



YEAR 5/6

## Volleyball - Y5/6

Lesson 5

### Learning Objective

To be able to rally over the net.

### Success Criteria

#### Year 5

- I can use different skills in game situations

#### Year 6

- I can select the appropriate action for the situation
- I can use a range of skills in game situations

## Handy Hints

If the ball is high use a volley.

If the ball is low use a dig.

## Equipment

- 6 m net x 3
- Cones x 30
- Playground ball x 8

**10 Mins**

## Warm Up and Introduction

### Change/switch/tag:

Pupils begin in a pair with one pupil leading and the other pupil following. Pupils jog around the teaching area. If 'change' is called, pupils change who is the leader. If 'switch' is called, pupils must quickly find a new partner and continue jogging with one person leading. If 'tag' is called, the pupil who is following attempts to tag their partner. They have 20s to do so before continuing to jog.

Look for space away from other pairs.

Change direction quickly to avoid others.

45 Mins

## Skill Development

### Recapping shots:

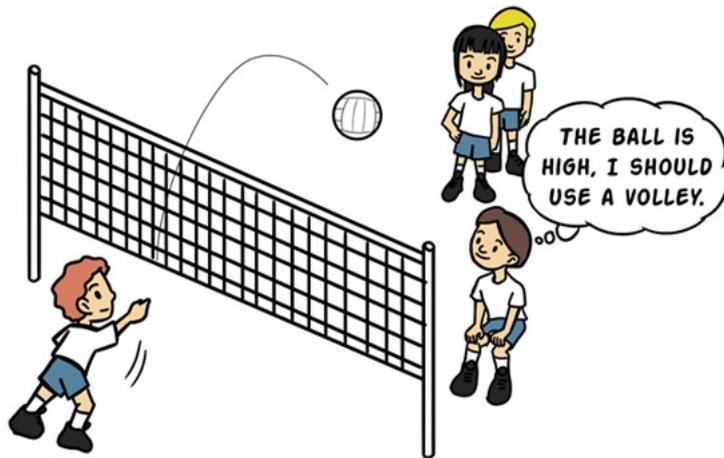
In groups of four with one ball. Pupil A is the feeder and stands on one side of the net with the ball. All of the other pupils line up one behind the other on the other side of the net. Pupil A underarm throws the ball over the net for the front pupil to return. The front pupil can choose to use a volley or a dig shot. Question the pupils about which shot to use in which situation and why?

Teacher note: if the ball is high, pupils should return the ball using a volley, if it is low, they should return the ball using a dig.

Rotate the feeder.

Start in the ready position with the feet shoulder width apart, knees bent and watching the ball.

Make this harder by asking the feeder to set/volley the shot over the net.



### The dig:

A dig is used when the ball is too low to volley.

Place one hand on top of the other and close your grip bringing your thumbs and forearms together.

Knees bent and shoulder width apart.

Contact the ball with the forearms just above the wrists.



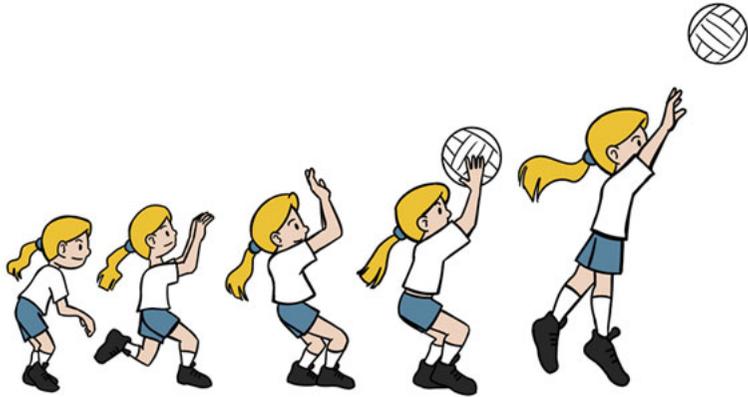
### The volley:

The volley is a two-handed shot played above the forehead when the ball is high.

Hands are open, in the shape of the ball.

Index fingers and thumbs form a triangle.





### Team challenge:

Set up as above. One at a time, the group attempts to return the ball over the net back to the feeder. How many times can the group successfully return the ball over the net? If the ball bounces twice on the receiving side or doesn't go over the net, the group must start from zero. Time the group for two minutes. Repeat the game, can they beat their score? Rotate the feeder after two minutes.

