

Year 5 - Volleyball

Lesson Plan

Lesson Objective To understand the ready position and be able to volley/dig the ball to a partner **Lesson 1/6**

Equipment Needed Volleyballs, hoops, cones, volleyball net, balloons, soft balls.

Success Criteria Children can:

- Stand in the ready position and move towards the ball
- Understand that the 'volley' is played above the head
- Have their strongest foot slightly forward
- Use soft hands when passing the ball but will not hold the ball

Adapted Learning (Differentiation) (Challenge) Use balloons or lighter balls to encourage success.
Children can start moving towards a ball that is played towards them.

Key Questions What is the ready position?
Where do we play the 'volley' pass?

Warm Up **Knee Boxing:**
In 2's children must take up the 'ready position' and with the hands in the middle of their body-line, try and tag their partner's knee. Encourage players to be light on their feet, in order to move quickly.

Main Activity **Skill Acquisition - Volley:**

Overhead Catch: In 2's, children throw the ball to their partner who catches it above their head in the 'volley' position. Get the children to catch the ball on their fingers, not into their hands. Higher children can now be asked to move slightly to watch the flight of the ball.

The Volley: Recap the volley (Coach will demonstrate). In pairs or groups practice the volley by having one person throw the ball and the other person trying to volley it back to them.

Volley Rally:
Children will now be ready to try and rally the ball between them and their partner. Children stand no more than five steps away. Start with a gentle throw and see how many continuous VOLLEYS each partnership can do. Encourage children to extend both legs and arms on contact and face the direction in which they want the ball to travel. Children can compete to beat their previous score.

Cooldown Recap and discuss Success Criteria.

Key Technical Points

Ready Position:

- The stance a player takes when they are "ready" to pass the ball
- Children have their knees bent, feet shoulder width apart, chest facing forward
- Children have their hands in a neutral position in front of the body with arms and hands ready to move for a volley or a dig

Volley:

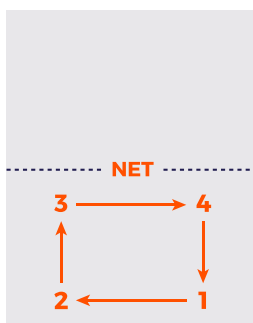
- Form a triangle with thumbs and fingers but hands are not touching
- Place hands directly in front of the face close to the forehead
- On contact, extend the arms and legs, pushing the ball upwards
- Hands follow the path of the ball

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| Lesson Objective | To dig/forearm pass the ball to a partner | Lesson 2/6 |
| Equipment Needed | Volleyballs, hoops, cones, volleyball net, balloons, soft balls. | |
| Success Criteria | Children can: <ul style="list-style-type: none">• Stand in the ready position and move towards the ball• Have a wide base and be low to the ground• Understand that the power for the dig comes from the legs and not the arms• Understand when the dig/forearm pass is needed to be played | |
| Adapted Learning (Differentiation) (Challenge) | Use balloons or lighter balls to encourage success. Children can start moving towards a ball that is played towards them. | |
| Key Questions | What is the ready position? Where do we play the 'dig' pass? | |
| Warm Up | Knee Boxing: In 2's children must take up the 'ready position' and with the hands in the middle of their body-line, try and tag their partner's knee. Encourage players to be light on their feet, in order to move quickly. | |
| Main Activity | Straight Arm Catch: Put the children in pairs. Once they have found their own space in the hall, they will practice throwing and catching the volleyball with a straight arm catch (Coach will demonstrate). Swap after five goes each. The Dig: Recap the dig shot. In pairs or groups practice the dig shot by having one person throw the ball and the other person trying to dig it back to them. Dig - Volley Rally: Children will now be ready to try and rally the ball between them and their partner. Children stand no more than five steps away. Start with a gentle throw and see how many continuous DIG / VOLLEYS each partnership can do. Encourage children to extend both legs and arms on contact and face the direction in which they want the ball to travel. Swap who plays the 'volley' and 'dig'. | |
| Cooldown | Recap and discuss Success Criteria. | |
| Key Technical Points | Dig: Stand in ready position. Place the back of the right hand on top of the palm of the left hand with thumbs together, hold arms out straight in front elbows locked. Hands start low in front of the body and move up to strike the ball with lower forearms Extend knees as you contact the ball. | |

