

VOLLEYBALL LESSON 4

Yr 5

Learning Intention: How can you use a dig in volleyball?

I can attempt to dig the volleyball

I can dig the volley ball with some control

I can set the ball in a game 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: Volley and Digs

Volleys and Digs (Domes and Dishes) - Divide class into two groups:

Half the class are Volleys-half are Digs. Each have a cone marker which they place within the area.

The Digs team are to place their cone upside down

Volleys team place the cones the right way up.

On the word 'go,' players turn as many of the cone markers as possible i.e. a Volley or a Dig.

On FREEZE- everyone is to stop.

Teacher to count how many are now Volleys and how many Digs

Activity 1: Knee catch

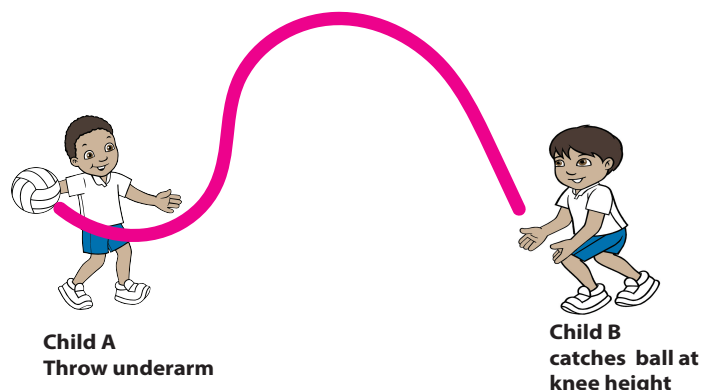
In pairs:

Child A throws the ball (underarm in a rainbow shape) to Child B

Child B is to catch the ball at knee height

Q&A: What is important to ensure you can catch the ball at knee level?

- Be in ready position
- Watch the flight of the ball



ACTIVITY 2: Dig up

Q&A: What is a Dig in volleyball? The Dig is a **defensive** move that keeps the ball from hitting the floor. This can then help your team set

Linking learning: When you played volley2's- the receiver passed the ball with 2 hands underarm to their partner- this is the same action.

Teacher to demonstrate or show the video of the dig.

Ready:

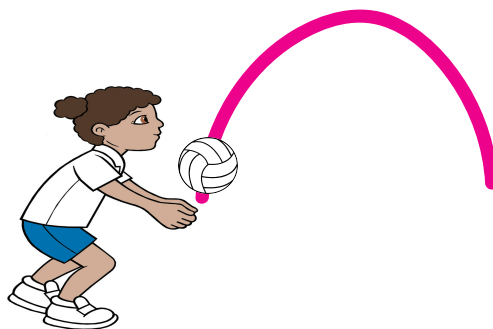
- Ready position
- Move to the ball
- Keep both eyes on the ball

Steady:

- One foot slightly forward
- Arms straight and pointing down.

Dig:

- Fingers and thumbs close together
- Strike through the ball with your lower arms.
- Point hands in the direction you want the ball to go
- Send the ball with a rainbow shape



Game 1 (on own):

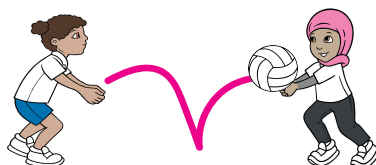
Can they throw the ball
let it bounce and bump the ball up
(arms in dig shape and
to play at tummy button level)



Children to have a ball each. You can use volleyballs, tennis balls, balloons or beachballs

Game 2 (in pairs): Bounce & Dig

- How many can you complete in a row?

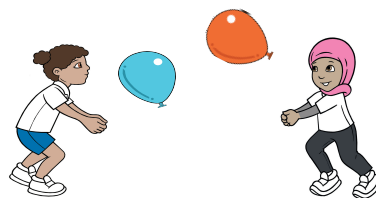


Make it easier: Use a balloon/beach ball (no bounces)

Make it harder: Vary the height of the ball

Game 3- Challenge: 2 balloons & No bounces

- Note: You could have 6 balloons for the class and rotate these around



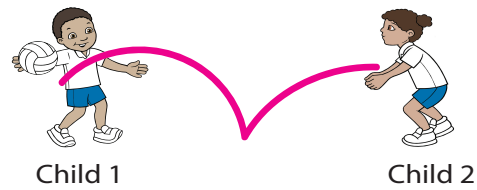
ACTIVITY 3: Adapted volleyball game 2v2

In pairs:

Game 1: Feed, Bounce and dig

Child 1 Feeds the ball underarm (with a bounce in the middle)

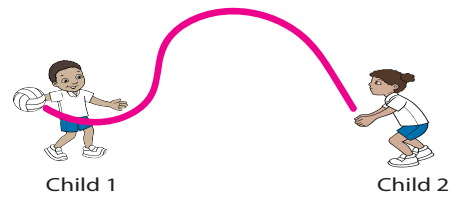
Child 2 returns the ball with a **dig**



Game 2: Feed and dig

Child 1 Feeds the ball underarm in rainbow shape

Child 2 returns the ball with a **dig**



Make it easier: use a balloon/beach ball – no bounces

Game 3: “Don’t Break the Egg!”

Aim of the game:

In **teams of 4** in a small space (approx 3m x 3m) children will move a balloon/ball between themselves. The balloon/ball will be the ‘egg’.

The aim of the game is to keep the egg in the air. If the egg hits the floor it ‘breaks’ and you get egg everywhere! Can you keep the egg in the air and stop it breaking for 1 minute?

The rules:

You can throw the ball/balloon underarm to start.

Then play a **dig** to continue the rally.

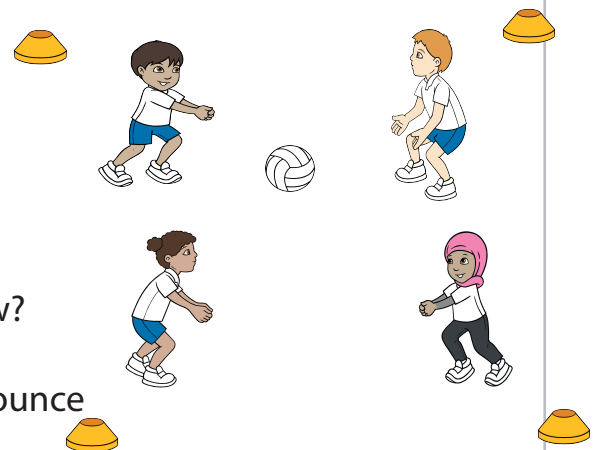
When a team reaches 3 digs, teams can ‘catch the egg!’

Then, restart and repeat.

Challenge: How many digs can they complete in a row?

Make it easier: use balloon/beach ball or allow one bounce

Make it harder: Dig and a set - how many in a row?



COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What was your favourite part of the lesson today?

When could you use a **dig** in volleyball?