

Year 4 - Development of Net & Wall Games

Volleyball & Dodgeball - Lesson Plan

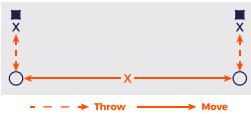
PLAYING
EDSTART

Lesson Objective	To develop the ability to decide which shot needs to be played in volleyball and keeps a rally going with a partner		Lesson 1/6
Equipment Needed	Volleyballs, hoops, cones, volleyball net, balloons, soft balls.		
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Stand in the ready position and move towards the ball• Move as the ball is travelling to get into line with it and select appropriate pass• Understand that their pass has to be played up high, and ball should be travelling slowly		
Adapted Learning (Differentiation) (Challenge)	Use balloons or lighter balls to encourage success.		
Key Questions	How do I play the volley? How do I play the dig?		
Warm Up	<p>Knee Boxing:</p> <p>In 2's children must take up the 'ready position' and with the hands in the middle of their bodyline, try and tag their partner's knee. Encourage players to be light on their feet, in order to move quickly.</p>		
Main Activity	<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. Receiving player to catch the ball at its highest point, or in the dig position.</p> <p>The Volley:</p> <p>Reintroduce the volley. 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.</p> <p>Straight Arm Catch:</p> <p>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.</p> <p>The Dig:</p> <p>Reintroduce 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.</p> <p>Dig - Volley Rally:</p> <p>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'.</p>		
Cooldown	Recap and discuss Success Criteria.		
Key Technical Points	<p>Volley:</p> <ul style="list-style-type: none">• 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	<p>Dig:</p> <ul style="list-style-type: none">• 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	

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Lesson Objective	To develop passing the ball to a partner who is moving forwards to a space	Lesson 2/6
Equipment Needed	Volleyballs, hoops, cones, volleyball net, balloons, soft balls.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Set up an attack with their first pass travelling up and towards the net• Try and follow the Dig, Set pattern when receiving the ball• Know they are only allowed three touches of the ball on their side of the court before they send it back to a target area	
Adapted Learning (Differentiation) (Challenge)	Use balloons or lighter balls to encourage success.	
Key Questions	How do we approach the net before we attack?	
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>	
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 pattern 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>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>	
		
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Children who don't pass the first ball, move to closer to the net and stand parallel to it.	

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Lesson Objective

To play small 2v2 games and be able to work together to send the ball towards the other team

Lesson 3/6

Equipment Needed

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

Success Criteria

Children can:

- Understand that they need to play a pass on their side of the court before it is sent back to the other team
- Pass the ball towards their partner so that they have time to play the next shot
- Use three touches of the ball to get the ball back to the other team

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

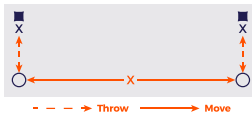
How do we play 2v2 Games?

Warm Up

Overhead Throws:

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



Passing Gates:

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).

Dig, Set, Send:

In groups of four. In 2's start with a throw to the other pair. They follow the sequence Dig; Set then Send the ball back towards the starting pair. Who continue with the pattern. This continues under the ball is dropped.



2v2 Matches:

In the same groups as the previous drill. They now play 2v2 matches across a net.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Players know when to move to the front of the court as the ball is travelling towards their teammate.

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PLAYING
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Lesson Objective

To develop the skill of throwing and catching with a dodgeball

Lesson 4/6

Equipment Needed

Dodgeballs (Various colours if possible) cones, markers, bibs.

Success Criteria

Children can:

- Throw the ball with accuracy and good technique
- Start to throw with some precision at opponents
- Aim at and consistently hit a moving target, even from longer distances

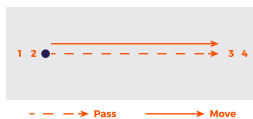
Adapted Learning (Differentiation) (Challenge)

Group by ability, use different sized balls.

Key Questions

How do we throw the ball?

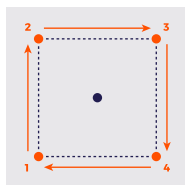
Warm Up



Throwing:

In groups of four. Children stand opposite each other. Two on one side and one on the other side. Children practice an overarm throw to each other. They must pass and follow the ball.

Main Activity



Hit The Spot:

In a 10x10m area, players are situated at a ball placed on a cone. There is a ball sat on the cone in the middle of the area. The aim of the drill is to be the first one to run round the outer balls and back to their own ball, throw and hit the target ball from the cone in the middle of the area. The first player to do this is the winner and shouts 'DODGEBALL' All players run round in the same direction.



