

Teaching Goals & Objectives

- Play over a badminton net.
- Play on a badminton size (or smaller) courts.
- Reduce team size to 2-3 to allow for less standing around and more opportunity to touch the ball.
- Assign new partners/triangle groups each lesson.
- Rotate courts often during play.
- Start volleys during play with an overhead toss, then “graduate” to serves as they become more consistent.
- Do NOT call lifts, net violations, double contacts, etc. LET THEM PLAY
- Teach and reward cooperation, character, and effort.
- Show them rather than tell them.
- Creative a positive and fun environment.

Glossary

ATTACK: An offensive action of hitting the ball. It is a similar motion to throwing, except the “release” point is at the peak of the reach when the ball is contacted. The arm creates a whip-like motion to drive the ball down onto their opponent’s side. NOTE: Introduce attacking 3 meters off the net so the students don’t have to worry about the net and can focus on their form.

FOREARM PASS/SERVE RECEIVE: Standing in an athletic posture, the forearms are used to guide the ball to the setter’s hands. It is one of the more common ways to receive a serve. Arms are joined together at the elbows, wrists, and hands with thumbs side by side to create a solid platform. The platform is in a locked position; elbows are straight. The ball is contacted between the wrists and elbows on the platform using an underhand motion.

OVERHEAD PASS/SET: An overhead pass is executed with both hands open. The ball is played just above the forehead with the pads of the thumbs and fingertips to the setter. Setters use the exact same motion as an overhead pass, the only difference being that the setter delivers the ball to the attacker to hit over the net.

TORQUE SERVE: One way to send the ball over the net to start a volley. The ball is held in the non-dominant hand at head height. With a torquing motion, the ball is lifted into the air and contacted with the dominant hand with a closed fist.

Cue Words

Attacking:	<ul style="list-style-type: none"> Feet to the ball Hips open Pull elbows back Swing fast Close hips to ball 	Overhead Pass/Set:	<ul style="list-style-type: none"> Feet to the ball Get underneath the ball Volleyball-shaped hands Hands high, thumbs back Use pads of fingertips Fly like superman!
Forearm Pass:	<ul style="list-style-type: none"> Bend knees Shoulders forward Belly button to target Flat, steady platform 	Torque Serve:	<ul style="list-style-type: none"> Fast twist Hit it hard

LESSON PLAN 1

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls.

Objective

Students learn the fundamentals for setting and how to continuously set the ball in a confined triangle and control the ball over the net.

Warm Up

Beach Ball / Balloon Day!

- Every student gets their own beach ball or balloon. Create different challenges that they do for 30 seconds each. EXAMPLES: Forearm pass to yourself, overhead pass/set to yourself, only use a fist, only use pointer fingers, only use thumbs, only off your head, etc.

Skill Introduction / Demonstration

Overhead Pass / Setting

- Students stand with right foot slightly ahead of left. Hands are held above the head in a volleyball encompassing shape. As the ball comes, get underneath it and transfer weight from back (left) foot to front (right) foot as the ball is pushed toward the target. The students should focus on extending their arms and legs as they set the ball.

Attacking

- Demonstrate behind the 3 meter line (off the net), so that the ball goes over the net. If the students are too close, the ball has a tendency to go into the net instead of over. For right handers, start sideways with the left hip facing the net (hips open). Using a throwing motion, the students pull the right elbow back, and step towards the net with the left foot, swinging the right arm forward and hitting the ball with an open hand at the peak of their reach. Keep the ball in front of the body (not behind the head) and swing fast!

Volleyball Games

Triangle Setting (use beach balls or balloons)

- In groups of 3, set up a small triangle where each student is facing the direction they will set. Compact the triangle to 4-5 ft. between each student to allow for maximum contacts. Challenge each group to keep track of the number of balls they set continuously. Rotate direction after 3 minutes.

Attacking Practice (use beach balls or balloons)

- In groups of 3, set up a triangle just like the Triangle Setting game (4-5 ft. between each student) on a full badminton court. Except now there is an overhead passer and attacker in addition to a setter. The overhead passer passes the ball to the setter. The setter sets to the attacker on the 3 meter line. The attacker hits the ball over the net. The group chases the ball and sets up the triangle on the other side of the net. Rotate positions after 3 minutes. Encourage the groups to keep track of the number of balls that are hit over the net.

LESSON PLAN 2

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls.

Objective

Students learn the fundamentals of torque serving and continue to develop setting in a confined triangle.

