


Warm ups

Stuck in the ready position
Aim: Get in the volleyball ready position

Steps:
Choose 2-3 tippers
The rest of the class are dodgers, and spread out around the playing area



Example:
Kids try to avoid getting tipped by the tippers
If you get tipped, you stand in the **ready position** (knees bent, 1 hand on the floor)
To be freed, someone else must come and give a high-5 on each hand
Play multiple rounds, changing up the tippers


Workbooks:
Change the method of movement
Harder: Mark out a **smaller area** for the players to run around in, and they're

Skills: Skipping, Side-stepping

Warm ups

Waspal
Aim: Avoid getting stung by the wasps

Steps:
Choose 2 kids to be 'wasps' (taggers)
The rest of the class spread out around the playing area
Mark out a small square area with cones (only needs to be 2 meters diameter) to be the 'V'




Example:
Each kid has 2 'band-aids' (2 hands) "Everyone show me your 2 band-aids"
1. Kids run around trying to avoid getting 'stung' (tagged) by the 2 wasps (taggers)
2. If you get stung (tagged), you put one of your band-aids (hands) on the place you got stung
3. You must keep running around, holding your hand on the place where you got stung - if tagged a second time you must use your other band-aid on the spot you got stung
4. If/when you are stung for a **3rd time**, you have no band-aids (hands) left and so must go
5. When in 'waspsal', you need to get healed by doing a **challenge** then you're in
30 star jumps
30 frog jumps
30 seconds running on the spot as fast as possible
Skipping
Side-stepping
Gallop

Progression: Change the method of movement

Warm ups

Volcanoes and ice-cream cones
Aim: Turn over as many cones as possible

Steps:
Spread lots of cones around the playing area, (at least 15)
Put some cones upright 'volcanoes'
Put some cones upside-down 'ice-cream cones'
Assign students equally to either 'Team volcano' or 'Team ice-cream'




Example:
Players run around and turn over as many cones to their assigned team cone type
You cannot guard or block others from getting to a cone
When the whistle blows, everyone must stop and put their hands on their hand
Allow 2-3 minutes per round
Count which team has the most cones **swapped**
Play 2-3 rounds, and switch the teams cone type

Warm ups

Poison ball
Aim: Throwing and dodging balls

Steps:
Layout a large circle of cones (around 15m diameter)
Divide the class into 2 even groups
Half around the **outside** of the circle
Other half in the **middle** of the circle




Example:
Players on the outside must throw balls into the middle
Players in the middle must try to avoid getting hit
If the last person to survive in the middle, they win
Sweep over everyone outside clockwise

Workbooks:
Change ball action in
Kick the ball in
Left hand or right hand only

Warm ups

Survivor tag
Aim: Tipping and avoiding other players

Steps:
Everyone finds their **own space** around the playing area




Example:
If you get tagged, you must sit on the floor behind the net

Workbooks:
Change the method of movement

Warm ups

Tall tag
Aim: Quick running and dodging taking other people tall

Steps:
Give each kid a **sports bib/jersey**
They tuck it into the **side** if their shorts - so it's hanging like a tail
Everyone finds their **own space** around the playing area




Example:
If your tail gets taken, you are out of the game, and must sit down on the floor, from sitting, you can try to shoot other people tall as they run

Workbooks:
Change the method of movement
Skipping
Side-stepping
Gallop

Warm ups

Ball Rush
Aim: Get to the other side without getting tagged

Steps:
Large coned area/playing area with end lines/cones at each end
2 tippers start in the middle of the area
Everyone else at one end of the area



Example:
When the whistle blows, everyone else runs to the other side without getting tagged by the tippers
The last person to get tagged is the winner
There is 1 survivor as the winner


Workbooks:
Easier for the runners: Make the sideline wider
Harder for the runners: Make the sideline narrower
Tippers have to tip with 2 hands
Give the tippers a bib to hold - tippers can use the bib to swing a tag people

Warm-ups.

