Mini Volleyball – Handbook
# Table of Contents

1. Introduction ................................. 3  
2. Before the first serve .......................... 4  
3. Training and improving skills ............ 6  
4. Let’s play for real! .......................... 17  
5. Appendix ..................................... 22
1. Introduction

The CEV “Volleyball at School” programme has its own vision where the Volleyball is concerned through the social dimension it can fulfil. Its inner elements make Volleyball an Olympic sport that is exceptionally suited to provide young people with a range of educational, health, recreational and social factors that Volleyball brings to the children. The CEV wants to deploy Volleyball as a means of improving social and health conditions.

By using the contents and structure of a ready-made programme, the CEV and the NFs in collaboration with the educational authorities intend to introduce large numbers of children to Volleyball and Beach Volleyball and to give them a chance to enjoy in practicing Volleyball as an active life style and to provide them with social skills. This is their contribution towards building a better society and implementing of National Volleyball development programs.

The main objectives of “Volleyball at School” are:

- Stimulating a structural and wide range of Volleyball and Beach Volleyball activities for (primary school) children during and after school hours;
- Strengthening the collaboration between schools and volleyball clubs (School Sport Federation and NFs) at a national level;
- Strengthening the image of Volleyball and Beach Volleyball in the respective countries;
- Creating local volleyball-sport role model for young people; bringing together top sports and recreational sports;
- Supporting children in their personal self-development as well as health and social performance;
- Teaching children to take part in the surrounding culture of exercise in a responsible manner.

One of the main tool used in “Volleyball at School” project is Mini-Volleyball. In this Handbook, you will find necessary information regarding this activity and how to implement it in the most simple way.

Volleyball is one of the most popular sports in the world. One of the reasons of this growing success is because it is highly versatile: people can play Volleyball young and old, men and women, everywhere (sport hall, grass, beach) and very little equipment is required. Physically, the entire body is solicited when playing Volleyball.

As for Mini-Volleyball, it should also be viewed as a sport activity with an educational purpose, i.e., fostering collaboration and teamwork, building new relationships, respecting rules, and teaching the importance of developing a strong body and healthy mind. Coaching and playing Mini-Volleyball is more about providing valuable experiences that children need for their future, than focusing on winning or losing the games.
2. Before the first serve...

Even if things should be kept as simple as possible, the Mini-Volleyball activity still requires accurate preparation. Before playing any Mini-Volleyball competition, the children shall be taught the basic Volleyball technical skills, as well as the basic rules of the game, and the refereeing and organisational tasks.

THE ROLE OF THE MONITOR IN MINI-VOLLEYBALL

The role of the monitor is not only creating teams, pumping the balls or whistling the start and the end of the games. The monitor is the key-factor of the activity, the guarantor of its success.

The monitor shall always focus on the following aspects:

Before the activity:
- Know the children, their capacities, their abilities and also their physical limits
- Create an enjoyable and favourable coaching environment for the children
- Give high importance to the organisational aspects of the activity
- Teach the refereeing tasks to the children, in order to involve them in the activity and in the decision process
- Ensure that the children will be dressed with appropriate sport clothes during the activity (t-shirt, short, socks and sport shoes)

During the activity:
- Observe children playing, and then give them correct and concise information (not too short, not too long) to the children, focusing on correcting errors
- Increase the motivation: keep the children active all the time, put them in cooperation and competition situations, often change groups and partners;
- Technical aspects:
  - Adapt the size of the court depending on the number of players, their age, their level;
  - Always start with a basic exercise, and gradually increase its complexity;
  - During exercises with more than one player, the optimal distance between partners is 3m;
  - Use the net as often as possible in exercises;

After the activity:
- Grant all the children for their performance
- Give them appropriate feedbacks (what worked well? what to improve for next time?)

All the time:
- Always make/keep things as simple as possible
MATERIAL

Balls:

Always use type of balls that allows children to feel more comfortable and confident when handling the ball.

In the frame of the School Volleyball project, the reference ball is the SYV5-YBL, produced by MIKASA. This ball is softer than classic Volleyballs, and more adapted to the physiology and capacities of the kids.