Warm Up Game

Volleyball Freeze Tag

- The students who are “it” have a ball in his/her hand to use for tagging. The ball may not be thrown to tag someone; only touched. If someone is tagged he/she freezes with legs apart. They can be unfrozen by another student crawling between their legs.

Skill Introduction / Demonstration

Serving – Torque Style

- Torque – Hold ball in non-hitting hand at head height. Students face sideways (non-dominant shoulder) to the net. With a short toss, the student uses the dominant hand to strike the ball with a fist while torquing his/her body as fast as possible.

Practice Skill with Teammates

Partner Torque Serving (use LITE balls or beach balls)

- Partners start across the net from each other. They practice the correct form while trying to get the ball over the net.

Volleyball Games

Triangle Setting (use beach balls or balloons)

- In groups of 3, set up a small triangle where each student is facing the direction they will set. Compact the triangle to 4-5 ft. between each student to allow for maximum contacts. Increase consistency by challenging each group to set a higher number of balls that during lesson 1.

1 v. 1 Beach Ball / Balloon Ball

- 1 v. 1 using cooperative scoring on half a court. Each student uses 3 contacts to get the ball over the net to their partner. Encourage the groups to use the set, set, set sequence. Every time they use that sequence, and it goes over, they get a point. Challenge each student to beat his/her score from lesson 1. Rotate court after 2 minutes.

LESSON PLAN 3

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls, hula-hoops/targets.

Objective

Students review the fundamentals of torque serving and continue to develop ball control in a confined triangle.

Warm Up Game

Hot Potato (use Volley LITE balls)

- Strictly a catching and throwing game. Play on 3 badminton size courts. 8 kids per court maximum. “Monarch of the Court” style game. There are teams of 2 on each side of the net (other teams of 2 are standing at one end line waiting to enter). The side without teams waiting on the end line is the “monarch” side of the court. To start the game, the losing side throws the ball over the net to a spot that might “score.” The other team must catch it and then throw it back from wherever they caught it. As soon as the ball drops, is thrown out, or into the net, the game is over. The winning team stays or moves to the “monarch” side and the losing team gets in line at the end of the losing side.

Skill Introduction / Demonstration

Serving – Torque Style Review

- Torque – Hold ball in non-hitting hand at head height. Students face sideways to the net. Using the dominant hand, the student strikes the ball out of the non-hitting hand with a fist while torquing his/her body as fast as possible.

Practice Skill with Teammates

Torque Serve to Targets (use beach balls)

- Students practice the correct form while trying to get the ball over the net. Place hula-hoops or targets on one side of the courts. The students compete against each other to see who can “hit” the most targets in the allotted time.

Volleyball Games

Triangle Setting (use beach balls or balloons)

- In groups of 3, set up a small triangle where each student is facing the direction they will set. Compact the triangle to 4-5 ft. between each student to allow for maximum contacts. Challenge each group to set more balls continuously than they did during lesson 2. Rotate positions after 2 minutes.

2 v. 2 Beach Ball

- 2 v. 2 using cooperative scoring on a full court. Each team uses 3 contacts to get the ball over the net to the other team. The ball should be tossed over the net to start the volley. Encourage the teams to use the forearm pass, set, set sequence. Every time they use that sequence, and it goes over, they get a point. Rotate one court after 2 minutes.

LESSON PLAN 4

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls, hula-hoops/targets.

Objective

Students learn the fundamentals of attacking and continue to develop ball control in a confined triangle.

Warm Up Game

Ball Challenges

- Over/Under Ball Pass: Students get into groups of two and stand back to back. Pass ball overhead and then through the legs as many times as possible in 2 minutes.
- Side to Side Ball Pass: Same concept as the Over/Under Ball Pass, now just passing the ball from side to side as many times as possible in 2 minutes.

Skill Introduction / Demonstration

Attacking

- Demonstrate behind the 3 meter line (off the net), so that the ball goes over the net. If the students are too close, the ball has a tendency to go into the net instead of over. For right handers, start sideways with the left hip facing the net (hips open). Using a throwing motion, the students pull the right elbow back, and step towards the net with the left foot, swinging the right arm forward and hitting the ball with an open hand at the peak of their reach. Keep the ball in front of the body (not behind the head) and swing fast!

