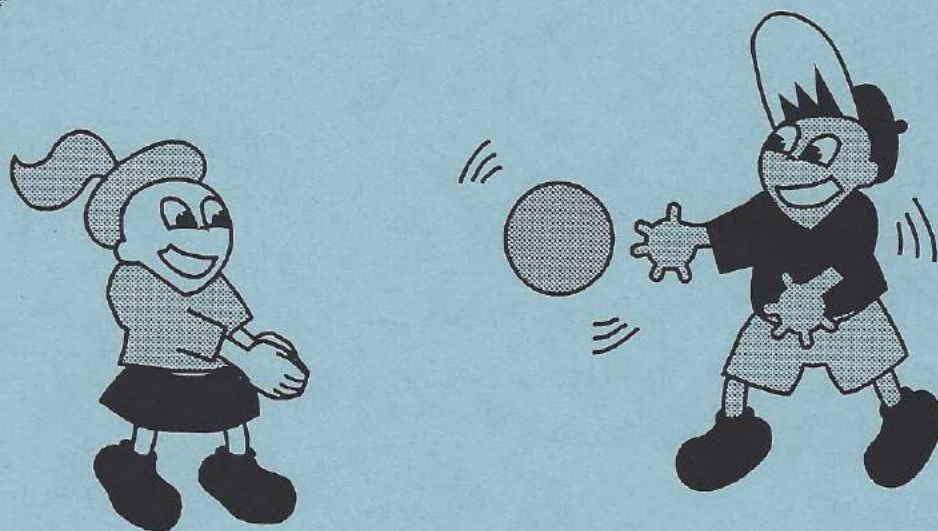


VOLLEYBALL



TOSS TO BUMP

VOLLEYBALL

SAFETY, MANAGEMENT, AND TEACHING HINTS

- Sessions in this unit do not require a net or volleyball court. Drills and lead-up activities may be conducted on grass rather than blacktop.
- Foam balls are recommended for safe and "sting free" bumping. However, in the absence of foam balls, use soft, playground type balls. Avoid heavy, hard balls.
- Volleyball games played by students lacking proper skill development may be sedentary and non-active. Do not progress to games until students have demonstrated competence in the bump, set, and underhand serve. Even then, games should be modified (see page 11).

SKILLS

Bump
(Forearm Pass)

Set
(Overhead Pass)

Serve

Combining Skills

MAJOR DRILLS/GAMES

Bump to Self
Bump to Partner
Bump to Wall
Challenges
B.U.M.P. Game
Keep it Up
Keep it Up, Run Around

Self-Set
Set to Partner
Set to Wall
Challenges
S.E.T. Game
Keep it Up
Keep it Up, Run Around

Serve to Partner
Serve to Wall
Service Challenges
Serve Step Back
Target Service
Shower Service

