

Learning question: How can you **self-feed** the volleyball?

I can attempt to volley the ball after a self-feed

I can volley the ball towards a target after a self-feed

I can volley the ball over the net into a target

EQUIPMENT:

- Soft touch volleyballs
- Cones/spots x 60
- Activity 3- any balls

Yr 3 Key words: Contact, Control, Ready Position, Flight, Volley, Peak, Receive, Target, Feeder.

Yr 4 Key words: Self-feed, Distance, Opposition, Continuous, Rally, Serve, Court, Space.

WARM UP:

Opposites – teacher calls “Go” – the class stops – teacher calls “Forwards” – the class runs backwards etc.

Teacher can give commands verbally or non-verbally e.g., through pointing.

Linking learning- we used this warm up in tennis- encouraging us to always look forward and towards the net!

Activity 1:

1v1 pairs – recap of prior learning rainbow throw

This game encourages you to catch the ball at different heights and move into position to play the ball.

Take it in turns to throw the ball to each other (rainbow shape). Catch the ball in the correct position and you win a point. First to 5 points wins the game.

Game 1: You can only catch the ball above your head – with two hands

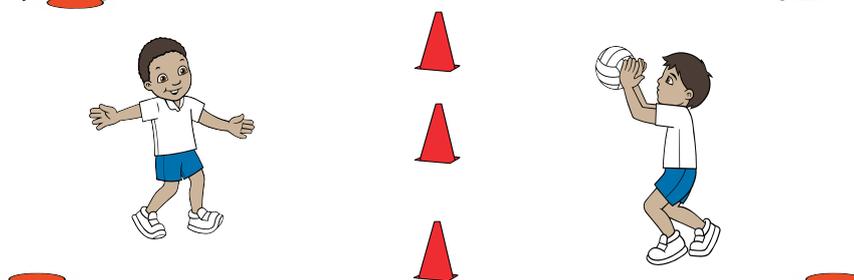
Game 2: Catch the ball at knee height- with two hands

Game 3: Call and catch- player who throws the ball calls how they want their partner to catch the ball as soon as the ball has left their hands.

Q&A: How should you stand when getting ready to **receive** the ball?

You should stand in the **‘ready position’** facing the net, when receiving the ball.

Can you **make it harder** for your partner to catch the ball? Aim towards the **space** on the court!



ACTIVITY 2: Self feed volley

Q&A: What is a **volley**? Playing the ball above head height with two hands.

Head- Place hands in front of forehead. (hands in diamond shape)

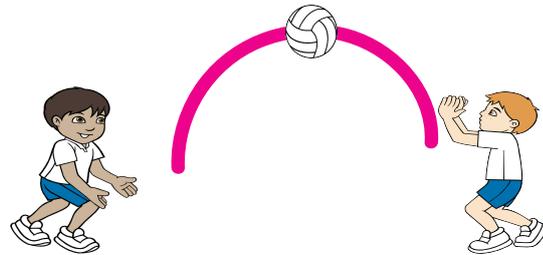
Shoulders – Turn shoulders in the direction you want the ball to travel.

Knees – Bent and feet balanced.

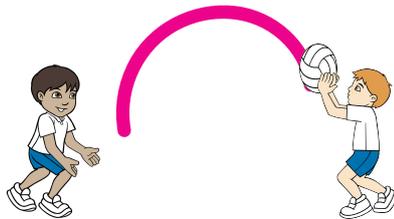
Toes -Right foot forward, left foot back.

Volley- Push the ball upwards- remember rainbow shape!

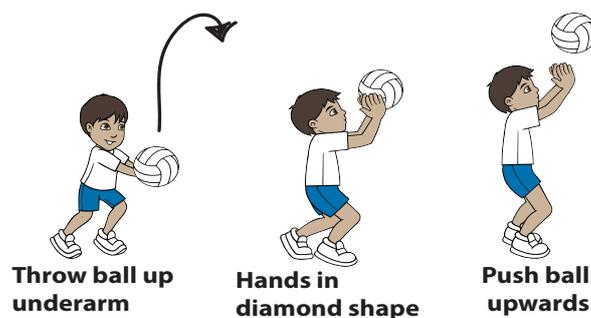
1. Working in pairs children to take it in turns experimenting with pushing the ball to each other (hands above head height) – remember in a rainbow shape