Discuss that the feeder must provide an accurate underarm feed to help the group to be successful.

Make the game harder by having two pupils on each side and do not use an underarm throw attempt to use consecutive hits.

### Rally:

In groups of eight with one ball. Four pupils on either side of the net. Pupils play together to count how many times they can get the ball to go over the net to each other without the ball touching the floor. Rules:

- The ball is not allowed to bounce on the floor
- Teams may use up to three hits on their side before it must go over the net
- Pupils are not allowed to touch the ball twice in succession

Start in the ready position and move your feet to get under the ball.

Make this easier by allowing the ball to bounce once on each side.

**Rally 4,6,8:**

In groups of eight with four pupils on either side of the net. Pupils rally with each other over the net. Teams must count the number of consecutive hits over the net. The first rally has a target of four hits over the net. When this is achieved, the group put a cone at the back of their court. The next rally target is six. When this is achieved they put another cone at the back of their court. The next rally target is eight and so on. Make this competitive with the first team to get three cones at the back of their court winning the game OR time the pupils to see how many cones they can win in three minutes? Can they beat their score?

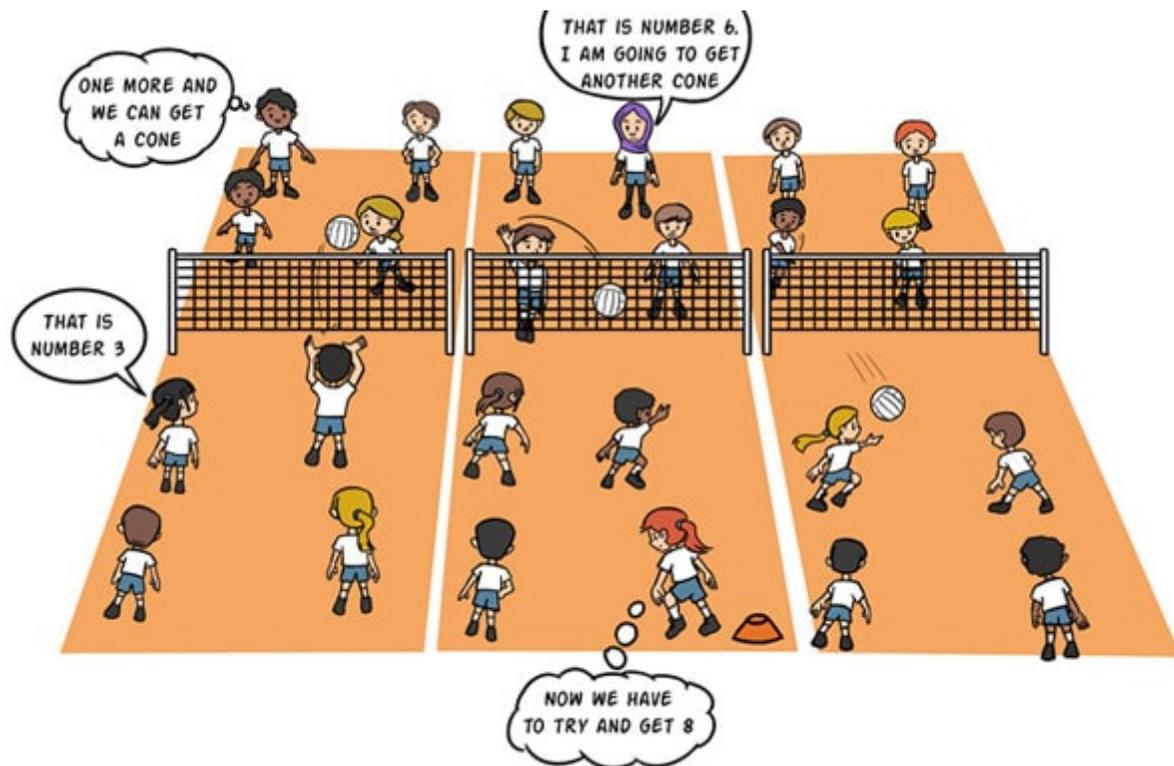
Move your feet to the ball.

Return to the ready position after a hit.

Use a dig to get the ball from a low position.

Use a volley to set the ball to a teammate.

Teacher note: They can still touch the ball three times on their side but they are only counting every time the ball goes over the net.



5 Mins

## Plenary

Ask the pupils why is it important to start in the ready position?

What could help you to predict where the ball is going to go?