MIKASA SYV5-YBL ball, official ball for the CEV School Volleyball project

Additional material:

Playing any kind of Competition format requires additional material preparation from the coach or teacher:

- Scoreboards: 1 per court (with solid background like wood, cardboard,...+ 2 clothes clips)
- Match scoresheets: 1 per game
- Pens: 1 per court + some spares
- Chronometer
- Whistle or other sound signal
- Net (or rope) + Cones
- Water

COURTS:

It is obvious and mandatory for the monitor to set up the courts prior to the activity (he/she can be helped by children) in order to maximise the effective activity time.
The Mini-Volleyball is played on 3m x 6m courts, divided by the net. So each team defends a 3m x 3m square. Depending on the age of the players and their number, the size of the court can be easily adapted. But Mini Volleyball can also be played when no nets are available. The monitor can use a rope stretched between two trees for example. It can be played on any flat surface and location.
Delimitation of the courts can be done very easily even with small cones.
The height of the net should be approximately 2 meters.
3. Training and improving skills

Technical skills of Volleyball are not easy to integrate for children because those skills require both accuracy and precision in contact with the ball. In order to avoid balls falling to many times on the ground during the activity time, especially during the first lessons, the monitor has the responsibility to choose a form of contact with the ball to ensure its sustainability. For this reason, we are going to focus on a key feature of Volleyball, i.e., the overhead pass.

We propose in this section some drills to introduce children to the Mini-Volleyball activity. With those basic exercises, children will quickly get used to the ball and improve their basic technical skills. With a minimum of imagination, you can decline those exercises into many variances or evolutions.

THE OVERHEAD PASS

The overhead pass (using fingers wide open) will be the only pass used at this beginning level. Its use is aimed to give children an easy introduction in controlling the ball. Of course, this skill will be the foundation for other skills like setting, spiking or blocking.

- The fingers are wide open
- Thumbs and index make a triangle at eye level
- The elbows are spread wide, but the wrists are close to each other
- Legs slightly apart, in a crouched position
- Knees bent over the ankles, and shoulders relaxed

Why using the overhead pass?
- Passing can be learnt very quickly, with only one ball and one or two player
- The passing is as important in Volleyball as the serve or the shot
- It forces the children to look up since the contact area is above eyes level

EXERCICES: BALL PLAY

The ball play exercises proposed in this first section are very basic exercises. They can be used either for warm-up purposes, or for adding fun and variety at any time in the coaching sessions.
1/ Roll the ball

**Description:**
The children place the ball on the floor, and make it roll forwards with one or two hands.

**Tips:**
"Squat down low"
"Use only one hand"

**Evolutions:**
Use the other hand
First moving forwards, then same exercise but moving sideways, backwards, etc.

2/ Dribbling with hand(s)

**Description:**
The children are standing in the hall, and dribble individually with one or two hands.

**Tips:**
"Keep straight"
"Use all your fingers, wide open"

**Evolutions:**
Use the other hand
First with eyes on ball, then without eyes on ball or with closed eyes
First dribbling forwards, then same exercise but moving sideways, backwards, etc.
Use two hands (fingers in overhead pass position)
Dribble low, dribble high, etc.
Follow partners, lines, etc.

3/ Clapping with feet while in the air above the ball

**Description:**
The children place the ball on the floor, then jump and clap their feet while in the air.

**Tips:**
"Watch the ball carefully to avoid stepping on it"

**Evolutions:**
Clap feet and hands at the same time
Count how many movements in x seconds
4/ Rolling the ball between the legs, doing a “8” figure

Description:
The children individually roll the balls on the ground, doing a “8” figure around and between their legs.

Tips:
“Bend your knees”
“Keep your eyes on the ball”

Evolution:
Change the direction
Contest: how many “8” figures in one minute?

5/ Throwing, rolling & catching the ball between the legs

Description:
The children are standing and facing away from each other, about 5 meters apart, and they throw the ball between their legs towards their partner, who catches the ball from behind.

Tips:
“Watch each other carefully”
“Communicate”

Evolution:
Gradually increase the distance.
Contest: how many passes in one minute?