Square Bump and Set
Mini/Modified Volleyball Games

EQUIPMENT NEEDS

1 foam ball/per student, 4 cones, whistle

UNIT: VOLLEYBALL

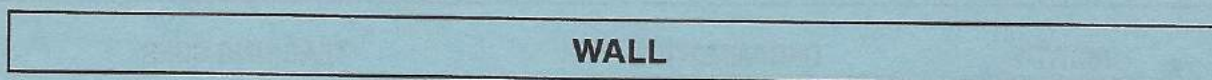
LESSON: 1 begins BUMP WEEK

OBJECTIVESBump
(Forearm pass)**EQUIPMENT**

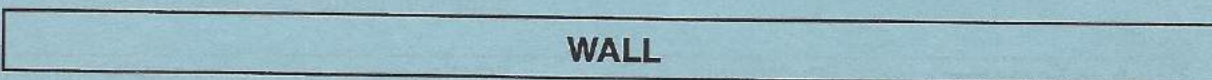
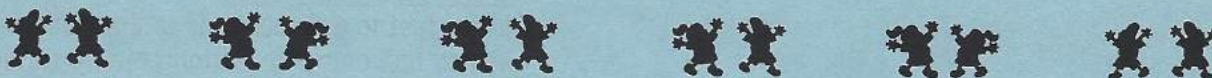
1 foam ball/student, 4 cones for boundaries, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
Shadow	<p>-Individuals</p> <p>-Students <u>without a ball</u>, scattered within boundaries or on a line.</p> <p>-Students "shadow" (<u>without a ball</u>) correct form and technique.</p>	<p><u>Bump position:</u></p> <p>-Point toes straight ahead, feet shoulder width apart one slightly forward, bend knees, lean forward.</p> <p>-Stretch arms out in front.</p> <p>-Lay one hand on top of the other with both palms up. Place your thumbs side by side and point them down.</p> <p>-Create a flat platform for passing by keeping wrist and elbows together and straight.</p> <p><u>To execute a proper bump:</u></p> <p>-Move feet to get your body to the ball.</p> <p>-Watch ball onto flat platform hitting surface.</p> <p>-Use legs to bump; only move your arms up until your platform faces your target.</p>
Catch on Forearms	<p>-Each student <u>with a ball</u>, scattered within boundaries or on a line.</p>	<p>-Practice proper positioning and technique by tossing the ball a few feet in the air and "catching" it on your forearms.</p>
Toss, Bump, Catch	<p>-As above.</p>	<p>-After you are able to "catch" the ball on your platform 5 times in a row, toss the ball, bump it a few feet in the air, and catch it with your hands.</p> <p>-See how many times you can toss, bump, catch without the ball hitting the ground.</p>
Keep it Up	<p>-Students begin bumping after they toss, bump, catch 5 times in a row.</p>	<p>-Bump to yourself. (Keep it up)</p> <p><u>Challenges:</u></p> <p>-"How many times can you bump without the ball hitting the ground?"</p> <p>-"How many times can you bump in a row?"</p> <p>-"How many bumps can you do in 15 seconds?"</p> <p>-"How long does it take you to do 10 bumps?" (5 feet above your head or higher?)</p>
<p>Bump to Wall (if available) <i>Diagram on back</i></p>	<p>-Individuals 5 feet from wall.</p>	<p><u>Challenges:</u></p> <p>-"Can you bump your ball against a wall?"</p> <p>-"How many times you can do it in a row?"</p>

BUMP TO WALL AND B.U.M.P. GAME



PAIRS SHARE 1 BALL



UNIT: VOLLEYBALL

LESSON: 2

OBJECTIVES

Bump

EQUIPMENT

1 foam ball/pair, cones for boundaries, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
	<u>-PARTNER DAY-</u>	
Toss to Bump	<ul style="list-style-type: none"> -<u>Pairs scattered within boundaries.</u> -Students alternate tossing and bumping. 	<ul style="list-style-type: none"> -Toss the ball with 2 hands (in an underhand motion with a gentle arch) to your partner's platform. -Bump it back to your partner so they do not have to move to catch it. -Switch after 5 tosses. Repeat.
Toss to Move	-As above.	<ul style="list-style-type: none"> -<u>Partner A:</u> Toss ball about 2 feet to the side. -<u>Partner B:</u> Move feet to get in front of ball, bump back to partner. (Switch after 5.)
Keep it Up	<ul style="list-style-type: none"> -As above. -Students bump back and forth with their partners. 🍏 <i>Language Arts Integration:</i> <ul style="list-style-type: none"> -“Catch and Spell” -“Catch and Name Capitals” 🍏 <i>Math Integration:</i> <ul style="list-style-type: none"> -“Catch and Count” 	<ul style="list-style-type: none"> -Bump with your partner. (Keep it up) <u>Challenges:</u> <ul style="list-style-type: none"> -“How many times can you (and your partner) bump without letting the ball hit the ground?” -“How many bumps can you do in 15 seconds?” -“How long does it take you to do 15 bumps?”
Bump to Wall (if available)	<ul style="list-style-type: none"> -<u>Pairs 5 feet from wall.</u> -Spread students so each pair has 10' of wall space. 	<ul style="list-style-type: none"> -Alternate bumps against the wall with your partner. -Repeat challenges above.
B.U.M.P. Game <i>Diagram on back</i>	-As above	<ul style="list-style-type: none"> -Alternate bumping against the wall. -Player winning the rally earns the letters B.U.M.P. in sequence. -The first player to spell “B.U.M.P.” wins.