Practice Skill with Teammates

Partner Attacking (use beach balls or balloons)

- Students line up across the net from each other in partners. Students stand behind the 3 meter lines and toss the ball high in the air to themselves using two hands. They should step with the opposite foot and contact the ball at the peak of their reach over the net to their partner. Encourage the groups to keep track of how many balls are hit over the net in the allotted time.

Volleyball Games

Triangle Setting (use beach balls or balloons)

- In groups of 3, set up a small triangle where each student is facing the direction they will set. Compact the triangle to 5-6 ft. between each student. Challenge each group to set more balls continuously than they did during lesson 3. Rotate positions after 2 minutes.

2 v. 2 Beach Ball

- 2 v. 2 using cooperative scoring on a full badminton court. Each team uses 3 contacts to get the ball over the net to the other team. The ball should be tossed over the net to start the volley. Encourage the teams to use the forearm pass, set, set sequence OR pass, set, pass sequence. Every time they use either sequence, and it goes over, they get a point. Start the volley with a toss. Rotate one court after 2 minutes. Increase consistency by challenging each group to volley a higher number of balls than during lesson 3.

LESSON PLAN 5

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls, hula-hoops/targets.

Objective

Students learn the fundamentals of forearm passing and continue to develop ball control in a confined triangle.

Warm Up Game

3-Ball Relay

- Teams of 3 line up on the end-line across from a group of 3 balls. The first student runs down and grabs one ball and hops back and hands the ball to the second student. The second student runs down to the group of balls, grabs another ball (2 balls), hops back and hands the ball to the third student. The third student runs down with 2 balls, grabs the last ball and hops back with all 3 balls to the start. The team that finishes quickest wins!

Skill Introduction / Demonstration

Forearm Passing

- Students stand with their feet shoulder width apart. Bend knees and shuffle or move feet to the ball. Student should keep their thumbs side by side to form a solid, consistent platform. Elbows should be locked before and after contact. Platforms should be held away from the body (not between knees) and angled toward the target.

Practice Skill with Teammates

Partner Forearm Passing (use volley LITE balls or beach balls)

- In partners, students line up across the net on the 3 meter lines. Partner A starts the drill by tossing the ball over the net to partner B who forearm passes the ball to themselves and then forearm passes the ball over the net to partner A. Encourage the students to use cooperative scoring, trying to beat their highest number each time. NOTE: It may be easier to have the students face side-ways to the net when forearm passing the ball over the net and dropping the shoulder closest to the net.

Volleyball Games

Triangle Setting/Forearm Passing (use beach balls or balloons)

- In groups of 3, set up a small triangle where each student is facing the direction they will set/forearm pass. Compact the triangle to 4-5 ft. between each student to allow for maximum contacts. One student will forearm pass and the other two student will continue to work on setting. Rotate positions after 2 minutes. Increase consistency by challenging each group to volley a higher number of balls than during lesson 4.

1 v. 1 Balloon Ball

- 1 v. 1 using cooperative scoring on half of a court. Each student uses 3 contacts to get the ball over the net to their partner. Encourage the groups to use the forearm pass, set, set sequence. Each time they use that sequence, and it goes over, they get a point. Rotate one court after 2 minutes.

LESSON PLAN 6

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls, hula-hoops/targets.

Objective

Students learn the fundamentals of serve receive and continue to develop ball control over the net.

Warm Up Game

Blob Tag Competition

- Have two “blobs” of 2 student be “it.” The “blobs” link arms and run together. The students on the end with a free arm try to tag other kids while remaining linked. If a kid gets tagged then he/she joins the “blob” until everyone is part of one of the blobs. The goal is to have the largest number of people to be a part of one of the blobs.

Skill Introduction / Demonstration

Serve Receive

- Move/shuffle feet so that the ball is centered between the knees on contact and platform is angled toward the target/setter. The form for serve receive is the same as Forearm Passing.

Practice Skill with Teammates

Group Serve Receive (use volley beach balls)

- In groups of 4, one student is over hand throwing the ball over the net. Two students are serve receiving next to each other and one person is standing in the setter’s position (couple feet off the net) catching the passes, and then handing the balls to the thrower. Encourage the two serve receivers to call “mine” before he/she plays the ball. Rotate positions after 2 minutes.

Volleyball Games

2 v. 2 Beach Ball (revised version of the 3-on-3 Cooperative)

- 2 v. 2 using cooperative scoring on a full court. Each team uses 3 contacts to get the ball over the net to the other team. Encourage the teams to use the forearm pas, set, set sequence OR pass, set, pass sequence. Every time they use either sequence, and it goes over, they get a point. Start the volley with a toss. Rotate one court after 2 minutes. Increase consistency by challenging each group to volley a higher number of balls than during lesson 5.

