

VOLLEYBALL LESSON 3

Yr 5

Learning Intention: How can you set the ball?

I can catch and set the ball to my partner

I can set the ball to my partner with some control

I can set the ball to my partner with control

EQUIPMENT:

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

Yr 5 Key words: Footwork, Tactics, Reactions, Dig, Outwit, Defensive, Set, Attacking.

WARM UP: 'Ready, Freddy, Go Low!'

Children are in an area. They start by jogging around. On the teachers command:

1. **'Left'**-Children side step to the left
2. **'Right'**- Children side step to the right.
3. **'Down Left'**- Children reach to their left with their left hand to touch the floor.
4. **'Down Right'**- Children reach to their right with their right hand to touch the floor.
5. **'Ready Postion'** - Children "FREEZE" in a 'Ready Freddy' position
6. **'Go Low'** - Moving around and children to 'Low 5' as many other children as they can in 30 seconds.
7. **Set me**- Children pretend to hold a big bottle with 2 hands, and pour it over their head and then push it away. Elbows down and forward and push through, legs slightly bent, one foot forward, push up with arms and legs together

Ready Position :



Activity 1: Throw, Catch, Set.

Recap of prior learning- what did we learn/recap last lesson? **The volley** -What was the Head, shoulders, knees and toes volley position- can you show me?

Today we are going to learn how to set the ball: Setting or the volley is a very important attacking skill in the game of volleyball.

Linking Learning: When you set somebody else up in football, what does this mean? It means you position the ball in an area in which it is easier for them to score a possible goal. This is the same in volleyball, you put the ball into an area in which they can strike the ball and win the point.

Throw, Catch, Set.

1. Children throw a ball above their heads and catch it. When they catch they must attempt to stand in the correct setting stance. See video/picture:
 - a. Catch a ball with correct hand position
 - b. Throw the ball up and clap once and then catch without dropping
 - c. Throw the ball up, clap twice and catch without dropping
 - d. Throw the ball up and perform a 1/4, 1/2 turn, catching in set position without dropping



ACTIVITY 2:

Children in pairs complete the following;

Throw, catch, set:

1. Child A **throws underarm** (2 hands) aiming above child B's head.

Child B **catches** and then **sets (self volley)** the ball back to partner A.

Complete 5 times and then swap.

Linking learning: Do you remember the self-feed volley? This is the same action.

Set position:

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

Shoulders - Face shoulders in the direction you want the ball to go

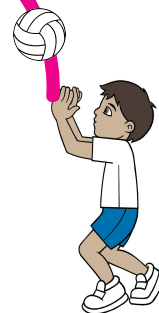
Knees - Bent and feet balanced

Toes - Right foot forward, left foot back

Set - Push the ball upwards with finger tips



**Child A
Throw**



**Child B
Catch and sets
(after catching, self
feed the ball to
partner)**

Throw and set:

2. Partner A throws underarm (2 hands) aiming above partner B's head

Partner B sets the ball back to partner A.

Complete 5 times and then swap



**Child A
Throw**



**Child B
Sets (push the ball
up with finger tips)**

Q& A: What position should the receiver be in? Ready position. Remember move your feet quickly to get to the ball to set it back to your partner.

Important: when throwing the ball to the setter, ensure you use two hands- the ball must go above your partners head

Challenge- Throw and set:

3. Can the pairs complete this activity for 1 minute without dropping the ball? If so, count how many catches they complete.