BUMP TO WALL AND B.U.M.P. GAME



PAIRS SHARE 1 BALL



UNIT: VOLLEYBALL

LESSON: 3

OBJECTIVES

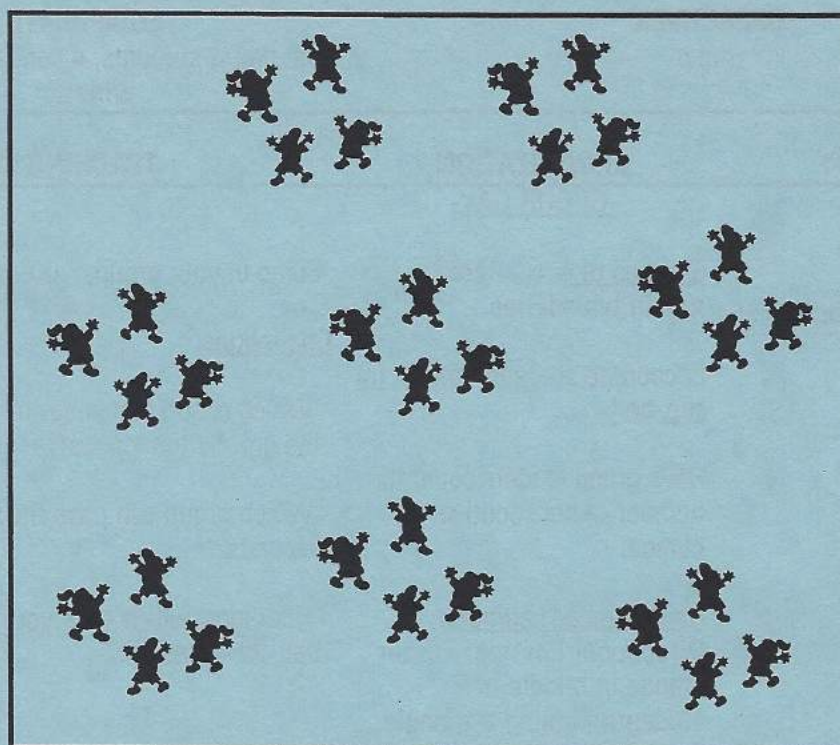
Bump

EQUIPMENT

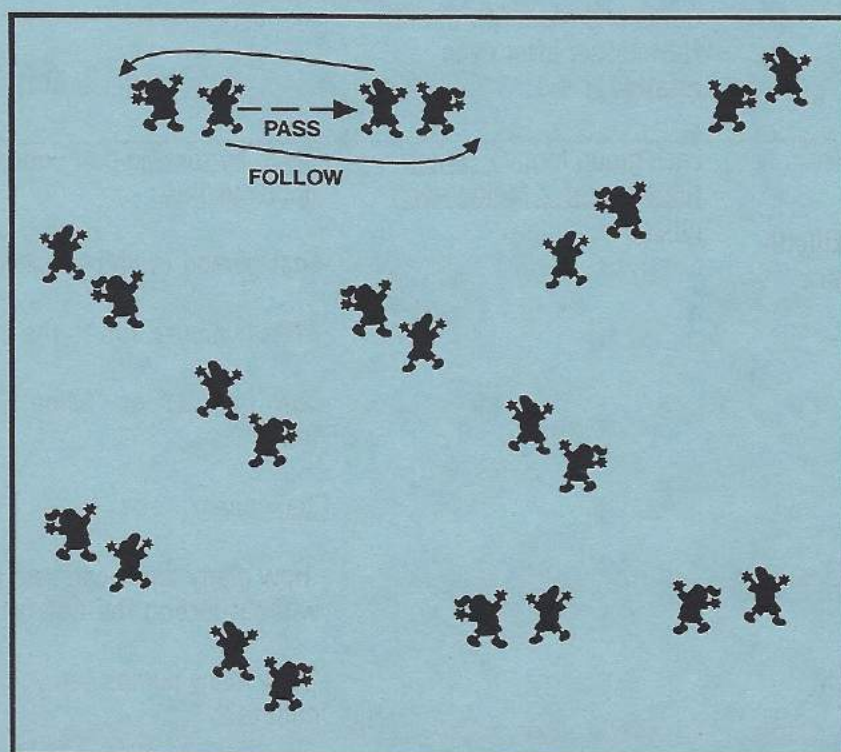
1 foam ball/4 students, 4 cones for boundaries,
whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Keep it Up <i>Diagram on back</i>	<ul style="list-style-type: none"> -<u>Squares of 4</u>, scattered within boundaries. -Encourage students to <u>call for the ball</u>. -Have group leaders count the number of consecutive bumps. -<u>For Advanced Learners:</u> Directional Passing: Tosser stands in middle of 3 students forming a triangle. Begin with toss to first student. Students must bump ball to right around triangle, then back to tosser. Catch and repeat to the left. New tosser after each rotation R & L. 	<ul style="list-style-type: none"> -Bump in your groups. (Keep it up) <p><u>Challenges:</u></p> <ul style="list-style-type: none"> -"Which group can keep the ball from hitting the ground the longest?" -"Which group can pass the most times in 20 seconds?" -"How long will it take your group to pass the ball 20 times?"
Keep it Up- Run Around (for highly skilled) <i>Diagram on back</i>	<ul style="list-style-type: none"> -Each group forms <u>2 single file lines of 2 facing each other</u>. 	<ul style="list-style-type: none"> -Begin by tossing ball underhanded to opposite line. -First person in line bumps the ball back. -After bumping, run to the back of own line. -Call "I got it!" or, "Mine!" when it is your turn. <p><u>Challenges:</u></p> <ul style="list-style-type: none"> -"How many times can your group bump without letting the ball hit the ground?" -"How many bumps can your group hit in one minute?"

