

## Teaching Goals & Objectives

- Play over a badminton net or slightly higher.
- 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.

**DIG:** The most common way of keeping the ball off the ground after an opponent’s attack. The arms are extended in front of the body in a locked position to create a solid platform for playing the ball. The platform is used to play the bottom of the ball so that the ball goes *up* and not *over* the net.

**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.

**OVERHAND SERVE:** One way to send the ball over the net to start a volley. The ball is held out in front of the body, at shoulder height, on the side of the dominant hand. The dominant arm is pulled back, behind the head at a 90 degree angle. The ball is tossed about 6-12 inches and struck with the palm of the dominant hand.

**PANCAKE:** A form of defense used in an emergency situation to keep the ball off the ground. The arm is extended along the ground, facing downward. The ball is saved by bouncing up off the hand/forearm into the air so another teammate can play it.

**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

<b>Attacking:</b>	Feet to the ball Hips open Pull elbows back Swing fast Close hips to ball	<b>Digging:</b>	Stay low Get underneath the ball Flat, steady platform
<b>Forearm Pass:</b>	Bend knees Shoulders forward Belly button to target Flat, steady platform	<b>Overhead Pass/Set:</b>	Feet to the ball Get underneath the ball Volleyball-shaped hands Hands high, thumbs back Use pads of fingertips Fly like superman!
<b>Overhead Serve:</b>	Lift, step, hit Hips open to close Elbow high Wide, open hand Hit it hard	<b>Pancake:</b>	Extend arm Watch the ball
		<b>Torque Serve:</b>	Fast wrist Hit it hard

## LESSON PLAN 1

### Equipment

- Net variation (ribbon, rope, badminton net, etc.), 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 Day!

- Every student gets their own beach ball. 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 VolleyLITE or beach balls)

- In groups of 3, set up a small triangle where each student is facing the direction they will set. Compact the triangle to 3-4 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. NOTE: If the group is set up on the right side of the court, the setter will back-set to the attacker.

## LESSON PLAN 2

### Equipment

- Net variation (ribbon, rope, badminton net, etc.), 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. If someone is tagged he/she freezes with legs apart. They can be un-frozen 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 to their partner.

### Volleyball Games

#### Triangle Setting (use beach balls)

- 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 to allow for maximum contacts. Increase consistency by challenging each group to set a higher number of balls that during lesson 1.

#### 2 v. 2 Beach Ball

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

## LESSON PLAN 3

### Equipment

- Net variation (ribbon, rope, badminton net, etc.), 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.
- **Feet to Feet Ball Pass:** Same concept as the Over/Under Ball Pass. Students lay down head to head and pass the ball only using their feet. After receiving the ball they will bring it to the floor and then back over their head to their partner's feet.

### Volleyball Games

#### Triangle Setting (use beach balls)

- In groups of 3, set up a small triangle where each student is facing the direction they will set. Compact the triangle to 6-7 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.

#### Attacking Practice (use Volley LITE or beach balls)

- In groups of 3, set up a triangle just like the Triangle Setting game (4-5 ft. between each student). 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 hit a higher number over the net than during lesson 1. NOTE: If the group is set on the right side of the court, the setter will back-set to the attacker.

#### 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 pass, set, set, sequence OR pass, set, pass sequence. Every time they use either sequence, and it goes over, they get a point. Rotate one court after 2 minutes. Increase consistency by challenging each group to volley a higher number each time.

## LESSON PLAN 4

### Equipment

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

### Objective

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

### Warm Up Game

#### Hop 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 puts it between their legs and runs or hops back and hands the ball to the second student. The second student puts the ball between their legs and runs or hops to the group of balls and grabs another ball to bring back between their legs (2 balls). The second student hands the 2 balls to the third student. The third student runs or hops down with 2 balls between his/her legs and grabs the last ball and puts them all between their legs to run or hop back to the start. The team that finishes quickest wins!

### Skill Introduction / Demonstration

#### Forearm Passing

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

### Practice Skill with Teammates

#### Partner Passing (use 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 underhand passes the ball to themselves and then underhand passes the ball over the net to partner A. Encourage the students to use cooperative scoring, trying to beat their highest number each time.

### Volleyball Games

#### Triangle Setting/Forearm Passing (use Volley LITE balls or beach balls)

- 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.

#### 1 v. 1 Beach 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. Every time they use that sequence, and it goes over, they get a point. Rotate one court after 2 minutes.

## LESSON PLAN 5

### Equipment

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

### Objective

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

### Warm Up Game

#### Hot Potato (use Volley LITE balls)

- Strictly and 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). One student 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 he/she caught it. As soon as the ball drops, is thrown out or into the net, the game is over. The winning team stays on and the losing team gets in line at the end of the court.

### Skill Introduction / Demonstration

#### Serving – Overhead Serving & Torque 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.
- Overhand – Hold ball away from the body in front of dominant serving shoulder in a stable stance. Dominant hand is pulled back behind the head with hand wide open. The toss should be low, consistent and out in front of the shoulder. The ball is contacted rigidly with the palm of the hand. Swing fast! The overhand serve is a similar motion to throwing.

### Practice Skill with Teammates

#### Torque Serve/Overhand Serve & Chase (use beach balls)

- Students practice the torque serve with the correct form while trying to get the ball over the net. Wherever the ball is served to, the student sprints after it and tries again. After 2 minutes, students switch to overhand serving.