2. Throw to each other and catch the ball above your head

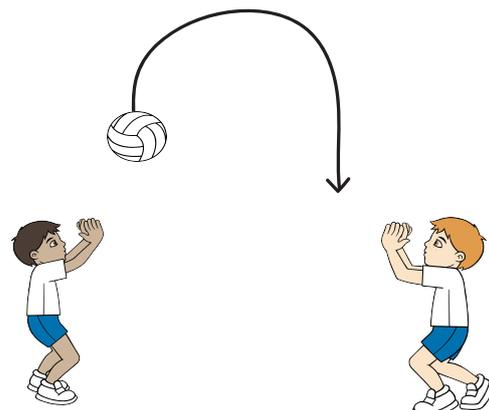


3. **Self-feed** and **volley** the ball in a rainbow shape (take it in turns)



Can the children be mini coaches with their partner? Are they in the correct position?

4. **Self-feed** and **volley** the ball to your partner- in rainbow shape.



ACTIVITY 3: Feed the fish

Game 1: Feed the fish

Player **self-feeds** above forehead and volleys the ball into/onto the **target**
Every time you hit the **target**, you have fed the fish and win a point.

Children to start on spot 1, 2, 3 or 4 – can they try feeding the fish from the different spots?

Q&A: How do you make the ball go nearer or further away?

Note: you can do this with or without a net. Remember, if without a net, the ball must travel in the shape of a rainbow, above head height.

Extension Game 2: Feed, Feed, Fish.

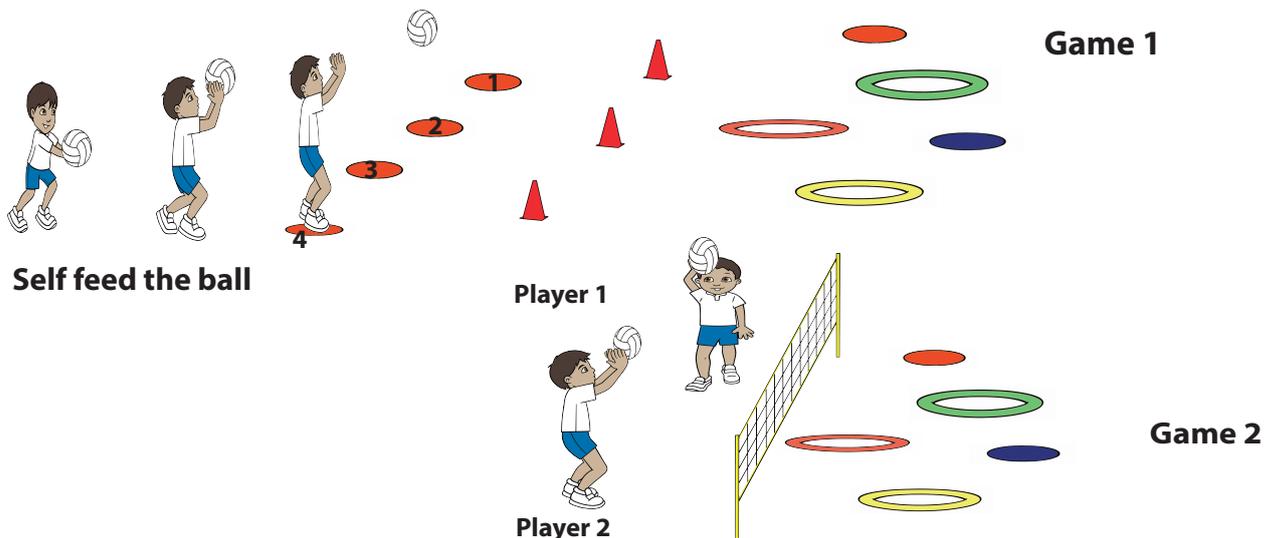
Player 1 stands sideways near the net. Player 2 faces the net, 1m away from net. 2m from Player 1

1. Child 1 **self-feeds** above their forehead and **volleys** the ball to their partner (child 2)
2. Child 2 catches the ball, **self-feeds** and volleys the ball over the net towards the **target** (the fish on the floor)
3. Every time you hit the **target**, you win a point. How many points can you score in the time allowed?

Now, swap over roles.

Make it easier: Move the targets closer to the net or have larger targets e.g hoop

Make it harder: Smaller targets e.g. spots



COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What was your favourite part of the lesson? How did you perform a **self-feed** volley?