KEEP IT UP



KEEP IT UP - RUN AROUND



UNIT: VOLLEYBALL

LESSON: 4 begins SET WEEK

OBJECTIVES
Set
(Overhead volley/pass)

EQUIPMENT
One foam ball/student, 4 cones for boundaries,
whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
	-INDIVIDUAL DAY-	Set position:
Shadow	<ul style="list-style-type: none"> -Students <u>without a ball</u>, scattered within boundaries or on a line. -Students "shadow" (practice without a ball) correct form and technique. 	<ul style="list-style-type: none"> -Point toes straight ahead, feet shoulder width apart, bend knees, lean forward. -Arms overhead, point elbows out. -Form the size and shape of the ball with fingers and thumbs. -Use the pads of your fingers, not the tips. <p><u>To execute a proper set:</u></p> <ul style="list-style-type: none"> -Contact the ball near your forehead. -Watch the ball into your fingers, allow them to "give" on contact, extend your legs, extend your elbows and wrists, step and extend arms to your target.
Catch On Fingers	<ul style="list-style-type: none"> -Each student <u>with a ball</u>, scattered within boundaries, or on a line. 	<ul style="list-style-type: none"> -Practice proper positioning and technique by tossing the ball a few feet in the air and "catching" it on your fingers in front of forehead. -Are your hands in the shape of the ball? -Are all your fingers on the ball?
Toss, Set, Catch	<ul style="list-style-type: none"> -As above. 	<ul style="list-style-type: none"> - "After you are able to "catch" the ball on your fingers 5 times in a row, toss the ball, set it a few feet in the air, and catch it near your forehead." - "See how many times you can toss, set, catch, without the ball hitting the ground."
Keep it Up	<ul style="list-style-type: none"> -Students begin setting <u>after</u> they toss, set, catch 5 times in a row. 	<ul style="list-style-type: none"> -Set to yourself. (Keep it up) <p><u>Challenges:</u></p> <ul style="list-style-type: none"> - "How many times can you set it in a row?" - "Who can set the ball 5 times in a row?" - "How many sets can you do in 15 seconds?" - "How long does it take you to do 10 sets?"
Set to Wall (if available)	<ul style="list-style-type: none"> -Individuals 5 feet from wall. 	<p><u>Challenges:</u></p> <ul style="list-style-type: none"> - "Can you set your ball against a wall?" - "How many times can you set it in a row?"

UNIT: VOLLEYBALL

LESSON: 5

OBJECTIVES

Set

EQUIPMENT

1 foam ball/pair, 4 cones for boundaries, whistle

ACTIVITY	ORGANIZATION -PARTNER DAY-	TEACHING CUES
Toss to Partner	-Pairs scattered within boundaries.	-Toss the ball with 2 hands (in an underhand motion with a gentle arch) to your partner's hands near forehead. -Set it back to your partner so they do not have to move to catch it. -Switch after 5 tosses. Repeat.
Toss to Move	-As above.	-Partner A: Toss ball about 2 feet to the side. -Partner B: Move feet to get front of ball, set back to partner.
Keep it Up	-As above. -Students set back and forth with their partners.	-Set with your partner. (Keep it up) <u>Challenges:</u> -"How many times can you (and your partner) set without letting the ball hit the ground?" -"How many sets can you do in 20 seconds?" -"How long does it take you to do 15 sets?" (5 feet above your head or higher)
Set to Wall (if available)	-Pairs 5 feet from wall. -Spread students so each pair has 10' of wall space.	-Alternate setting against the wall with your partner. -Repeat challenges above.
S.E.T. Game	-As above.	-Alternate setting against the wall. -Player winning a rally earns the letters S.E.T. in sequence. -The first player to spell "S.E.T." wins.