### 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 6-7 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 3.

#### 1 v. 1 Beach Ball-Transition Scoring

- 1 v. 1 using 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 6

### Equipment

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

### Objective

Students learn the fundamentals of approaches for attacking 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

#### Run, Jump, and Swing Attack

- Show how it is possible to take a couple of steps and then jump and attack. Don’t worry about the correct left, right, left approach. The arm-swing should look the same in the air as it does on the ground.

### Practice Skill with Teammates

#### Attacking Practice in Groups with Beach Balls (use Volley LITE or beach balls)

- In groups of 3, one student stands behind the 3 meter line (attacker), one student stands in the setter’s position, 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 approaches and hits the ball over the net. The student on the other side of the net retrieves the ball and starts the process over again. Rotate positions after 2 minutes.

### Volleyball Games

#### 2 v. 2 Transition Scoring

- 2 v. 2 using 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.

## LESSON PLAN 7

### Equipment

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

### 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. Encourage the students to get just as many contacts or more than when they were standing.

#### 3 v. 3 Sitting Beach Ball (use Volley LITE or beach ball; revised version of the 3-on-3 Cooperative)

- 3 v. 3 using cooperative scoring on half of a court. Each team uses 3 contacts to get the ball over the net (badminton height) to the other team. Encourage the 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.), beach balls, and/or Volley LITE balls.

### Objective

Students review the fundamentals for defense and continue to develop ball control during play.

### Warm Up Game

#### Ball/Balloon Hunt

- There are about 20 numbered balls/balloons that are scattered throughout the gym. The teacher 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 wins the game!

### Skill Introduction / Demonstration

#### Digging

- Start in an athletic posture (knees bent, shoulders forward, platform out). As the ball comes, place your platform underneath the ball. Do not swing your arms at the ball. The goal is to dig the ball up, high into the air so another teammate would be able to play it.

#### Pancake

- Used in an emergency situation. The ball is too far out in front and too low to the ground for a student to play it staying on their feet. As the student gets closer to the ground, the arm is fully extended along the ground, face down where the ball will land. The ball will bounce off the hand/forearm to be saved.

### Practice Skill with Teammates

#### Attack, Dig, & Catch (use beach balls)

- In partners, line up across the net from each other. One student is the attacker; the other student is the digger. Partner A tosses and attacks a controlled hit over the net to partner B. Partner B digs the ball high to himself/herself then catches it. Then Partner B attacks the ball to Partner A, who is now the digger. Challenge the group to keep track of how many balls are caught between the two.

#### Partner Pancake (use Volley LITE)

- Partner A stands with his/her back to the net with the ball. Partner B kneels down in a crouched position a little in front of the 3 meter line. Partner A holds the ball above his/her head and drops it in front of partner B. Partner B extends one arm and pancakes the ball into the air. Complete 10 on each hand then switch roles.

### Volleyball Games

#### 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. Increase consistency by scoring more points than during lesson 6. Rotate one court after 2 minutes.

## LESSON PLAN 9

### Equipment

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

### Objective

Students will continue to develop ball control in triangles and play in a competitive environment.

### Warm Up Game

#### Loser Becomes the Net (use beach balls)

- This game can either be played with 2 person teams or single teams. Same concept as “Monkey in the Middle” except the losing person/team becomes the net (students extend arms above head). The “net” may not jump, but can be aggressive to interrupt play. A team loses by hitting the ball in the “net,” hitting out of bounds, letting the ball drop, missing a serve, etc. Encourage students to use any of the skills they have learned in class.

### Volleyball Games

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

- In groups of 3, set up an 8-9 ft. triangle where the person that is back-setting is facing forwards. Two students will set forwards and the one that is standing at the “net” will back-set. Rotate positions after 2 minutes. Increase consistency by challenging each group to volley a higher number of balls than during lesson 8.

### 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.

### 2 v. 2 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. Increase consistency by scoring more points than during lesson 8. 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 Beach 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.

### Volleyball Games

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

- In groups of 3, set up a straight line 6-7 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. 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

#### Triangle Ball Control (use Volley LITE of beach ball)

- In groups of 3, set up a triangle so that the setter is facing the attacker, the attacker is facing the digger, and the digger is facing the "net." The triangle should be 7-8 ft. between each student. The attacker should hit a controlled ball at the digger. The digger should dig the ball near the setter position and high enough for him/her to set it. Rotate positions after 2 minutes. Increase consistency by challenge each group to volley a higher number of balls each time.

#### 3 v. 3 Beach Ball/Volley LITE with Regular Scoring (revised version of the 3-on-3 Cooperative)

- 3 v. 3 using regular scoring on a full court. Rotate one court after 2 minutes. Encourage teams to work on their ball control, communication and teamwork.

## 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 overhand 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

#### Triangle Ball Control (use Volley LITE or beach ball)

- In groups of 3, set up a triangle so that the setter is facing the attacker, the attacker is facing the digger, and the digger is facing the “net.” The triangle should be 7-8 ft. between each student. The attacker should hit a controlled ball at the digger. The digger should dig the ball near the setter position and high enough for him/her to set it. Rotate positions after 2 minutes. Increase consistency by challenge each group to volley a higher number of balls each time.

#### 3 v. 3 Beach Ball/Volley LITE with Regular Scoring (revised version of the 3-on-3 Cooperative)

- 3 v. 3 using regular scoring on a full court. Rotate one court after 4 minutes. Encourage teams to work on their ball control, communication and teamwork.