6/ Ball passing with side bend

Description:
The children stand +1 meter away from each other. The first player passes the ball to his partner, bending their upper body to the side. After receiving the ball, the partner touches the floor with the ball, then pass the ball back.

Tips:
“Keep your knees straight”
“Communicate”

Evolution:
Contest: how many passes can the partners realize within 15 seconds?
7/ Ball passing over head and between legs

Description:
The children stand +50cm away from each other, back to back, with their feet wide apart and their legs straight. They pass the ball over their head and then between their legs.

Tips:
“Keep your knees straight”
“Communicate”

Evolution:
Contest: how many circles can the partners realize within 30 seconds? within 1 minute?

8/ Ball passing doing a “8” figure

Description:
Same starting position as exercise 7, then they twist their upper body to the right and hand the ball to each other. Then they twist to the left, and so on.

Tips:
“Keep your knees straight”
“Communicate”

Evolution:
Contest: who can make the most passes within a given period of time?
EXERCICES: 1-PLAYER OVERHEAD CATCH

1/ Toss the ball & catch it

Description:
Children toss the ball vertically, and catch it overhead.

Tips:
"Throw the ball high enough"
"Always keep your eyes on the ball"

Evolution:
First throw with two hands, then with only one hand;
Add 1 or 2 sets between the toss and the catch;
Add claps between the set and the catch;
Catch the ball after turning 180° - 360°
Catch the ball after doing a forward roll
Touch the floor before catching the ball
Use other positions: sitting, lying on the ground,…

2/ Bounce the ball & catch it

Description:
Children bounce the ball on the ground, and then catch it overhead.

Tips:
"Bounce the ball strong enough"
"Always keep your eyes on the ball"

Evolution:
See exercise number /1
3/ Throw the ball, catch it behind your back

Description:
Children are standing, one ball in hands. They throw the ball high in the air, and catch it behind their back

Tips:
“Keep your eyes on the ball”
“Move quickly to where you think the ball is going to fall”

Evolution:
Add one or more claps between the throw and the catch;
Opposite way: throw from behind, catch in front;

4/ Throw the ball between your legs, catch it in front of your body

Description:
Children are standing with the upper body bended and the legs straight, one ball in hands. They throw the ball high in the air, and catch it behind their back

Tips:
“Bend forwards as far as possible”
“Throw the ball upwards, close to the body”

Evolution:
Add claps between the throw and the catch
EXERCISES: 2-PLAYER OVERHEAD CATCH

This next level of exercises is to be practiced when children are able to move towards an approaching ball and catch it in front of their face with the overhead technique (fingers wide open).

1/ Two-player catching

**Description:**
Children are standing and facing each other (3-4m). Alternately, they throw the ball in an arc towards their partners’ forehead. The partner catches the ball with fingers in overhead catch position.

**Tips:**
- “Throw the ball in a controlled manner, in an arc, towards your partner’s face”
- “Catch the ball with all ten fingers open wide”

**Evolution:**
Use different positions: standing, a knee on the floor, sitting, lying on stomach, etc.
- Face to face, face to back, back to back
- Gradually increase the distance between players

2/ Two-player, throwing between the legs

**Description:**
One child throws the ball backwards between his legs, towards his partners’ face. The partner makes a over head catch, and send the ball back to his partner.

**Tips:**
- “Watch your partner carefully”
- “Communicate”

**Evolution:**
Gradually increase the distance between partners
3/ Two-player facing backwards – throwing the ball while twisting the upper body

Description:
Children are standing and facing backwards (3-4m). They twist their upper body from right to left when throwing the ball and from left to right when catching the ball.

Tips:
“Start slowly”
“Stay focus and communicate with your partner”

Evolution:
Gradually increase the distance between partners, and the speed of throwing-catching

4/ Two-player catching while jumping

Description:
Children are standing and facing each other (3-4m). One player throws the ball in an arc above his partner’s head. The other player jumps and catches the ball while in the air.

