

Learning Intention: How can you serve underarm?

I can attempt to serve the ball underarm.

I can serve the ball underarm.

I can serve the ball underarm and attempt various distances.

EQUIPMENT:

Soft touch volleyballs.
Cones/spots.
Hoops.

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: Mirror, Mirror.

In pairs, face each other.

Child 1 moves in any direction,

Child 2 mirrors their actions - keep on your toes, quick feet and always return to the middle and get into **ready position**.

Child 1



Child 2



ACTIVITY 1 :

In pairs, experiment with different ways to **serve** the ball to each other.

Can they try underarm?

Can they try with a flat hand?

Can they try with a closed fist?

Which way feels best? How can they get more **control**?

Extension: Can they attempt to make it land on the spot?



Activity 2 : Underarm serve

The underarm **serve** in volleyball is used to start each point. It is very important to learn how to perform this correctly. Teacher to go through following points:

How do we underarm **serve** correctly?

Ready

- ✓ Stand sideways on.
- ✓
- ✓ Clench fist.



Rock

- ✓ Transfer your bodyweight from the back leg to the front leg (**rock**)
- ✓ Swing your arm forward (in direction you want the ball to go).



Pop

- ✓ Contact the ball underneath with your fist.
- ✓ Hit the ball out of your other hand, NOT from a toss.

Linking Learning- This is very similar to the underarm serve in tennis- the same action.

2. In pairs- Have a go - can you coach your partner, remembering the key points?



Make it easier: Use a beach ball.
Make it harder: Move further away and serve in different directions.

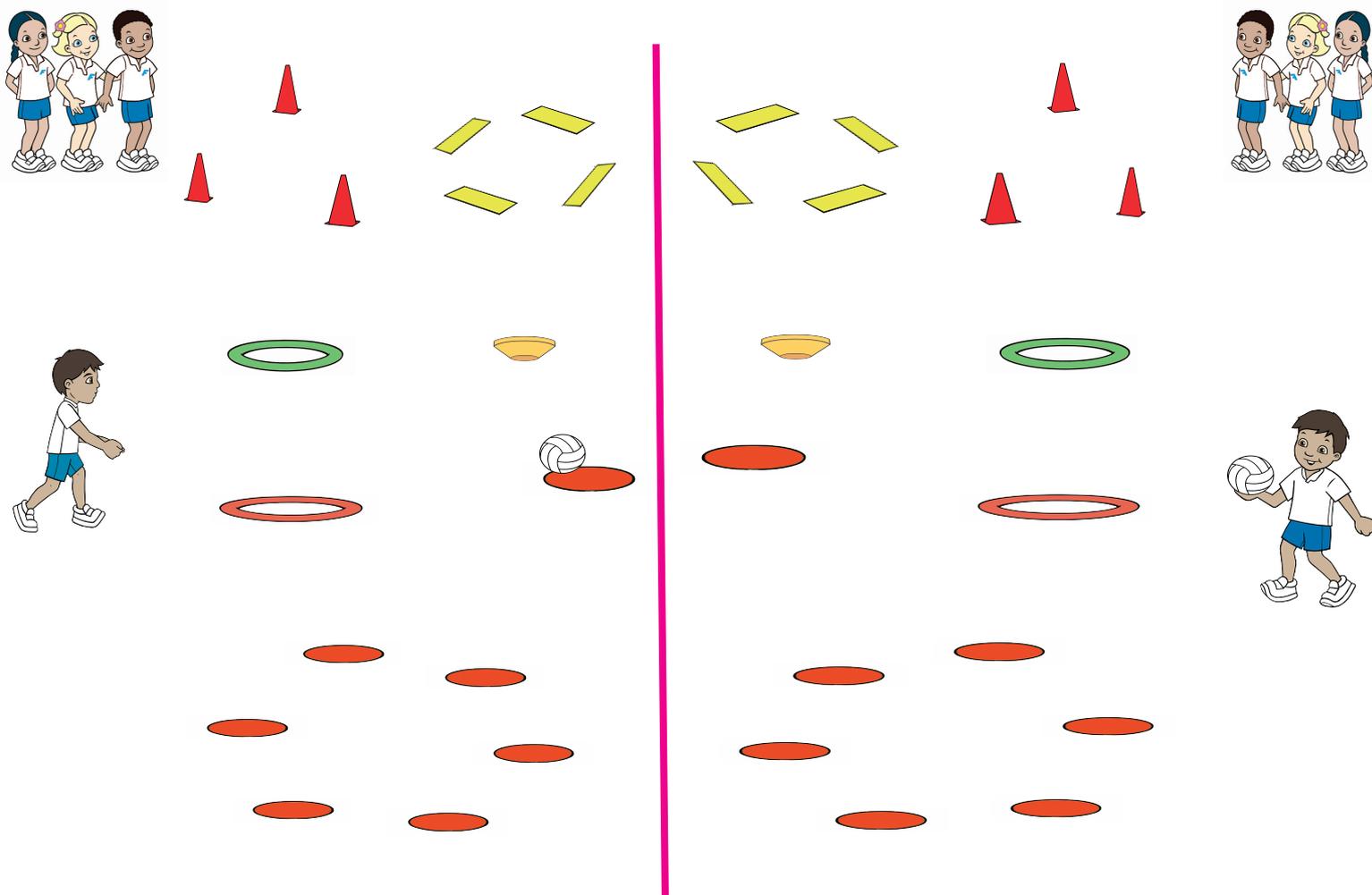


ACTIVITY 3: Battleships

1. As a team of 4, **take it in turns** to **serve** into the opposite team targets.
2. If you land your ball in their target, you can 'sink their ship' and win 5 points.
3. **Challenge:** Make up your own score system for each target.

Extension Game 2: When you sink the ship, you can take away the target. The team that sinks all the opposite teams ships- wins.

Tactics- Work as a team and decide each of your strengths when serving



Make it harder: Make the targets smaller.

COOL DOWN

Children to jog around on teacher command- show **ready position**.

PLENARY

What did you enjoy about the lesson? What is important when serving?