UNIT: VOLLEYBALL

LESSON: 6

OBJECTIVES

Set

EQUIPMENT1 foam ball/4 students, 4 cones for boundaries,
whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Keep it Up	<ul style="list-style-type: none"> -4 students in a square, scattered within boundaries. -Encourage students to <u>call for the ball</u>. -Have group leaders count the number of consecutive sets. -Encourage students to count out loud. -For Advanced learners: Repeat directional passing from Lesson 3, page 4. 	<ul style="list-style-type: none"> -Set in your groups. (Keep it up) -Challenges: <ul style="list-style-type: none"> -"Which group can keep the ball off the ground the longest?" -"Which group can do the most sets in 20 seconds?" -"How long will it take your group to set the ball 10 times?"
Keep it Up- Run Around (for highly skilled)	<ul style="list-style-type: none"> -Each group forms <u>2 single file lines of 2</u> facing each other. 	<ul style="list-style-type: none"> -Begin by tossing ball underhand to opposite line. -First person in line sets the ball back. -After setting, run to the end of own line. -Call "I got it!" when it is your turn. -Challenges: <ul style="list-style-type: none"> -"How many times in a row can your group set the ball without letting it hit the ground?" -"How many sets can your group do in one minute?"

UNIT: VOLLEYBALL

LESSON: 7 begins SERVE WEEK

OBJECTIVES
Underhand Serve

EQUIPMENT
1 foam ball/student, 4 cones for boundaries, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
Shadow	<p><u>-INDIVIDUAL DAY-</u></p> <p>-Students <u>without a ball</u>, scattered within boundaries or on a line.</p> <p>-Students "shadow" (without a ball) correct form and technique.</p>	<p><u>Underhand serve position:</u></p> <p><u>NOTE:</u> Cues are for the right handed server.</p> <p>-Left foot forward, point toes and knees to target.</p> <p>-Square hips and shoulders to target.</p> <p><u>To execute a proper underhand serve:</u></p> <p>-Hold ball in the palm of your left hand, left arm is across your body and to the right side about waist high.</p> <p>-Swing right arm through to strike ball with heel of hand.</p> <p>-Contact ball under mid-line.</p> <p>-Hit out of hand, don't toss ball up.</p> <p>-Step forward as you hit.</p> <p>-Follow through to target.</p>
Serve to Wall	<p>-Students <u>with a ball</u>, 10 feet from wall.</p>	<p>-Practice proper positioning and technique by serving the ball against a wall.</p> <p><u>Challenges:</u></p> <p>-"Can you serve the ball to the wall and catch it in the air when it comes back?"</p> <p>-"How many times can you do it in a row?"</p> <p>-"How long does it take you to do it 10 times?"</p>
Service Step Back	<p>-Each time a student serves the ball and catches it in the air, they take one small step back.</p>	<p><u>Challenges:</u></p> <p>-"How far back can you get in 3 minutes?"</p> <p>-"How much can you improve?"</p>

UNIT: VOLLEYBALL

LESSON: 8

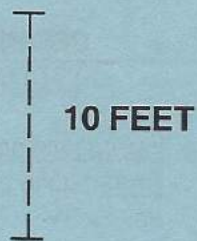
OBJECTIVES
Underhand Serve

EQUIPMENT
1 foam ball/pair of students, 4 cones for boundaries, whistle, nets

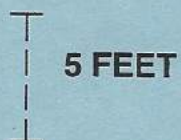
ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-PARTNER DAY-</u>		
<p>Underhand Serve</p>	<p>-<u>Pairs standing on service lines</u> facing partners. (Nets up.</p>	<p>-Serve underhand over the net to your partner. Partner catches/retrieves ball and serves it back.</p> <p>-Begin close, (service lines) step back as you become more consistent.</p> <p><u>Challenges:</u> -"How many serves can you and your partner hit over the net in 2 minutes?" -"How many serves can you hit <u>in a row</u> in 1 minute?" -"How long does it take you and your partner to hit 10 serves?" -"How high can you serve the ball over the net?" (How long, how accurate?)</p>
<p>Serve to Target <i>Diagram on back</i></p>	<p>-Scattered in pairs; <u>1 hoop per pair</u>.</p> <p>-Partners may compete against each other, keeping score of who lands the most serves in the hoop.</p> <p>-<u>Partner A:</u> Stands 10 feet in front of hoop with ball and underhand serves to target.</p> <p>-<u>Partner B:</u> Stands 5 feet behind hoop, retrieves and tosses ball back.</p> <p>-Switch every 5.</p> <p>-Move serving position back as students skills improve.</p>	<p><u>Challenges:</u></p> <p>-Who can serve the most balls in the target in 5 tries?</p> <p>-"How many times can you and your partner serve into the target in 1 minute?"</p> <p>-"How far can you move back and still hit the target 2 out of 5 times?"</p>