Tips:
“Throw the ball up high towards your partner”
“Squat down before jumping, and swing both arms when jumping”
“Keep your eyes on the ball”

Evolution:
Gradually throw the ball right, left, front, and back. Second player to send the ball back before landing
EXERCICES: 2-PLAYER OVERHEAD PASS

The following technical key pointers are important to be reminded before starting the next exercises:

- Children to always move quickly towards and under the ball
- Children to make contact with ball in front of their face
- Children to lace both arms at face eight, with elbows to the side and ten fingers spread as wide as possible
- Children to propel the ball by pushing up from the knees and hips, rather than by simply bending and extending their arms

For the following exercises, you can dispose the children on both sides of the net, to force them to give height to their passes.

1/ Catching, throwing, and returning using overhead pass (2 players)

Description:
Children are standing and facing each other (3-4m). First player toss the ball to his partner, who catches the ball (first contact), throw it straight up and then return it using overhead pass (second contact). After ten repetitions, roles are inverted.

Tips:
“Catch the ball with ten fingers open wide”
“Extend your arms, hips and knees when passing the ball”

Evolution:
Gradually decrease the amount of time they hold the ball
Gradually increase the distance between players
Without stops

2/ Self-passing and returning using overhead pass (2 players)
Similar to exercise /1, but with self-pass instead of catch on the first contact with ball

3/ Self passing, turning 90° to the side and overhead passing (3 or 4 players)
Similar to exercise /2, but with a 90° turn between self-pass and pass. Players are disposed in triangle (if 3) or square (if 4).
4/ Self passing, turning 180° and back passing (2 players)
Similar to exercise /2 and /3, but with a 180° turn between self-pass and pass.
After the pass back, they turn around to face their partner again.

5/ Returning the ball directly with overhead pass (2 players)

Description:
The exercise is the same as exercise /1, but without the first contact (catch + throw). The second player sends directly back the ball tossed by his partner, using the overhead pass.

Tips:
“Position your ten fingers open wide”
“Extend your arms, hips and knees when passing the ball”
“Send the ball back up high”

Evolution:
Vary the height of the passes
First with balls tossed (10x player 1, 10x player 2) and then without stops.
EXERCISES: UNDERHEAD SERVE

Technique for serve: (for a right-handed child; the reverse applies for a left-handed child):
- Stand with the left foot in front, right foot behind, knees bent
- Hold the ball with the left hand in front of the body, and pull the right arm back
- Toss the ball up slightly and swing the right arm from behind, using a wrist-snap motion

1/ Single-hand bounce ball passing

Description:
Children are facing each other (4-5m), and make single hand serves towards the partner.

Tips:
"Hit the ball with your wrist"
"Knees bent"

Evolution:
First: #1 serve and #2 catch (10x in a row each)
Then continuous passes with 1 bounce in the middle
Gradually increase the distance between partners

2/ Underhand serving over net or other item

Description:
Children are standing in pairs, side by side, on the same line. They have to serve over the net, using the above technique for underhand serve.

Tips:
"Hit the bottom of the ball"
"Watch the contact point carefully"

Evolution:
Contest: how far can you serve?
4. LET’S PLAY FOR REAL!

THE COMPETITION

The following aspects must be taken into account when planning a Competition:

- Creating a working group is the first step, so organizers can split tasks and distribute them accordingly
- Monitoring tasks to be performed by children
- Children must be prepared with knowledge of the rules and their application
- Creating situation that allow the participation of all
- The system of the competition should not lead to elimination and should ensure the participation of all children throughout the tournament
- All participants should be rewarded by highlighting their efforts, even with simple things and low budgets
- Not too long to avoid tiredness in children
- The event is easy and organized quickly to avoid unnecessary formalities delays
- Side activities (creation of a “wall newspaper”)
TYPES OF COMPETITION TABLES

There are many competition schemes existing and used by coaches and teachers. We propose here four schemes, which are for sure the fastest to organise and set up, and the easiest to be integrated by children:

**Single elimination**

+ Very easy setting to prepare
+ suited to situations where space and time are not plentiful
- not to be used in a teaching/learning frame because some teams will play only one game and then being eliminated.

