

Volleyball LESSON 1

Yr 6

Learning Intention: How can you use the ready position in a game?

I can get into the ready position and begin to use it in a game

I can get into the ready position and use in a game

I can get into the ready position and react quickly in a game

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.

Yr 6 Key words: Anticipate, Strike, Ball Placement, Trajectory, Receiver, Rotate, Baseline.

WARM UP: 'Ready, Go Low!'

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

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 Position'** - Children "FREEZE" in a 'Ready position'- weight on balls of feet, feet shoulder width apart, knees slightly bent, arms out in front of the body, hands at waist level, head up and eyes on the 'imaginary' ball.
6. **'Go Low'** - Moving around and children to 'Low -5' as many other children as they can in 30 seconds. Keep count-who is the low-5 leader/champ for this lesson?

Ready position :



Activity 1. : The Ready Position

Recap and revisit the 'ready position' (from year 5).

Q&A: What is the ready position? In volleyball this is when you put your body in the correct position to play. The Ready Position is one of the most important parts of playing Volleyball. Performing this move correctly should enable any player to react faster and get to the Volleyball quicker.

Note: If this is new to your class, ask them to jog around and when you call out **"READY"** they quickly stand opposite a partner, showing you this position.

- Ready position:**
1. **Knees Bent**
 2. **Weight forward**
 3. **Hands presented**
 4. **Eyes on ball**

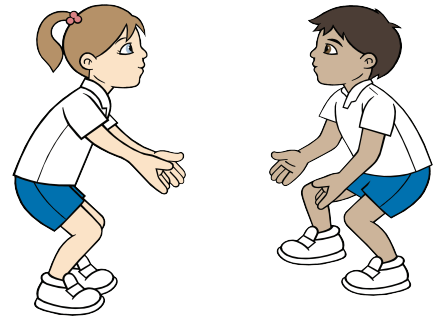


In pairs: Gently push on the shoulders of your partner when in the ready position - if they are balanced, they will not move!

ACTIVITY 2: Knee tag

Children in pairs (no ball).

1. Stand facing each other, 1 metre apart
2. When teacher says "Go," both members jump into the **ready position**
3. Children to move around in a circle, trying to tag each others knees



SAFETY - Position your body as if you were sitting in a chair, ensure you are looking up to avoid bumping heads with others!

Rules:

- You can not stand in one spot and tap your partners knees
- You can not cover your own knees to stop your partner tagging you
- You can not run away from your partner

Remember: It is important to bend your knees and keep the shape of the ready position

Q&A : What is important about your **footwork during this activity?** Keep on the balls of your feet, ensure you have light feet, push off the outside of your foot in order to change direction.

ACTIVITY 3 : ' Ready, Freddy, GO!

Recap: Why are **reactions** important in volleyball?

You need to be able to react quickly to move to the ball and then decide which shot to use!

1. In pairs (see set up below)

Children to stand opposite each other in the ready position- in the middle of their cones. Teacher calls:

"Ready, Steady "GO" - on **"GO"** they need to run and pick up a ball from the cone.

"Ready, Steady "LEFT" - on **"LEFT"** they need to run side step to the left and touch the cone

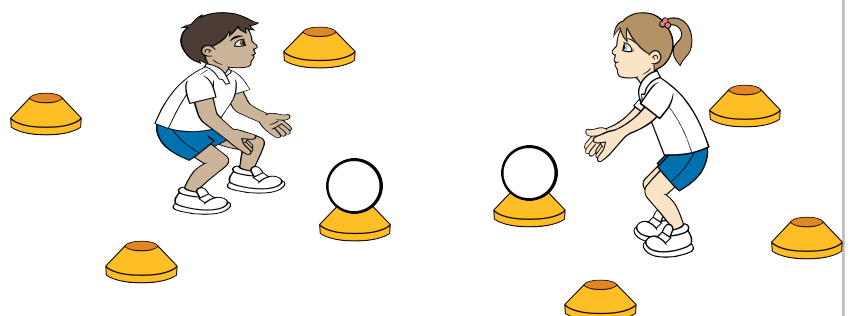
Continue for **"RIGHT** and **"LEFT"**

2. Challenge: Teacher to call more than one instruction:

"Ready, Steady "LEFT, BACK" - on **"LEFT"** they need to side step to the left touch the cone, then run to the back and touch the cone.

Extension 1: Swap and compete against another player

Make it harder: Make the square larger



Linking Learning- in tennis you also face forwards toward the net and are in the ready position.

ACTIVITY 4: Mini Volleyball

Teams stand opposite each other (2 v 2, or 3 v 3)

Children play a mini volleyball game.

