

Resources:

Training volleyball, cones/spots

Upper KS2

Lesson 1

Objectives:

M.T. Ready position and volley catch

WALT –We are learning to get into a ready position and react to a serve or volley from the other side of the net.

WILF –What I am looking is for you to move from your ready position to use your hands and arms correctly to make a volley catch

TIB – This is because in volleyball a player must react quickly and move into position to stop the ball from touching the floor.

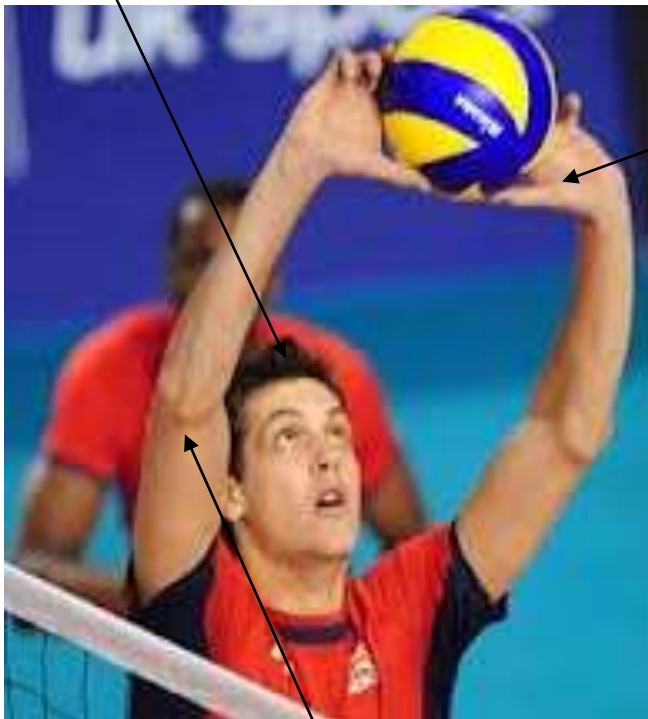
Activities	Coaching Points/Diagrams
<p>Movement skills: Quick feet forwards and backwards</p> <p>Short and d Pupils jogging in and out of others, upon command pupils stop in the ready position. Using the command short or d pupil use shuffle steps to move forwards a 1m (short) or backwards 2m (d), they then stop in ready position and shuttle back to their original spot and continue</p>	<p>Shuffle Feet sliding on ball of feet Short quick steps Keeping feet in contact with the floor</p>
<p>Warm Up: Movement and ready position</p> <p>Scarecrow tag (cones) Select two pupils with a ball each to be on. They must chase the other pupils around the space and tag them with the ball. If tug then pupil must adopt the ready position with hand out in front of them. Two pupils are the rescues and can't be tagged by the tiggers. To be rescued pupils must be give a high ten extending their legs and arms.</p> <p>Variation</p> <ul style="list-style-type: none"> • Increase number of taggers • Include frees who have to throw and catch a ball with the tagged pupil 	<p>Ready position Feet shoulder width apart, toes slightly pointing in Knees pushed forwards but not more than toes Arms in front of body When moving eyes parallel with the floor therefore head does not go up and down</p>
<p>Activity 1: Volley catch</p> <p>Bend and catch (cones and balls) In their six teams, one pupil becomes the server, standing at the far end of the space facing their team. First pupil in the team runs out to the middle spot and into the ready position. Serve throws the ball underarm towards the pupil so they catch it at forehead height. First pupil then returns the ball and joins the back of the line.</p> <p>Variations</p> <ul style="list-style-type: none"> • Challenge the team to complete a total of 10 serves, catches, and returns swapping servers after each 10 is scored. • Serve calls short or d before throwing and first pupil reacts accordingly 	<p>Volley catch Two handed pass above the head making a catching triangle Ready position Face the direction the ball is going to be played In position to make contact with ball slightly above and in front of forehead Bend knees and elbows Hands are ball shaped and 10cm apart As ball approaches player extends legs and then arms Extend arms in the direction required Transfer weight from back of foot to front.</p>

<p>Activity 2: Introducing height to volley Over the blocker (ball, spots) Using activity above, introduce an addition spot in between the server and volley catcher. Set up with server on 1st spot, blocker on 2nd spot, 3rd spot vacant and rest of team on 4th spot. Upon the command first pupil in team runs out to 3rd spot and receives a serve from 1st spot, they catch and return over the pupil on the second spot, pupil on 1st spot catches and is replaced by pupil blocking who is replaced by pupil on 3rd spot. Pupil on 1st spots runs down to next team member and high fives to continue.</p>		
<p>Game: Multi-player volley catch Circle catch (balls) In teams pupils form a circle and throw the ball towards other pupils' foreheads across the command player. Continue passing until the first whistle is sounded. Pupil with the ball freezes on second whistle that pupil runs all the way around the outside of all the groups and back to their place. First pupil back in their place wins a point for their team.. Variations</p> <ul style="list-style-type: none"> • Throw and catch in a crouch position • Seated position • Lying on stomach 	<p>Volley Two handed pass above the head Ready position Call for the ball and move to it Stop before playing the ball Face the direction the ball is going to be played In position to make contact with ball slightly above and in front of forehead Hands are ball shaped and 10cm apart As ball approaches player extends legs and then arms Extend arms in the direction required Transfer weight from back of foot to front.</p>	
<p>Cool down: Catching and bouncing One bounce and catch (ball per team) In 6 teams first pupil throws the ball in front of themselves lets it bounce and quickly runs to catch it before it bounce again. They then return with the ball and hands it over to the next pupil waiting Variations</p> <ul style="list-style-type: none"> • Throw ball forwards and catch it with no bounce. 	<p>Catching Head up Eyes on the ball and the spaces in front Hands and arms following the path of the ball Move hands to the spot where the ball is coming down.</p>	
<p>Success Criteria: I can:</p> <ol style="list-style-type: none"> 1. Slide forwards (short) and backwards (deep) maintaining a ready position 2. Catch a served ball above my head with my hands in a catching triangle, my elbows and knees slightly bent and my eyes on the ball without letting it touch the floor. 3. Contract and extend my elbows and knees to volley the ball over the height of another pupil 	<p>Main Coaching Points Ready position Volley catch</p>	
<p>Lesson Evaluation</p>	<p>Points for next lesson</p>	

Coaching points for a volley catch

Head up, eyes
looking at the ball
through the hands

Thumbs and index fingers
to make a catching
triangle



Elbows and knees slightly bent
ready to absorb the ball,
contract and then extend to
push the ball up.

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Volleyball Year 5/6 Lesson 1

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