

# VOLLEYBALL LESSON 2

Yr 5

Learning Intention: How can you volley the ball after a self-feed?

I can make contact to volley the ball after a self-feed

I can begin to volley the ball in a rainbow shape after a self-feed

I can volley the ball in a rainbow shape after a self-feed

## 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:

Split the class into two equal teams.

Set up cones with 10 balls on top (heads) and 10 balls underneath cones (tails).

1 team is '**heads**' = place ball on top of the cones.

1 team is '**tails**' = place ball underneath the cones.

When teacher says "**go**" - children in each team have to run to each cone, placing the ball in the correct position.

If teacher calls "**Ready**" - children to freeze and get into the ready position



**Remember:** No guarding cones. No more than one ball at a time.

## Activity 1: Make a rainbow

In Pairs, take it in turns to throw the ball to each other (rainbow shape). **Recap of prior learning** rainbow throw. Throw the ball underarm, try using one or two hands.

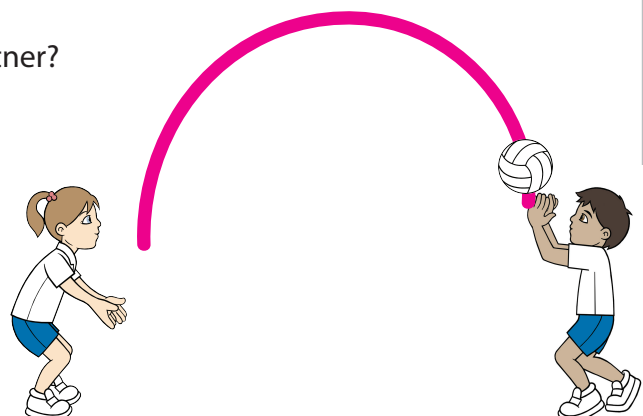
**See games below. If you catch the ball in the correct position, you win a point. First to 5 points.**

**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.

**Q&A:** What stance should you be in when the ball is being thrown from your partner?  
**Ready position.**

Remind children not to turn their back to the net/opposition



## ACTIVITY 2: Self feed volley

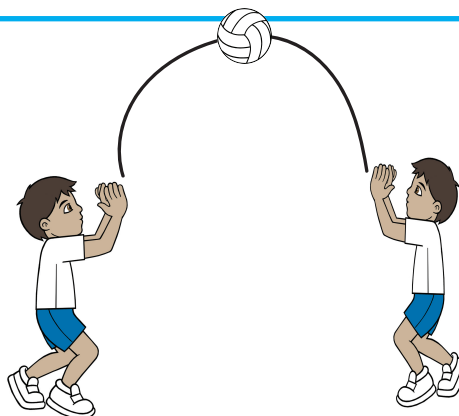
**Q&A:** What is a volley?  
Playing the ball above head height with two hands.

See video or teacher to demonstrate.

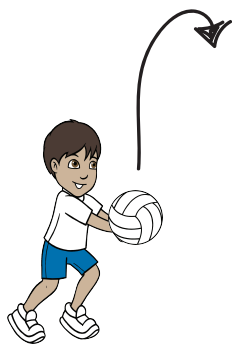
### Recap/learn a Volley:

1. Working in pairs - Throw to each other and catch the ball above your head. (hands in correct position)

See Head, shoulders, knees and toes.



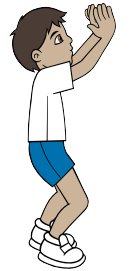
2. Self-feed and volley the ball to a space using a rainbow shape (take it in turns). Throw ball up with two hands, then volley.



**Throw ball up underarm**



**Hands in diamond shape**



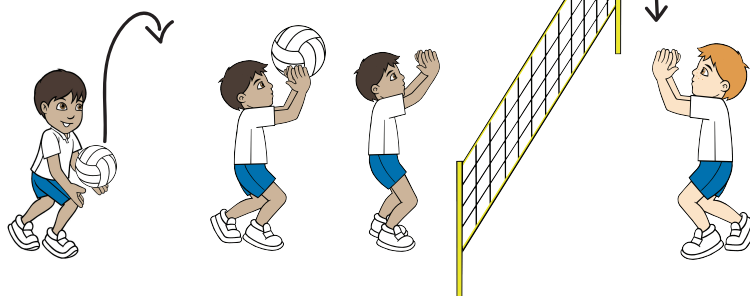
**Push ball upwards**



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

3. Self-feed and volley the ball to your partner- in rainbow shape- they are to then catch it.

**Note:** You can do this with or without a net.



**Make it easier:** Use a beach ball/balloon

### Volley (Head, Shoulders, Knees and Toes) :

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

**Shoulders** – Face 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!

## ACTIVITY 3: 1 v1

**Child 1** Throws the ball underarm to their partner.

**Child 2** Catches the ball and returns it with a self-feed volley.

Players are attempting to **outwit** their opponents- and to score points.