**Child A
Throw**



**Child B
Sets (push the ball
up with finger tips)**

Make it easier: Throw, catch, **set**

ACTIVITY 3: Volley2's

1. Child A (on Team 1) starts the game – underarm throw – to anyone of the opposite side of the court (Team 2)
2. Child C (on Team 2) catches the ball in any way (this person is called the receiver)
3. Child C passes the ball to their partner Child D (2 hands underarm- above their head)
4. Child D catches the ball and sets the ball (with a self-feed) back to child C (the receiver) who throws/volleys it over the net
5. Now the ball is back with Team 1: Child A and B- have to have 3 touches of the ball e.g.
Touch 1 - catch and underarm throw to partner
Touch 2 – catch and **set** ball back to the receiver
Touch 3 – catch and plays the ball over the net

Rules:

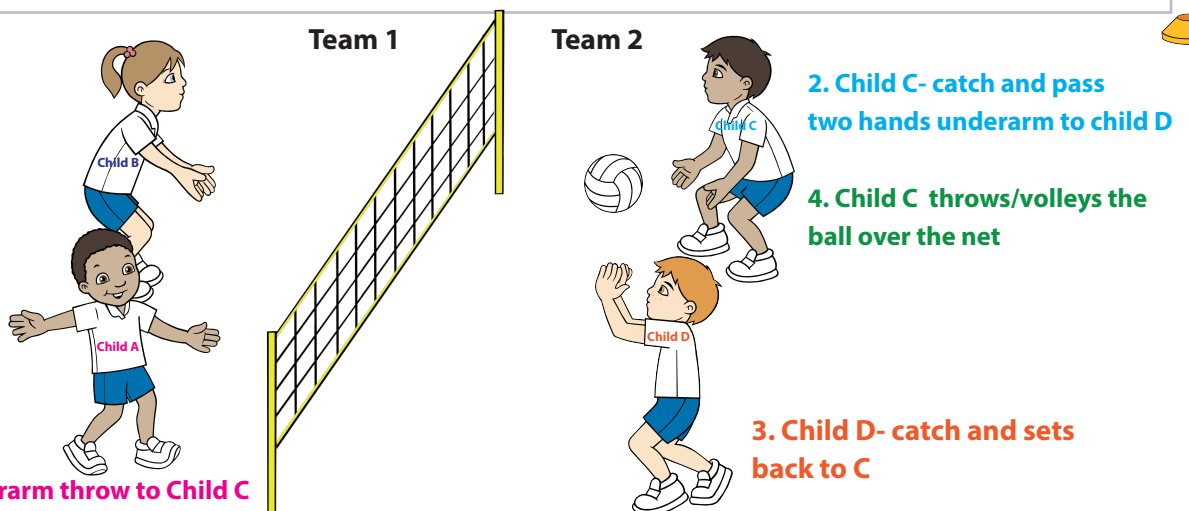
- There must be 3 touches of the ball before it goes back over the net
- 3 serves in a row for any player

Your team win a point if:

- The ball touches the floor on the oppositions side of the court - including the lines this is "in"
- A team plays the ball more than three times on their side of the court
- A player plays the ball twice in a row
- A team plays the wrong shot e.g. serve should be underarm throw
- A player doesn't pass the ball over the net with two hands

The opposition wins a points if:

- The ball contacts the floor outside the court markings or hits an object e.g the post this is "out"



COOL DOWN

Repeat the warm up – slower paced.

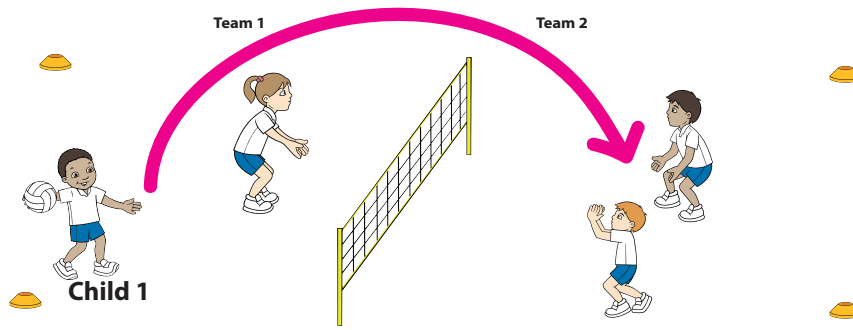
PLENARY

What was your favourite part of today's lesson? How did you Set the ball?
When would you use a set in volleyball?