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| Lesson Objective | To introduce the overarm serve | Lesson 3/6 |
| Equipment Needed | Volleyballs, hoops, cones, volleyball net, balloons, soft balls. | |
| Success Criteria | Children can: <ul style="list-style-type: none">• Know how they need to contact the ball in order for it to travel to a partner/over the net• Turn their body into the direction they want to serve• Stand with least dominant foot forward and step on to dominant foot when hitting the ball | |
| Adapted Learning (Differentiation) (Challenge) | Increase / Decrease the distance of the serve. Children can continue with underarm serve. | |
| Key Questions | What is the serve used for? Where do we serve? | |
| Warm Up | Overhead Throw: In pairs facing each other, players throw the ball two handed overhead and into the ground. The ball should then bounce up and reach the other player. Encourage children to step onto dominant foot when releasing the ball. | |
| Main Activity | Skill Acquisition: Children to stand either side of the net and use the overarm serving technique to serve the ball underneath the net (They can aim at a hoop if there isn't enough space across the net). Encourage children to hit the ball with the whole hand, and all fingers extended. Progression: Children start to move backwards towards the service line. As they become successful, they slowly work backwards until they are confident with serving from the service line. Children aim to throw the ball up slightly above the contact point. Contact point is above the right shoulder and in front of the head (opposite or left handers). Children draw their arm back with elbow bent pointing at the ball as they move the weight from back foot to front foot with a small step forward. They make contact in the middle of the ball. The aim of the serve is not just to put the ball in play but to try and score a point, as the children become more confident, try and get them to direct their serve to specific areas on the court. Battleships – Serving: For battleships the children will work in pairs. They will need five cones for each working group, one to mark out the serving mark, this the where the ball served from. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their serve, they sink the ship! It is then 'child number 2's' turn to try and sink a ship. The child that sinks all four ships first wins. This can be done with hoops to increase the target area. | |
| Cooldown | Recap and discuss Success Criteria. | |
| Key Technical Points | Children stand with left foot pointing in the direction of the target and right foot pointing to the outside. They have their weight on back foot with the ball in left hand on the top of the fingers at hip height in the middle of the body. Focus on target area, release ball upwards above head, and step forward as they make contact with the ball. | |

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| Lesson Objective | To set up an attack with a partner and send it over a net | Lesson 4/6 |
| Equipment Needed | Volleyballs, hoops, cones, volleyball net, balloons, soft balls. | |
| Success Criteria | <p>Children can:</p> <ul style="list-style-type: none">• Step and jump towards the ball• Know how to contact the ball with their hand and give it direction• Hit the ball at the highest point when it is set to them | |
| Adapted Learning (Differentiation) (Challenge) | Use lighter balls to allow ball to stay in air longer. | |
| Key Questions | <p>How do we approach the net before we attack?</p> <p>How can we set up an attack?</p> | |
| Warm Up | <p>Overhead Throw:</p> <p>In pairs facing each other, players throw the ball two handed overhead and into the ground. The ball should then bounce up and reach the other player. Encourage children to step onto dominant foot when releasing the ball.</p> <p>PROGRESSION: Children to stand either side of the net and use the overarm serving technique to serve the ball underneath the net (They can aim at a hoop if there isn't enough space across the net). Encourage children to hit the ball with the whole hand, and all fingers extended.</p> | |
| Main Activity | <p>Dig, Volley, Catch:</p> <p>In groups of four, children will develop their movement when working as part of a team to set up an attack. Children practising their passing skills of digging and setting to move them closer to the net to attack. Children follow the DIG, VOLLEY, CATCH patter when playing the ball where the gain one point for every time they are successful.</p> <p>Setting The Ball:</p> <p>A 'set' is a volley pass played parallel to the net that allows a teammate to play an attacking shot over the net. To practice the 'set' technique, children throw a ball into the air, move into the path of the ball, volley the ball high into the air, then catch it before it drops.</p> <p>Introduction To The Spike:</p> <p>Children will work in 2's with a cone in between them. The children will aim to hit the cone using the spike shot. Every time they hit the cone, they win 1 point. Progress to introducing the foot work need to jump towards the ball. For right handers – follow right foot, left foot, right foot, jump (opposite for left handers).</p> <p>Dig, Set, Spike:</p> <p>Children now try and keep the ball off the ground by using the DIG, SET, SPIKE sequence. Start with a throw the follow the sequence, after each round the roles will change so each child has the chance to select the correct shot. Competition on how many times a group can complete the sequence.</p> | |
| Cooldown | Recap and discuss Success Criteria. | |
| Key Technical Points | The Spike is the attacking shot where a player swings their arm towards the ball and makes contact with their palm. The spike is normally done in the air where the child aims to hit the ball downwards over the net and into the opposing court. | |