Rules: Start play by serving underarm.

Opposite side wins a point if the ball touches the floor on your side of the court

Take it in turns to serve

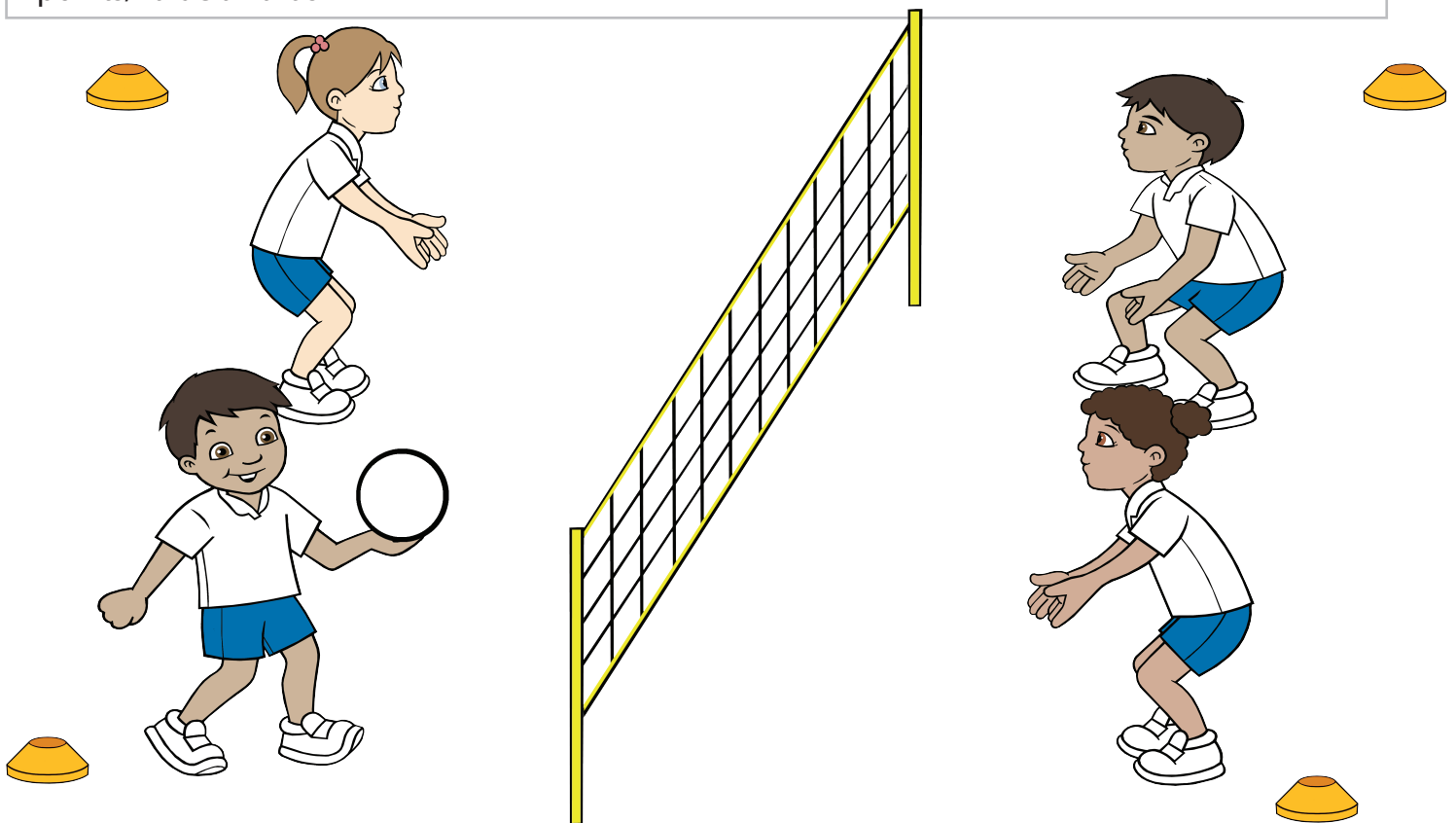
Children cannot play over the lines/net, in the other team's half of the court

Children can only touch the ball with their hands.

Extension: Children can play other teams

Make it easier: Allow player to catch. Use a beach ball- this allows for more time in the air.

Teacher can reward children for showing their **ready position** in the game e.g. with house points/value awards



COOL DOWN

Repeat the warm up – slower paced.

PLENARY

*Why is it important to get into the 'ready position' in a game?
What was your favourite activity today, and why?*