SERVE TO TARGET

PARTNER A 



HOOP 



PARTNER B 

UNIT: VOLLEYBALL

LESSON: 9

OBJECTIVES

Underhand Serve

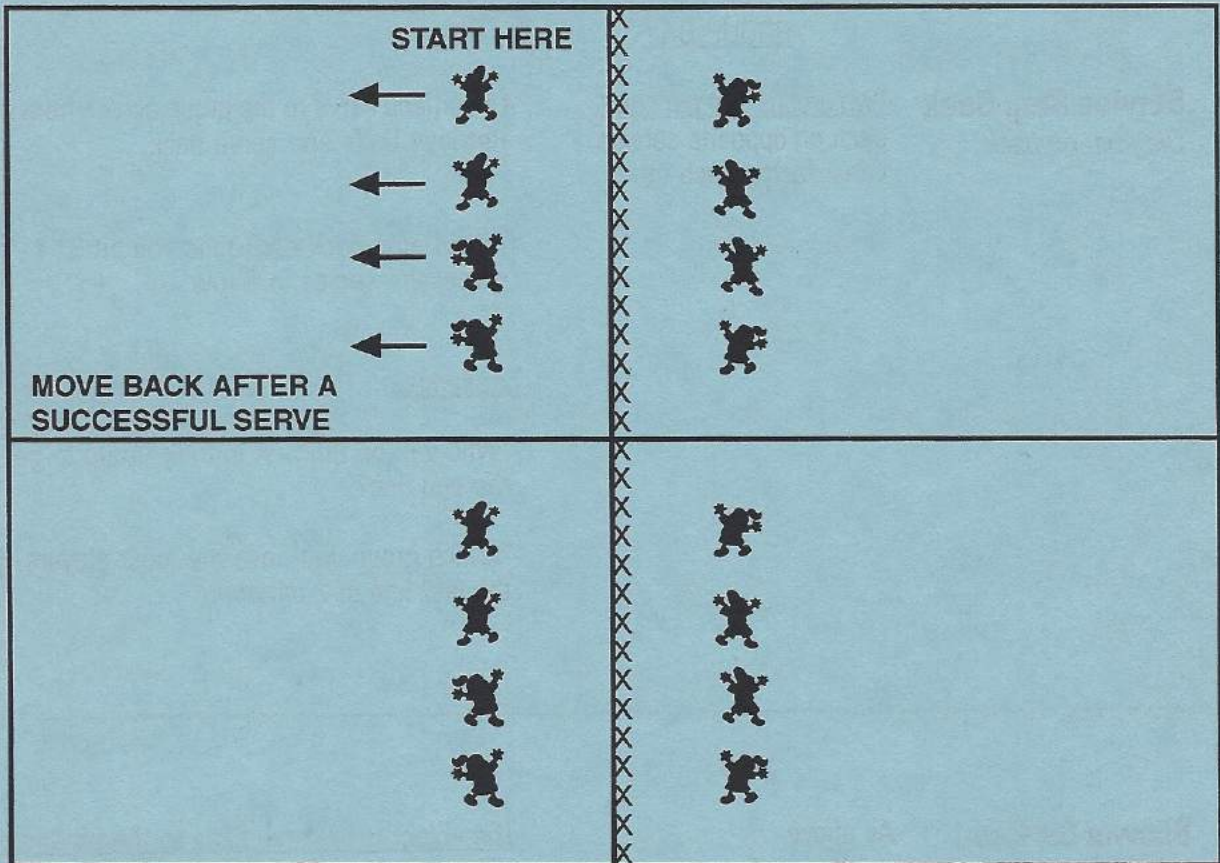
EQUIPMENT

1 foam ball/student, 4 cones for boundaries, whistle, nets

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Service Step Back <i>Diagram on back</i>	-Two groups of 4 per court, each on opposite service lines, facing each other.	-Underhand serve to the group across from you. Retrieve balls and serve back. -Take 1 step back each time you hit 3 successful serves in a row. <u>Challenges:</u> -"Who will be the first in their group to get to the end line?" -"Which group will have the most players to the end line in 2 minutes?"
Shower Service	-As above. -Play for a designated time period. -When time is up, count number of balls on each side. The team with the fewest balls wins! -Rotate groups so they play different students each time.	<u>-The object is to serve balls to the other side of the net as fast as you can using correct form.</u> <u>Safety cues:</u> -Watch out for others. -Call, "I got it!" when going for a ball.