They score a point when the ball touches the floor, (court) or if it is played into the net.

Children to play first to 5 points.

They can rotate around to play other children.

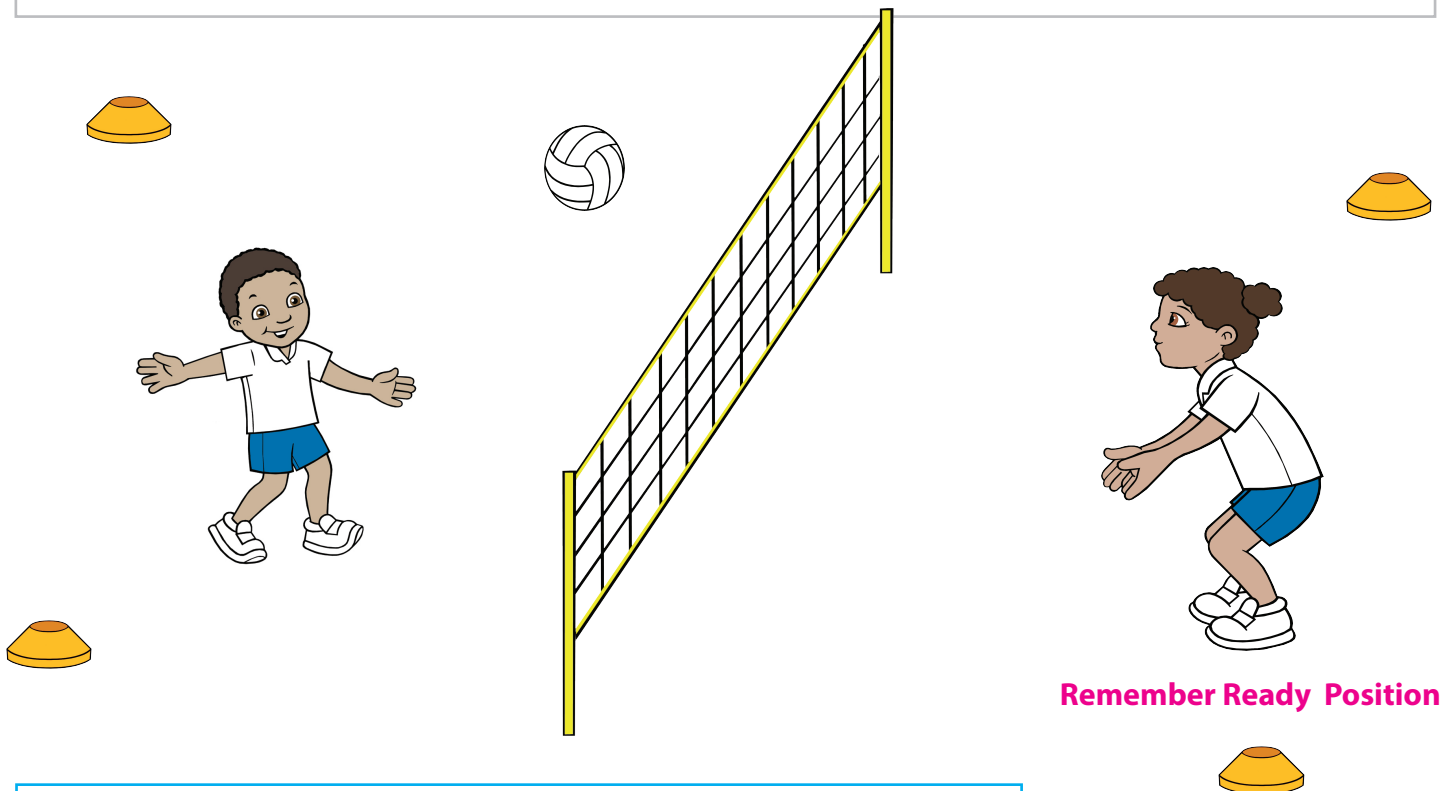
**Q&A:** What is important about your position when you return the ball?

It is important that children face the direction they intend to play the ball before contact.

**RST (Rules, Strategies and Tactics):** Where do you need to play the ball to beat /outwit your opponent?  
Into a space out of their reach.

**Make it harder:** Volley straight back.

**Make it easier:** Use a beach ball.



**Remember Ready Position**

### COOL DOWN

*Repeat the warm up – slower paced.*

### PLENARY

*What was your favourite part of the lesson? Show me heads, shoulders, knees and toes position.*