

Volleyball LESSON 2

Yr 6

Learning Intention: How can you 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 with a self-feed over various distances

I can face the direction I intend to play the ball before contact of a self feed

EQUIPMENT:

- 15 x tennis balls
- 15 x 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:

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 two hands underarm.**

See games below. Catch the ball in the correct position you win a point. First to 5 points

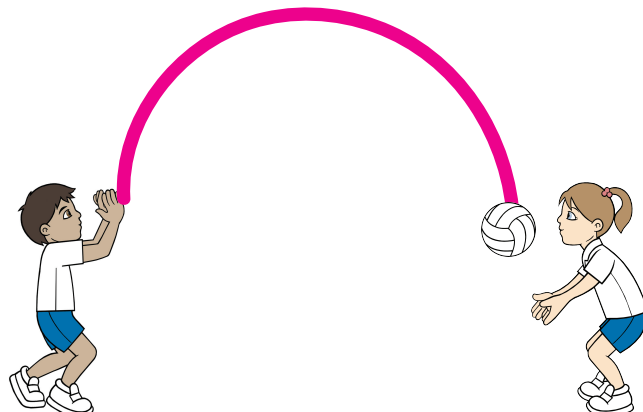
Game 1: You can only catch the ball above your head – with two hands

Game 2: Catch the ball at knee height- with two hands

Game 3: Call and catch- player who throws the ball calls out as soon as ball has left their hand, how they want their partner to catch the ball

Q&A: What stance should you be in when receiving the ball?
Ready position.

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



ACTIVITY 2: Self feed volley

Q&A: What is a volley?

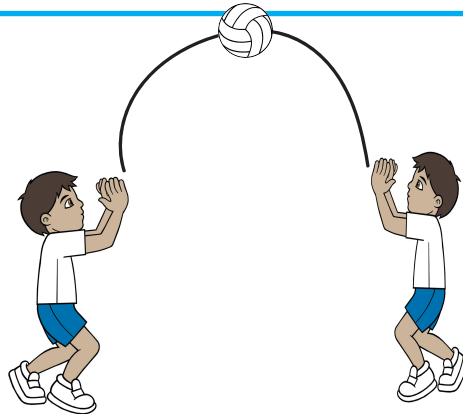
Playing the ball above head height with two hands.

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.



Volley:

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

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

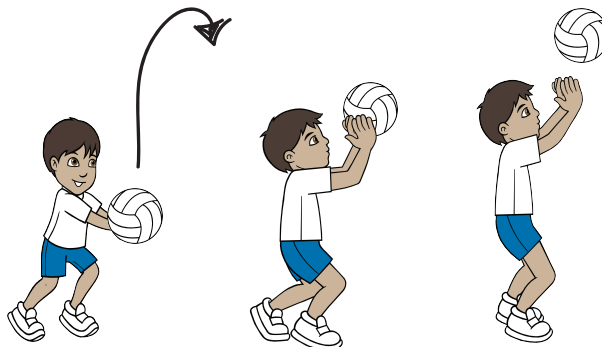
Knees – bent and feet balanced

Toes -right foot forward, left foot back

Volley- Push the ball upwards- remember rainbow shape!

Q& A: What is the ball flight? The path the ball takes in flight from sender to receiver. We are looking for **trajectory** of the ball flight resembling the arc of a rainbow shape!

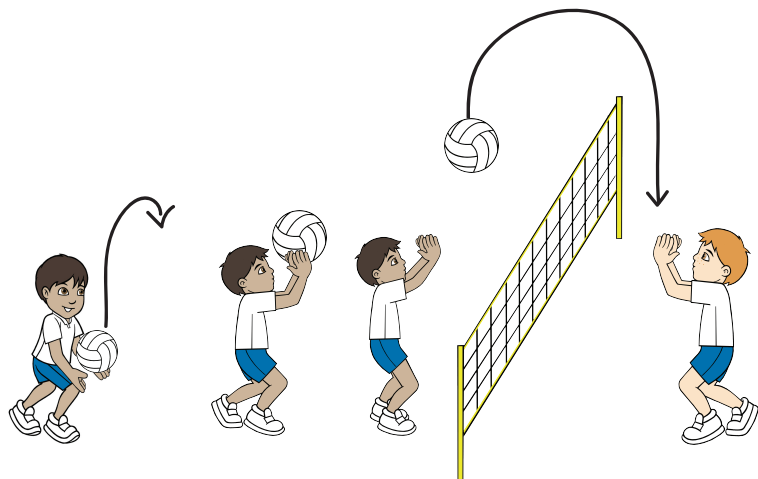
2. Self-feed and volley the ball to a space a rainbow shape (take it in turns). Throw ball up with two hands, then volley



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.