LESSON PLAN 7

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls, hula-hoops/targets.

Objective

Students learn about the opportunities for the disabled and develop an appreciation for the difficulty of sitting volleyball.

Warm Up Game

Crawl Through Relay

- Teams of 4 line up at the end-line with their legs spread apart. Person at the back of the line crawls through all of the team member's legs to get to the front. Then the next person who is now in the back of the line does the same thing. Continue until the line moves down to the opposite end-line. Repeat the process on the way back. First team done wins!

Skill Introduction / Demonstration

Sitting Setting

- Teach the students that there are opportunities for the disabled at an elite level for many sports.
- Sitting Setting – Same hand formation as standing. The key is to move the body so that the ball is right above the forehead prior to contact.

Volleyball Games

Sit-N-Set Triangle

- In groups of 3, set up a small triangle where each student is sitting and facing the direction they will set. Compact the triangle to 3-4 feet between each student to allow for maximum contacts, or more than when they were standing.

3 v. 3/2 v. 2/1 v. 1 Sitting Beach Ball (revised version of the 3-on-3 Cooperative)

- Whichever team size you choose, use cooperative scoring on half of a badminton court. Each team uses 3 contacts to get the ball over the net (badminton height or lower) to the other team. Encourage teams to use the set, set, set sequence. Every time they use that sequence, and it goes over, they get a point. Rotate one court after 2 minutes.

LESSON PLAN 8

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls.

Objective

Students review the fundamentals of attacking and learn a new scoring mechanism during play.

Warm Up Game

Partner Ball Press Challenge (use VolleyLITE, beach balls, or balloons)

- Partners line up on the end-line facing each other parallel to the net. Partners run or shuffle with the ball pressed between them in each of the challenges to the net and back. If the ball drops between them, they pick it up and keep going. Partners MAY NOT use hands to help. The partner group that gets through all of the challenges first wins! Chest to chest, back to back, rear to rear, head to head, hip to hip.

Skill Introduction / Demonstration

Attacking Review

- Demonstrate behind the 3 meter line (off the net), so that the ball goes over the net. If the students are too close, the ball has a tendency to go into the net instead of over. For right handers, start sideways with the left hip facing the net (hips open). Using a throwing motion, the students pull the right elbow back, and step towards the net with the left foot, swinging the right arm forward and hitting the ball with an open hand at the peak of their reach, pull hip forward (hips closed). Keep the ball in front of the body (not behind the head) and swing fast!

Volleyball Games

Attacking Practice in Groups with Beach Balls (Revised version of the Pass, Set, Hit)

- In groups of 3, one student stands behind the 3 meter line (attacker), one student stands in the setter's position by the net, and one student stands on the other side of the net. The student on the other side of the net tosses the ball to the attacker who forearm passes the ball to the setter who sets the ball back to the attacker. The attacker hits the ball over the net. The student on the other side of the net retrieves the ball and starts the volley over again. Rotate positions after 2 minutes.

2 v. 2 Balloon/Beach Ball – Transition Scoring

- 2 v. 2 using a transition scoring method. The ball must be volleyed back and forth 4x using the pass, set, pass sequence. After 4x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point.

LESSON PLAN 9

Equipment

- Net variation (ribbon, rope, badminton net, etc.), beach balls, and/or Volley LITE balls.

Objective

Students will learn the fundamentals for digging and continue to develop ball control in triangles and play.

Warm Up Game

Ball/Balloon Hunt

- There are about 20 numbered balls/balloons that are scattered throughout the gym. The coach gives *each* team (4-5 students) a list of balls they need to bring back as quick as they can (e.g., 7, 11, 17). When the whistle blows, the students run to find their designated balls/balloons. The team that brings all correctly numbered balls back to the starting line wins that round. The team that has the lowest *cumulative* time after several rounds wins the game!

Practice Skills with Teammates

Attack, “Dig” & Catch (use beach balls or balloons)

- In partners, line up across from each other on the 3 meter lines. One student tosses the ball high into the air and attacks the ball over the net to their partner. The partner plays the ball into the air to themselves, either by forearm passing or overhead passing and then tried to catch it. Challenge the groups to keep track of how many balls are caught between the two.