Throw, Catch, Aim:

In groups of four, the ball is passed (and caught) by the player who then aims at a target at the other end of the court. Ball is retrieved, and players rotate round, and the drill is repeated.



Dodgeball Benchball:

Each team will have a bench at the back of their court. If they hit somebody on the other team, they must go to the bench. To be set free they must catch a ball thrown from their teammates. The team to get everybody to on their bench first wins.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

- Grip the ball between fingers and thumb
- Raise arm at shoulder height behind the head
- Elbow should be slightly bent
- Step towards target with opposite foot and release the ball at side of head

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PLAYING

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Lesson Objective

To develop the skill of blocking in dodgeball

Lesson 5/6

Equipment Needed

Dodgeballs (Various colours if possible) cones, markers, bibs.

Success Criteria

Children can:

- Make the decision of whether to dodge or block a ball thrown at them
- Know to use the ball to block incoming shots
- Block the ball successfully

Adapted Learning (Differentiation) (Challenge)

Group teams by ability to add challenge and differentiation.

Key Questions

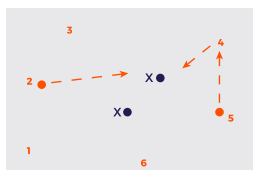
How do we block the ball?

Warm Up

Dodger In The Middle:

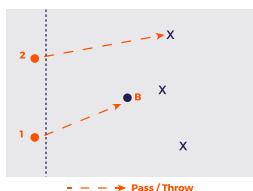
In a 15x5m area, stand two throwers at either end of the rectangle. One player acts as the dodger in the middle. The throwers must pass the ball and hit the dodger, the dodger is not allowed to leave the area. The throwers are not allowed to step forward past the throwing line. Play for two minutes, see how many time the dodger is hit. Swap roles and play for a further two minutes.

Main Activity



Circle Ball (Blocking):

In a large area, six players create a circle around two target players who have a ball in their hands to use to block any shots that are aimed at them. Children in the circle, use two balls to try and get the target players out. To win the game, each player in the circle must get a player out. The two target players aim to stay in the game as long as possible. Once a player in the circle has got a target player out, they work with their teammates to help them get the target player out.



Protect Your Team:

In groups of six (2 Throwers, 1 Blocker, 3 other players). The throwers are positioned behind the throwing line. The throwers attempts to hit the other players with the ball whilst the blocker attempts to defend the players. If a player is hit behind the blocker, the blocker loses a point (Each blocker starts on 5 points). Swap after two minutes. The player with the most points at the end of the game is the winner.

Protect The Doctor Dodgeball:

Each team chooses a doctor; the rules of the game stay the same other than that if they get hit they must kneel and they can get back up is when the doctor taps them on the shoulder. If the doctor gets hit, the other team automatically win. Each team nominates a 'protector' who holds a ball for the duration of the game (different colour if possible) and they aim to stop the doctor being hit. Swap roles at the end of each match.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points


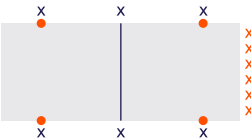
The defender may block a live ball with another ball.

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PLAYING

EDSTART

Lesson Objective	To develop ways of avoiding being hit in dodgeball	Lesson 6/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Dodge the ball successfully• Start to jump, leap, duck and sidestep to dodge the ball• Know where to position themselves on the court, to avoid being hit	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	How do we avoid being hit?	
Warm Up	<p>Catching:</p> <p>In groups of four. Children stand opposite each other. Two on one side and one on the other side. Children practice an overarm throw to each other. They must pass and follow the ball.</p>	
Main Activity	<p>Dodger In The Middle:</p> <p>In a 15x5m area, stand two throwers at either end of the rectangle. One player acts as the dodger in the middle. The throwers must pass the ball and hit the dodger, the dodger is not allowed to leave the area. The throwers are not allowed to step forward past the throwing line. Play for two minutes, see how many time the dodger is hit. Swap roles and play for a further two minutes.</p>  <p>Dodgeball Gauntlet:</p> <p>Split the class into teams of six. On one dodgeball court, have one team stood on the sides of the court acting as throwers, the other team stand at the end of the court. On the coaches call of 'GO' children must try and run to the other side of the court without being hit by the ball thrown by the throwers. The aim of the game is to as many people to the other side as possible.</p>  <p>Doctor Dodgeball:</p> <p>Each team chooses a doctor, the rules of the game stay the same other than that if they get hit they must kneel and they can get back up is when the doctor taps them on the shoulder. If the doctor gets hit, the other team automatically win.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Children should avoid being still and stand in a ready position to keep moving in different directions. Keep on your toes and be able to react quickly.	