SERVICE STEP BACK

NET OR WALL



UNIT: VOLLEYBALL

LESSONS: 10, 11, & 12

OBJECTIVES

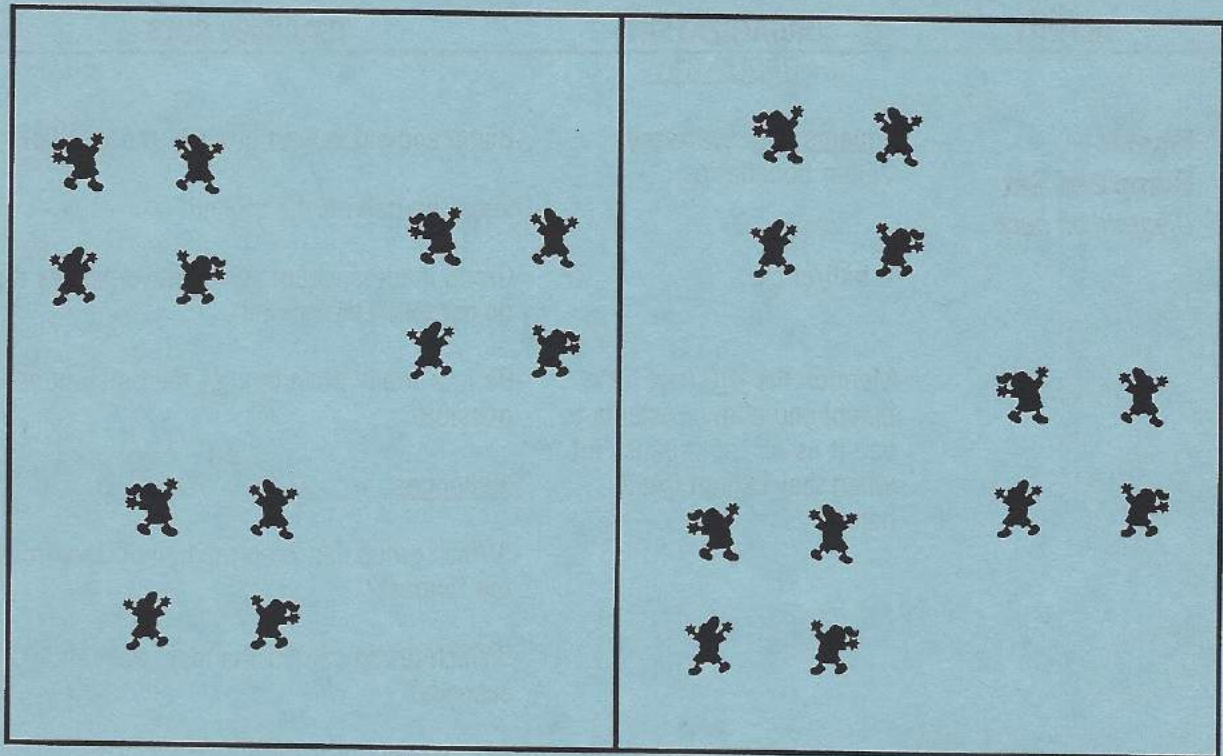
Combining volleyball skills

EQUIPMENT

1 foam ball/4 students, 4 cones, whistle, nets

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Square Bump and Set <i>Diagram on back</i>	- <u>Squares of 4</u> , scattered within boundaries. -1 ball/circle. -Mention the <u>DIG</u> (one hand bump) and allow students to use it as an "emergency hit " when they cannot use 2 hands.	-Bump and set in your groups. (Keep it up) -Keep the ball off the ground! -Group leaders, count consecutive passes that do not touch the ground. -Be in a ready position; <u>set</u> the ball whenever possible. <u>Challenges:</u> -"Which group can keep the ball off the ground the longest?" -"Which group can hit the most balls in 20 seconds?" -"How long will it take your group to hit the ball 5 times in a row?"
Modified Volleyball Games (If courts are available; if students are ready)	- <u>Teams of 6</u> (1 or 2 extra players may rotate in for each team). 3 players in the front row, 3 players in the back row. <u>Played like regulation volleyball but with the following changes:</u> 1) Play on a smaller court (badminton size) if possible. 2) Allow 2 serves. 3) Allow students to serve 10' in from the enplane. 4) Do not keep score for 4th gr., score keeping optional for 5th gr. and up.	-Begin play by serving 10 ft. in front of the endline. You have 2 chances to get your serve in bounds and over the net. -Once ball is on your side, attempt to pass twice by bumping or setting <u>before</u> returning it over the net. (Encourage 3 hits) -Rotate one position clockwise on a side-out. -Call for the ball!

SQUARE AND BUMP SET



UNIT: VOLLEYBALL

ADDITIONAL GAMES /ACTIVITIES

OBJECTIVES Strike	EQUIPMENT	
ACTMITY	ORGANIZATION	TEACHING CUES
Shadow	<p data-bbox="607 508 824 542"><u>-INDIVIDUAL DAY-</u></p> <p data-bbox="537 576 854 644">-Students scattered within boundaries or on a line</p> <p data-bbox="537 716 894 818">-Students "shadow" (without a ball) correct form and technique.</p>	<p data-bbox="915 508 1105 542"><u>Strike position:</u></p> <p data-bbox="915 576 1430 689">-Same body position and weight transfer as underhand serve except: -Move left hand to head height.</p> <p data-bbox="915 716 1227 750"><u>To execute a proper strike:</u></p> <p data-bbox="915 784 1463 961">-Hit ball with a <u>cupped</u> hand. (Fingers tightly together, not in a fist) -Contact ball with heel and palm of hand. -Use a motion similar to throwing a softball or football.</p>
