="Image"> </div> <p>Kids from ages of 5 – 7 years old learned the skills of throwing the ball over the net and then kids who were on the other side of the court, caught the ball and then threw it over again to the other side of the court. Ball must not drop to the ground; this is the basic concept of the Mini volleyball for the little ones.</p>
<p><b>THE OLDER CHILDREN LEARNED THE SKILLS OF OVER HEAD AND UNDER ARM SETTING OF BALL.</b></p> <p><b>THURSDAY, 11<sup>th</sup> AUGUST, 2011</b></p>	<div data-bbox="646 673 989 933" data-label="Image"> </div> <div data-bbox="1010 673 1360 933" data-label="Image"> </div> <div data-bbox="1381 673 1745 933" data-label="Image"> </div> <p>Children were learning the skills of over and under arm setting of ball. They were running from the back court to the front court to set the ball.</p>
<p><b>PRIMARY SCHOOL CHILDREN CONTINUED WITH THE SKILLS OF OVER AND UNDER ARM SETTING OF BALL.</b></p> <p><b>FRIDAY, 12<sup>th</sup> AUGUST, 2011</b></p>	<p>Revised with yesterday's activities.</p>

**THE OLDER CHILDREN  
LEARNED THE SKILL OF  
ATTACKING.**

**MONDAY, 15<sup>th</sup> AUGUST, 2011**



In picture number 1, children run and hit the ball while I held the ball on my hand. Picture number 2, I tossed the ball up near the net, they run and hit the ball over the net to the other side of the court. These were the drills they did in learning the skill of attacking / spiking.

**CHILDREN CONTINUED  
PRACTISING THE SKILL OF  
ATTACKING.**

**TUESDAY, 16<sup>th</sup> AUGUST, 2011**



Revised yesterday's activities.

**MINI VOLLEYBALL GAMES  
FROM THE KINDERGARTEN  
KIDS.**



**WEDNESDAY, 17<sup>th</sup>  
AUGUST, 2011**



Kindergarten school kids enjoying playing the games of throwing and catching of balls. They had good times with their funny games.

<p><b>CHILDREN LEARNED TO ATTACK THE BALL FROM THE BACK COURT.</b></p> <p><b>THURSDAY, 18<sup>TH</sup> AUGUST, 2011</b></p>	 <p>They learned to attack the ball from the back court. I tossed the ball up above the attack line they run and jumped up and hit the ball. They enjoyed very much this activity.</p>
<p><b>CONTINUED WITH THE SKILL OF BACK COURT ATTACK.</b></p> <p><b>FRIDAY, 19<sup>th</sup> AUGUST, 2011</b></p>	<p>Revised with yesterday's activities.</p>
<p><b>SKILL OF BLOCKING.</b></p> <p><b>MONDAY, 22<sup>nd</sup> AUGUST, 2011</b></p>	 <p>Children learned the skill of blocking. With partners, they jumped up and touched their hands above and over the net. Starting from one end of the net and then moved to the other end of the net with the repetition of five to six times.</p>
<p><b>CONTINUED WITH THE SKILL OF BLOCKING.</b></p>	<p>Revised with yesterday's activities.</p>



<p><b>KIDS ENJOYED PLAYING MINI VOLLEYBALL RULES.</b></p> <p><b>WEDNESDAY, 24<sup>th</sup> AUGUST, 2011</b></p>	 <p>Kindergarten kids were ready to play their games. The older ones played with the skills of serving, catching, tossing and attacking the ball. The little ones played the game skill of throwing and catching and count the points.</p>
<p><b>SKILL OF UNDER ARM SERVES AND TENNIS SERVES.</b></p> <p><b>THURSDAY, 25<sup>th</sup> AUGUST, 2011</b></p>	 <p>They learned the skills of under arm and tennis serving. The under arm serving was pretty easier for them to do it rather than tennis serving.</p>
<p><b>CONTINUED WITH THE SKILL OF SERVING.</b></p> <p><b>FRIDAY, 26<sup>th</sup> AUGUST, 2011</b></p>	<p>Revised with yesterday's activities.</p>

<p><b>FEEL CONFIDENCE IN PLAYING VOLLEYBALL.</b></p>	
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<b>PLAYED VOLLEYBALL GAMES</b>  <b>TUESDAY, 30<sup>th</sup> AUGUST,2011</b>	While they were playing I did the coaching and correcting their mistakes.
<b>PLAYED VOLLEYBALL GAMES</b>  <b>WEDNESDAY,31<sup>st</sup> AUGUST,2011</b>	We also revised again other skills which they did not fully achieve.
<b>TIME OF TRAINING</b>	Our training program had started at 3. 30 pm - 5. 30 pm, five days a week. [ 2 hrs per day]



Those are true activities I have done for the month of August, 2011.

Russell Timothy

SIVF – VOLLEYBALL SPORT DEVELOPMENT OFFICER

