

Learning Intention: How can you serve?

I can serve the ball underarm.

I can serve the ball underarm and attempt various distances.

I can serve the ball underarm at various distances with control.

EQUIPMENT:

Soft touch volleyballs.
Cones/spots.
Hoops.

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

WARM UP: 'Ready, Rats & Rabbits'

Children find a partner and stand 1 metre apart (side by side). Each pair to line up behind another pair as shown in the diagram below.

One side are called '**rats**', the other side are called '**rabbits**'.

Teacher attempts to trick the class, calling out any of the commands below, always starting with:

"Rrrrrrrrrrr"

"Ready"- both sides bend down and get into the ready position.

"Rats"- the children on the side called 'rats', run and touch the cone on their right.

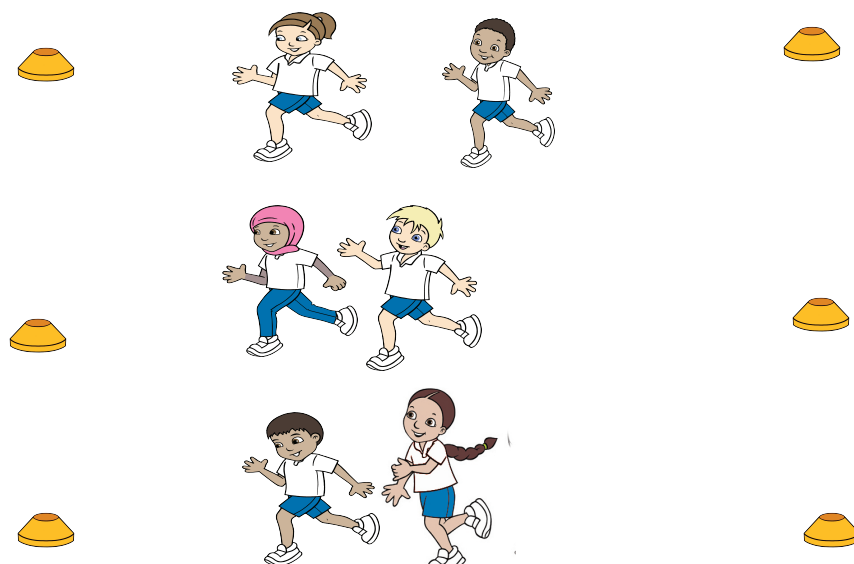
"Rabbits"- the children on the side called rabbits run and touch their cone on the left.

The aim of the game is to catch their partner, before they touch the cone.

Linking learning: you can start the children off in different volleyball positions e.g. Dig, Set.

Team Rats

Team Rabbits



Activity 1 : Underarm serve

Recap of prior learning (or intro to new skill)

1. In pairs, experiment or recap ways of serving underarm to each other.

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.
- ✓ Opposite arm and opposite leg- e.g. right handed players, left foot forward.
- ✓ 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. Now, have another 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 2 : Into the zone

Game 1: (you can play this with or without a net) Player 1 serves underarm over the net/throw down strips - aiming for a target.

Aim of the game- is for the team to get to win as many points as possible. 3 points for a square, 5 points hoop, 10 points spot, 15 points for a cone.

Challenge: Make it a race between teams.

Game 2 : Remove all the targets from the floor. Player 1 serves the ball underarm. Player 2 should attempt to anticipate where the ball is going and move quickly to try and get the ball through the hoop (before the ball bounces (see game 2 set up below). Player 1 wins a point if the serve does not go through the hoop. Player 2 wins a point if they get the ball through the hoop.

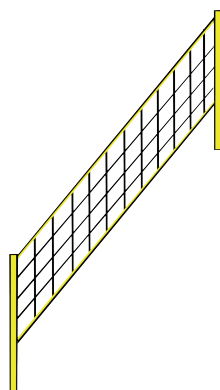
Linking learning: Ready position, **reactions**, quick feet, anticipate where the ball is going. Swap roles.

Extension task: Play the Volley2's from lesson 3 - this time, starting with a serve from the base line (back line).

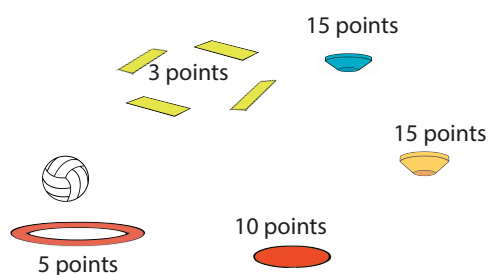
Game 1:



Player 1



Make it easier: Throw underarm with one hand.
Make it harder: Move further away.



Game 2:

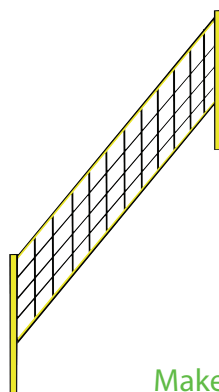


Player 1

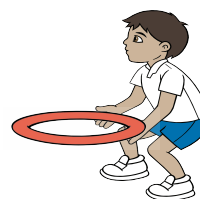


Serve from the baseline (back line).

Make it easier: Serve on the court.



Player 2



Make it harder: Move left and right with the hoop

COOL DOWN

Children to jog around on teacher command- show ready position, dig, serve action etc...

PLENARY

What did you enjoy about the lesson? Can you share some key points about the serving technique?