Warm ups

Ball
Aim: Quick reactions to grab the ball first

Steps:
Get the kids into pairs
Pairs have a ball between them on the floor
Players stand on opposite sides of the ball about 1 meter away



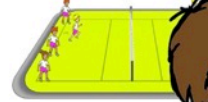
Example:
1. Players stand in the **ready position**
2. The teacher calls out different words
3. As soon as the teacher shouts "ball", the first person to grab it gets 1 point
4. The first person to grab it gets 1 point
5. Play multiple rounds, and switch up the words

Workbooks:
Instead of a ball, use a small object

Warm ups

Service line - net - sideline
Aim: Learning the volleyball court area

Steps:
Volleyball court lines
With serve lines, side-lines and a net
Divide the class in half
Half of the class lines up at each side of the net




Example:
1. The teacher calls out either "service line", "net" or "sideline"
2. Children have to quickly run to the area called out
3. The last person to get there has to sit out for 30 seconds

Workbooks:
Change the method of movement
Skipping
Hopping
Side-stepping

Warm ups

Roll the net
Aim: Get as many balls back to your base as possible

Steps:
Put 4 bases (hoops) in a large square - if it's a large class you can add more
Divide the kids equally across the 4 bases
Put lots of balls in the middle (10+)




Example:
1. 1 person at a time from each team runs to the middle, picks up a ball
2. Then the next person in the team goes
3. Repeat until all balls are gone from the middle. Then everyone can go back to their base
4. Only one person is allowed to pick up/side one ball at a time
Play multiple rounds, each lasting around 3-4 minutes

Workbooks:
Players have to transport the balls back to their base by:
Throwing the ball up and catching it
Balancing the ball on the forearm
Harder - Setting up in the air to y

Warm ups

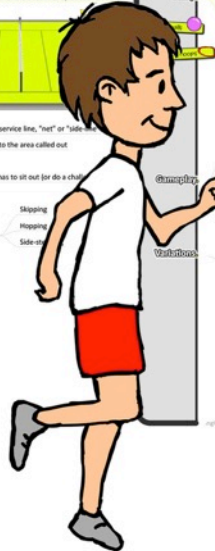
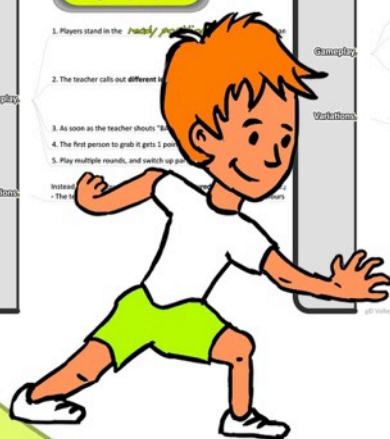
Relay races
Aim: Quick agility and co-ordination races

Steps:
Divide the class into 4 teams, lined up behind the serve line at one end
The 1st person in each line needs a ball
On the whistle, 1 player at a time must complete the task, then come back and give a high-5 to the next person
The 1st team to finish wins



Example:
1. **Balancing** the ball on your forearm (sit position), you must **tip** tag through the cones to the net
2. Then throw the ball **under the net** and catch it before it hits the ground
3. Run straight back with the ball

Workbooks:
1. Put the ball between your legs and **jump** up to the net
2. Then pick up the ball and run **backwards** to the start




Ball work

Feed and dig it
Aim: Learning to dig the ball

How to:

- Put your arms out **straight** in front
- Place one hand on top of the other, with your palms facing up
- Push your **thumbs together** side-by-side

As the ball comes in to you, bend your knees and step forward to pass



Setup:

- 1 ball per pair/3, about 2 meters apart
- The player with the ball is the **feeder**
- The player without the ball is the **passer (digger)**

Ball per pair:

- The feeder **feeds** (underarm throws) the ball to the passer
- The passer **digs** the ball back to the feeder to catch it
- The passer has **10 passes** (or 2-3 minutes) then players **switch around** the roles feeders \rightarrow diggers

"Count how many you can successfully dig and catch in your pairs"

Progression:

- Instead of catching the ball, now try to **keep digging** to each other to get a rally
- Contact the ball on your **forearms**, not your hands or fists
- Start in a **LOW** body position, don't swing your arms but use your legs to help pass the ball back high

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Ball work

Feed and dig it - Development for the following lessons
Aim: Improving the dig with movement to the ball

Ball per pair:

Feeders now feed the ball **left and right** of the player to dig back. Then in **front/behind** the player

"I want to see you" Be in a **low** body position, move to be **behind** the ball before it gets there




Next lesson:

- The digger now starts by **laying down** on his belly
- As soon as the feeder feeds the ball, the setter **quickly** stands up and digs it back


"I want to see you" Get up as quick as you can and get to the ball **before** it hits the ground

Easier Just try to **catch** the ball before it hits the ground



Next lesson:

Players now pass to each other **over the net**, see how many passes you can get before it hits the ground



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Ball work

Feed and set it
Aim: Learning to set the ball

How to:

- Make a **diamond** with your hands
- Hold it up **high** and in **front** of you and **spread** your fingers
- Step forward and **push** the ball up and out into the air - then point through to the sky with your fingers

Get students to **mirror** the movement, 5 times without a ball

Setup:

- 1 ball per pair
- The player with the ball is the **feeder**
- The player without the ball is the **passer (setter)**

Ball per pair:

- The feeder **feeds** (underarm throws) the ball to the passer
- The passer **sets** the ball back **high** to the feeder to catch it
- The passer has **10 passes** (or 2-3 minutes) then players **switch around** the roles feeders \rightarrow setters

"Count how many you can successfully set and catch in your pairs"

Progression:

- 1. First start by **catching** the ball above and in front of your head
- Easier 2. Then push the ball up and out to set it back
- Harder Instead of the feeder catching the ball, now try to **keep setting** to each other to get a rally

Contact the ball with big spread fingers, **high** and **in front** of you

Face forward to where you are passing to

Set the ball **high** back

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Ball work


Feed and set it - Development for the following lessons
Aim: Improving the set with movement to the ball

Ball per pair:

Feeders now feed the ball **left and right** of the player to set back. Then in **front/behind** the player

"I want to see you" Have your hands out ready to set, push high **towards the sky**

Have quick feet, move **behind** the ball before you pass it




Next lesson:

Passers now pass to each other **over the net** and sets it back


Get to the ball **before** it hits the ground

Then throw it back high to the feeder



Next lesson:

Players now set to each other **over the net** and see how many passes you can get before it hits the ground



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Ball work.


Ball work

Spike it, catch it
Aim: Learning to spike the ball

How to:

- Stand in the **athletic pose**. Bring your hitting hand back behind your head to scratch your back. **Point** your non-hitting hand out in front
- Swing your hand over your head and hit the ball with a big **high is**

Get students to **mirror** the movement, 5 times without a ball



Setup:

- 1 ball per pair
- Players stand 2-3 meters apart from each other

Ball per pair:


- Throw the ball up high to yourself, and hit it to your partner
- Your partner catches the ball, then does the same back

"I want to see you"

- Throw the ball high enough so you can hit it with a **full-stretched arm**
- Don't hit the ball with a closed fist, but an open hand

Progression:

- Harder Instead of your partner catching the ball, control it by **digging** or setting



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Ball work

Spike it, catch it - Development for the following lessons
Aim: Improving the set with movement to the ball

Ball per pair:

Now throw the ball up high, then **jump in the air** and hit the ball


"I want to see you" Hit the ball from as **high** as you can jump and reach



Next lesson:

In groups of 3 in a triangle, one person throws the ball up, the other hits it, and the 3rd catches it


"I want to see you" Throw the ball up **high enough** to the hitter can hit it with a **full-stretched arm**



Next lesson:

Players now practice hitting and catching **over the net** to each other, and can use jumping as well

"I want to see you" Take a **big jump** and hit the ball as hard as you can




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Drills

Pass it go
Aim: Passing lots of balls around the court

Use half of the court for the drill (can set up the same on the other side)
Have 3 feeders at the net with a ball each
Place a cone about 3m in front of each feeder
Everyone else lines up in 1 line behind the serve line



Example:

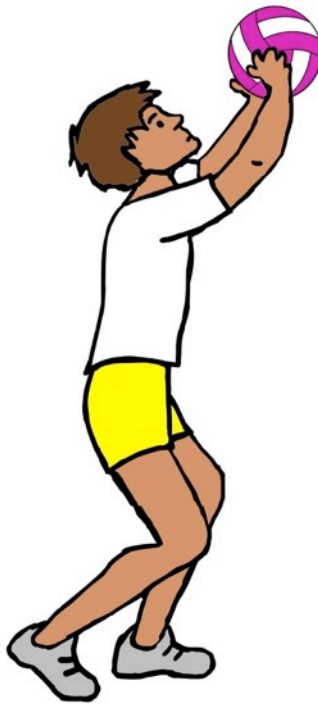
1. One at a time, a player comes onto the court at the 1st cone in front of the first feeder
2. The 1st feeder feeds the ball in front of the player, for the player to dig back to the feeder to catch
3. The same player then moves to the next cone, and the next feeder throws him the ball to pass back
4. The player then moves to the last cone, and the last feeder feeds him to pass back
5. The player then goes to the back of the line and the next player comes on to repeat

Switch up the feeders every 3-4 minutes so everyone gets a go

Easier: Players catch the ball with 2 hands, then pass it back before moving to the next cone
Instead of digging, players set the ball back to the feeders
Harder: Feeders feed the ball to more difficult areas for the passers to move to - to the left/right, in front/behind the players