Volleyball Games

Triangle Setting/Forearm Passing (use beach balls or balloons)

- In groups of 3, set up a small triangle where each student is facing the direction they will set/forearm pass. Compact the triangle to 5-6 ft. between each student to allow for maximum contacts. One student will forearm pass and the other two students will continue to work on setting. Rotate positions after 2 minutes. Increase consistency by challenging each group to volley a higher number of balls each time. NOTE: The passer is standing in a different spot to work on a new angle.

2 v. 2 Balloon/Beach Ball – Transition Scoring

- 2 v. 2 using a transition scoring method. The ball must be volleyed back and forth 3x using the pass, set, set OR pass, set, pass sequence. After 3x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate one court after 2 minutes.

LESSON PLAN 10

Equipment

- Net variation (ribbon, rope, badminton net, etc.), balloons, beach balls, and/or Volley LITE balls.

Objective

Students will learn the fundamentals for Sitting Forearm Passing and continue to develop ball control and triangles in play.

Warm Up Game

1 v. 1 Balloon Ball (revised version of the 3-on-3 Cooperative)

- 1 v. 1 using cooperative scoring on half of a court. Each student uses 3 contacts to get the ball over the net to their partner. Work on each of the following sequences for 2 minutes each. Every time they use that sequence, and it goes over, they get a point.
- **Set, Set, Set**
- **Forearm Pass, Set, Set**
- **Forearm Pass, Set, Attack**

Skill Introduction/Demonstration

Sitting Forearm Passing

- The same platform formation as standing forearm passing. It is easiest to move when one leg is bent in front and one bent in the back. Hands and legs are used in conjunction to move to the ball.

Volleyball Games

Triangle Setting/Forearm Passing (use balloons or beach balls; variation of Sitting Triple Pepper)

- In groups of 3, set up a straight line 5-6 ft. apart, where the student in the middle is the setter. The other two students are practicing moving to the ball and forearm passing to the setter. The setter sets the ball to the person he/she received it from. Then the student on the end will forearm pass or set to the other student on the end. Rotate positions after 2 minutes.

3 v. 3 Sitting Beach Ball – Transition Scoring (revised version of the 3-on-3 Cooperative)

- 3 v. 3 using a transition scoring method on a full court. The ball must be volleyed back and forth 3x using the pass, set, set OR pass, set, pass sequence. After 3x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate one court after 2 minutes.

LESSON PLAN 11

Equipment

- Net variation (ribbon, rope, badminton net, etc.), beach balls, and/or Volley LITE balls.

Objective

Students continue to develop ball control and teamwork in a competitive environment.

Warm Up Game

Get up and Go Tag

- Partners (A & B) lie down opposite each other on their stomachs at the net, arms outstretched and touching both the centerline and the fingertips of their opponent. The instructor holds two balls in each hand on the center line. The instructor will let one of the balls fall on one of the sides of the net. If the instructor lets the ball fall on Partner a's side, then Partner B tries to tag Partner a before Partner A reaches his/her respective end-line.

Volleyball Games

2 v. 2 Balloon/Beach Ball – Transition Scoring (revised version of the 3-on-3 Cooperative)

- 2 v. 2 using a transition scoring method on a full court. The ball must be volleyed back and forth 3x using any forearm pass and/or set sequence. After 3x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. One person from each team stays on the same court the entire time; the other partner rotates on court after 2 minutes, and starts a new game. Encourage individuals to score more points than the previous round.

LESSON PLAN 12

Equipment

- Net variation (ribbon, rope, badminton net, etc.), beach balls, and/or Volley LITE balls.

Objective

Students continue to develop ball control and teamwork in a competitive environment.

Warm Up Game

2 v. 2 Tennis (use beach balls)

- 2 v. 2 on a full court (8 students/court maximum). Extra teams will line up on each end-line. The volley will start with an overhead toss over the net. The team may let the ball bounce once or hit it on the fly. Students may use a forearm pass, set, or attack to try to score. Whichever team wins the volley gets to stay on the court. The team that loses goes back to their respective end-line and goes to the end of the line.

Volleyball Games

3 v. 3 Balloon/Beach Ball – Transition Scoring (revised version of the 3-on-3 Cooperative)

- 3 v. 3 using a transition method of scoring on a full court. The ball must be volleyed back and forth 3x using any forearm and and/or set sequence. After 3x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. One person from each team stays on the same court the entire time; the other partner rotates one court after 2 minutes, and starts a new game. Encourage individuals to score more points than the previous round.