Strike to Wall	<p data-bbox="537 1029 854 1063">-Individuals 8' from a wall.</p> <p data-bbox="537 1136 886 1272">-Students should <u>hit down</u> on the ball so it strikes the ground first, bounces up, <u>then</u> contacts the wall.</p>	<p data-bbox="915 1029 1446 1097">-Practice proper positioning and technique by striking the ball against a wall.</p> <p data-bbox="915 1136 1390 1204"><u>-Move your feet</u> to get into good hitting position.</p> <p data-bbox="915 1238 1049 1272"><u>Challenges:</u></p> <p data-bbox="915 1306 1430 1374">-"Can you catch the ball after it hits off the wall?"</p> <p data-bbox="915 1385 1455 1419">-"How many times in a row can you catch it?"</p> <p data-bbox="915 1431 1430 1483">-"Can you strike the ball (off the rebound) 2 times in a row?" (3,4?)</p>
Strike Step Back (hit ball to <u>ground</u>)	-Students take 1 step back after each strike caught.	<p data-bbox="915 1551 1227 1596">-Repeat challenges above.</p> <p data-bbox="915 1630 1414 1664">-"How far back can you get in 3 minutes?"</p>
Strike Step Back (hit ball to <u>wall</u>)	-As above, but ball contacts wall only.	-As above.

UNIT: VOLLEYBALL

ADDITIONAL GAMES/ACTIVITIES

OBJECTIVES

Strike

EQUIPMENT

1 foam ball/pair, cones, whistle

ACTMITY	ORGANIZATION	TEACHING CUES
Strike to Partner Step Back	<p align="center"><u>-PARTNER DAY-</u></p> <p><u>Pairs scattered within boundaries 10 feet apart.</u></p>	<p>-Review and warm-up by striking the ball back and forth with your partner.</p> <p>-After the ball is caught, the player that hit the ball takes 1 step back.</p> <p>-Hit down on the ball so it bounces first.</p> <p>-Hit accurately so your partner catches the ball in the air after it contacts the ground.</p>
Strike to Wall (wallball)	<p>-As above.</p> <p>-Each pair has 10' of wall space.</p> <p>-You may wish to combine pairs to play "wall ball" in additional lessons.</p>	<p>-Alternate hitting ball to wall; keep it going as long as possible.</p> <p>-Bounce the ball once before it hits the wall.</p> <p>-Give yourself a point if your opponent fails to keep the rally going.</p> <p>-Play to 5, repeat.</p> <p><u>Challenges:</u></p> <p>- "How many times can you and your partner hit the ball in 30 seconds?"</p> <p>- "How far from the wall can you and your partner stand and still keep a rally going?"</p>