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| Lesson Objective | To play small 4v4 games and understand the rotation of positions | Lesson 5/6 |
| Equipment Needed | Volleyballs, hoops, cones, volleyball net, balloons, soft balls. | |
| Success Criteria | <p>Children can:</p> <ul style="list-style-type: none"> • Use the skills learnt to play small games • Direct the ball into different spaces on the court • Understand that they rotate in a clockwise direction • Dig/set from an underarm serve to continue the rally | |
| Adapted Learning (Differentiation) (Challenge) | Children to select the appropriate shot when the ball is played, if not ask group to use only 'volleys'. | |
| Key Questions | How do we rotate on the court? | |
| Warm Up | <p>Passing Gates:</p> <p>Children now try and keep the ball off the ground by using the DIG, SET, SPIKE sequence. Start with a throw the follow the sequence, after each round the roles will change so each child has the chance to select the correct shot. Competition on how many times a group can complete the sequence.</p> | |
| Main Activity | <p>Passing Gates:</p> <p>Children work in pairs. One child moves sideways to each gate. When they arrive at the gate, partner 2 throws the ball and partner 1 decides what shot to play. To start the feeder lets the passer know which way they are throwing. PROGRESSION: Passer stands in middle of the two gates, and the feeder then throw a lofted pass to either gate. The passer must react and get to the ball before it drops. (Can start with catching before selecting correct pass).</p> <p>Feed & Spike Activity:</p> <p>In groups 3, (1 Feeder, 1 Spiker 1 Target) Rotate after five attempts. Feeder needs to ensure that the ball is thrown high enough so that the spiking player can jump upwards towards the ball. PROGRESSION - Target player can attempt to pass the ball back to the feeder.</p> <p>Introduce Rotation:</p> <p>Children stand on the court, two near the net and two back-court. Serving player is always from the back right hand corner. If the serve is lost and then won back the players move around clockwise one place. If service is being won, same person serves. Team has three touches of the ball before ball must go over net.</p> <p>4v4 Matches:</p> <p>If you don't have enough net space, use a rope and tape to create something to hit over. Play up to 5 points and rotate teams so they play each other.</p> | |
| Cooldown | Recap and discuss Success Criteria. | |
| Key Technical Points | <p>Children stand on the court, two near the net and two backcourt.</p> <p>Serving player is always from the back right hand corner</p> | |



Year 5 - Volleyball

Lesson Plan

Lesson Objective To play small tournaments using the skills and rules taught throughout the term **Lesson 6/6**

Equipment Needed Volleyballs, hoops, cones, volleyball net, balloons, soft balls.

Success Criteria Children can:

- Safely play small tournament games and follow the simple rules
- Understand how the points system works within a game
- Use spatial awareness and observational skills to determine their own and others court positions
- Know how to start, restart, and score in the games

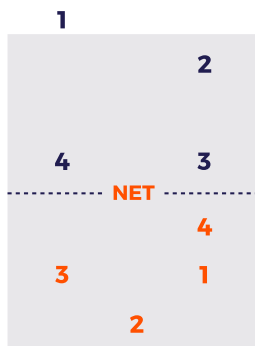
Adapted Learning (Differentiation) (Challenge) Group by ability.

Key Questions What are the rules of volleyball?

Warm Up Dig, Set, Spike:

Children now try and keep the ball off the ground by using the DIG, SET, SPIKE sequence. Start with a throw the follow the sequence, after each round the roles will change so each child has the chance to select the correct shot. Competition on how many times a group can complete the sequence.

Main Activity



4v4 Matches:

If you don't have enough net space, use a rope and tape to create something to hit over. Play up to 5 points and rotate teams so they play each other.

Cooldown Recap and discuss Success Criteria.

Key Technical Points Rules:

- Each team has three touches of the ball on their own side of the net, the attacking team aim to ground the ball on the opponents side of the court
- Children will rotate positions each time their team wins the serve back. They rotate clockwise, and serve from the bottom right side of the court