**Double elimination**

More complex setting composed of a winner’s and loser’s grid.

+ a defeated team can still win the tournament
- longer event, bigger sequence of matches, and the need for more playing fields
Round Robin (all against all) – 1 leg

This system allow each team to play against all other teams.

+ identification of the most consistent team
+ more balanced management of the competition
– higher number of matches
– lopsided matches

\[
\text{# matches} = \frac{\#\text{teams}(\#\text{teams} - 1)}{2}
\]
Here are the Mini-Volleyball rules to be taught to children prior to the Competition:

1/ Mini-Volleyball can be played 1vs1, 2vs2, 3vs3 or 4vs4.

2/ The size of the court is
   - 1vs1: 2mx4m
   - 2vs2: 3mx6m
   - 3vs3: 4mx8m
   - 4vs4: 6,10m x 13,40m (badminton court)

3/ The service zone is the area behind the end line of the court

4/ Players take turns to serve

5/ It is mandatory to make 3 contacts per team. The second contact can be “catch and throw”

6/ It is not permitted for the same player to contact the ball several times or with various body parts (2contacts).

7/ There is no center line, so a foul under the net must only be indicated if the player interferes with play on the opposite court.

8/ Contact with the net or antennas will only be penalized if it happens during an attempt to play the ball.

9/ The scoring system is always continuous: each rally will result in a point for one of the two sides.

10/ The games are the best of 3 sets made up of 25 points with a maximum duration of 10 minutes per set. You need a 2 point advantage to finish each set. If this does not happen at the end of 10 min., The set continues until one team reaches the referred advantage.
REFEREEING TASKS

It is very important and highly recommended to involve the children in the decision process. Being the referees for the Mini-Volleyball matches is a very good way for them to be involved and feel accountable, as well as to stay active off the court. The following signs shall be taught to all children before the competition, and the monitor shall ensure that all children have integrated the signs and their definition.
### 5. APPENDIX

#### SCOREBOARD

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Match N°:</td>
<td>Place:</td>
<td>Country:</td>
<td>Date:</td>
<td>Hour:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>--------</td>
<td>----------</td>
<td>-------</td>
<td>-------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WINNING TEAM:**

<table>
<thead>
<tr>
<th>TEAM A</th>
<th>TEAM B</th>
</tr>
</thead>
<tbody>
<tr>
<td>E A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
</tbody>
</table>

**N° NAMES OF PLAYERS**

<table>
<thead>
<tr>
<th>TEAM A</th>
<th>N° NAMES OF PLAYERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>E A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
</tbody>
</table>

**SCORER**

<table>
<thead>
<tr>
<th>TEAM A</th>
<th>TEAM B</th>
</tr>
</thead>
<tbody>
<tr>
<td>E A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
</tbody>
</table>

**Duration**

<table>
<thead>
<tr>
<th>TEAM A</th>
<th>TEAM B</th>
</tr>
</thead>
<tbody>
<tr>
<td>E A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
</tbody>
</table>

**Score A**

<table>
<thead>
<tr>
<th>TEAM A</th>
<th>TEAM B</th>
</tr>
</thead>
<tbody>
<tr>
<td>E A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
</tbody>
</table>

**Score B**

<table>
<thead>
<tr>
<th>TEAM A</th>
<th>TEAM B</th>
</tr>
</thead>
<tbody>
<tr>
<td>E A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
</tbody>
</table>

**Signatures**

<table>
<thead>
<tr>
<th>TEAM A</th>
<th>TEAM B</th>
</tr>
</thead>
<tbody>
<tr>
<td>E A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
</tbody>
</table>

**Captain's Signature:**

<table>
<thead>
<tr>
<th>TEAM A</th>
<th>TEAM B</th>
</tr>
</thead>
<tbody>
<tr>
<td>E A 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
<tr>
<td>T B 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</td>
<td></td>
</tr>
</tbody>
</table>
References:

Schoolboard: https://i2.cdscdn.com/pdt2/5/0/2/1/700x700/map2585502/rw/maped-ardoise-pierre-naturelle.jpg