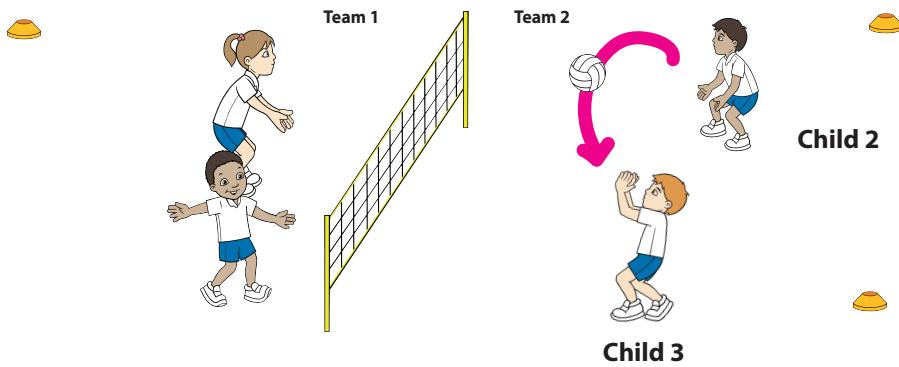
RESOURCE CARD - Volley 2's Catch Game:

a) Child 1 serves throwing underarm (anywhere on the court to the opposite team)

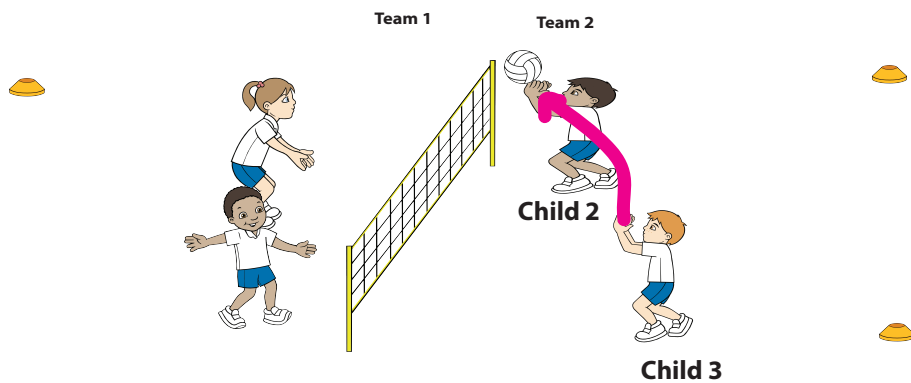
Number of contacts
In Volley2s teams
have to play the
ball three times
on their side of
the court.



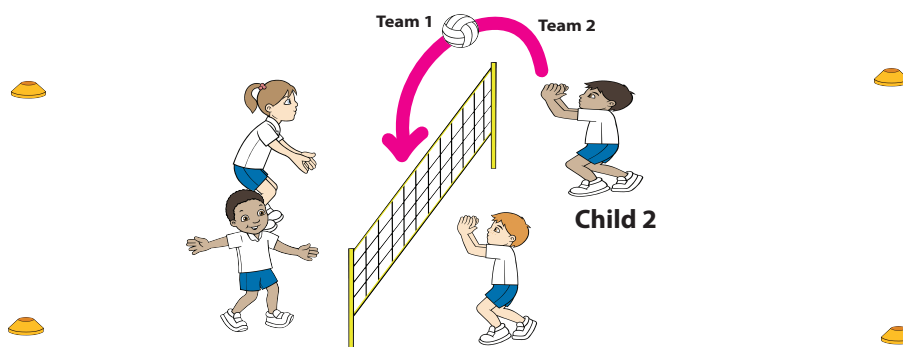
b. Child 2 catches and underarm throws the ball to Child 3



c. Child 3 catches the ball throws back to Child 2



d. Child 2 catches and uses an attacking shot over the net to try and win a point



e. Team 1 now has to play the ball 3 times before it goes back over the net- continue play
Children to rotate around each position.