Note: you can do this with or without a net



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 trying to try outwit their opponent- and 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

They can rotate around to play other child.

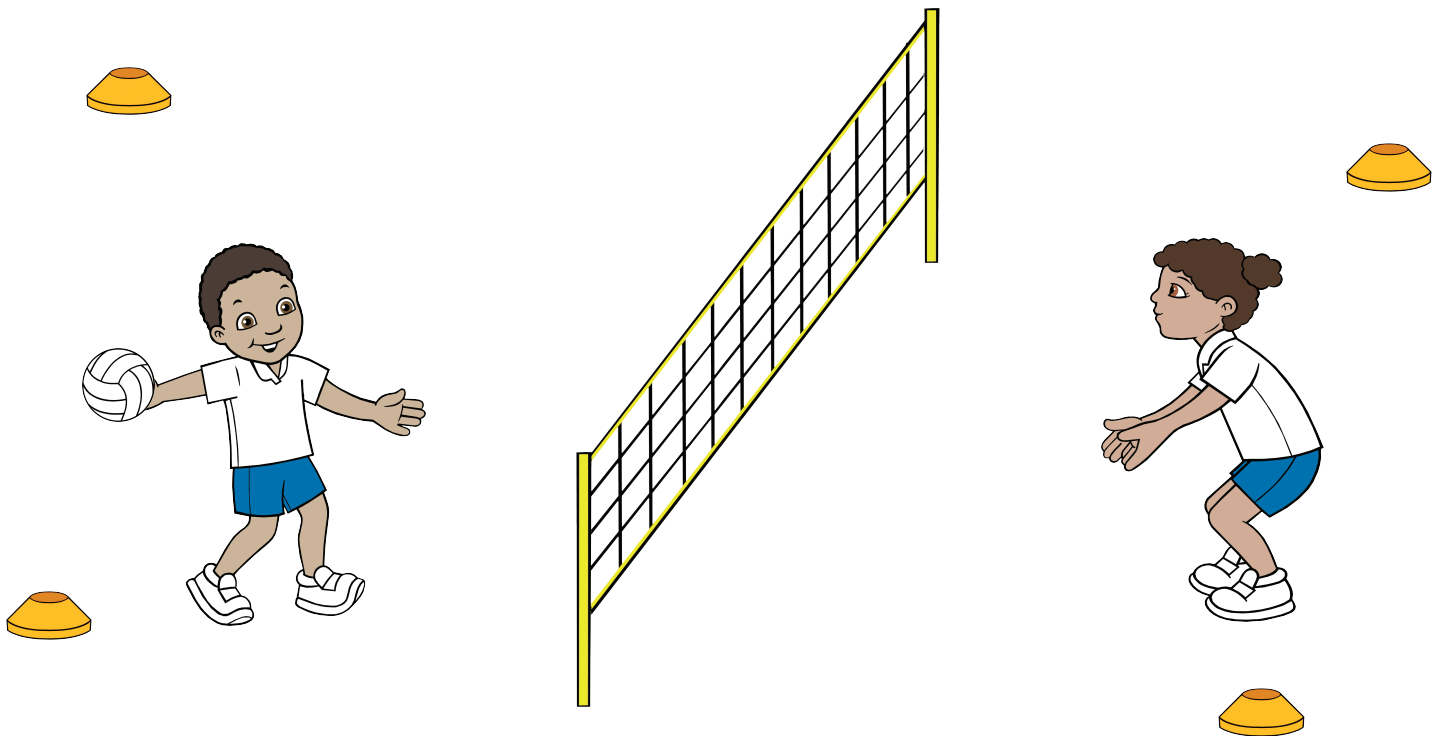
Q& A: What is important about your position when you return the ball? It is important that children face the direction they intend to play the ball before contact

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.

Extension: 2v2

Make it harder: Volley straight back

Make it easier: Use a beach ball



COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What were the key points when performing a self feed volley? When would you use a volley?