Feeders: Feed a high underarm throw, so players have time to move and pass back
Digging: Move quickly to each cone, in the ready position with knees bent
Pass the ball back high, on your forearms
Setting: 1. Make a big arc with your hands
2. Set the ball above and in front of your head with your fingertips


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Drills

Destroy the castles
Aim: Spiking over the net and defending

On one half of the court, layout lots of coloured cones and hoops (targets/castles) around
Divide the class into 2 teams
One team is spread around on the half with all the targets ('castles') - defending team
The other team is on the other half with a ball ('rock') each - attacking team



The aim is for the attackers to hit as many castles (cones and hoops) as they can before time is up (4-5 minutes)
Defenders try to stop the balls from hitting/knocking over the targets (castles)

Example:

Attackers: Hit the ball over the net by hitting it up and
Digging it over
Setting it over
Spiking it over
Serving it over (under/over arm)
If you hit a target, run round and pick it up (as well as your ball) and bring it back to your side

Defenders: Guard any of the 'castles' by hitting the balls away
You cannot touch the cones or hoops

Keep the round going for 4-5 minutes then count to see how many 'castles' the attacking team managed to hit
Play multiple rounds, switching around the teams (defenders <-> attackers)

Easier: Attackers can throw the balls over (instead of hitting over)
Harder: Mark a line - attackers must hit their ball from behind that line - i.e. further away from the net


Attackers: Use all the different ways - dig/hit/spike/serve - don't just do the same thing
Defenders: Work as a team to defend, and try to dig or set the ball away

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Drills

Spike race
Aim: Spiking and moving to be behind the ball to defend

Divide the class into 2 groups
Mark out a court with cones (if there are no lines)
Place 2 cones on one half of the court about 3 meters from the net
Have a group (spikers) line up at the cones, facing the net with a ball each
The other group (catchers) start on the other side in 'jail', spread out around the court



Spikers throw their ball up in the air, then run to jump and spike the ball over the net into the court
The catchers try to catch the balls that are spiked over
If your ball is caught, you go into jail
If a catcher catches a ball, they are free from the 'jail', and come over to the spiking side
If you spike your ball over successfully, you are safe and can collect your ball and join the line again
Keep going until there is a winner (1 person left, everyone else is jail)

Easier: Instead of spiking over, players can just throw the ball over into an open space
Instead of spiking, you can dig or set the ball over
Harder: Instead of catching the ball as it comes over, you must dig or set it


Take a big jump and hit the ball from as high as you can reach
Hit the ball with a big high 5 with an open hand

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Drills

Falling arrows
Aim: Serving over the net with accuracy

Divide the class into 4 groups
Place 4 cones across the serve line on 1 half of the court
Have each group line up behind one of the cones
Each group needs 2-3 balls
On the other half of the court, mark out zones with cones and hoops



1. Then the next person in the line goes
2. Then the next person in the line goes
3. Then the next person in the line goes
4. Keep playing for 4-5 mins and then see which team managed to get the most points

Easier: Bring the starting serve cones closer to the net
Teacher determines to use either under or over arm serve
Allocate 2 'allies' (kids) to go on the other side to 'deflect' the incoming 'asteroids'

Underarm:

1. Swing your hitting arm behind you
2. Take a step forward to hit the ball out of your hand using a big swing of your
1. Start in the warrior pose, bringing your hitting hand behind your ear

Overarm:

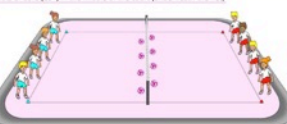
2. Throw the ball up, step, and hit the ball with an open hand

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Drills

Speed serves
Aim: Serving as many as you can over the net

Mark out a court with cones (if there are no lines)
Divide the class into 2 teams, and the teams line up across the service line at opposite ends
Put lots of balls (10+) in the middle of the court (underneath the net)



1. On 'GO', everyone runs to the middle, picks up a ball and brings it back to the serve line
2. You then attempt to serve the ball over the net into the other teams side
Keep an individual score of how many serves you get in
You can choose to serve either over or underarm
Overarm = 2 points
Underarm = 1 point
3. Once you have served your ball, run and find another one and serve again from behind the line
4. Keep playing for 4-5 mins and count up the score totals from both teams, then play the progression game

Take your time to focus on your serve, and challenge yourself by using both types of serve

Underarm:

1. Swing your hitting arm behind you
2. Take a step forward to hit the ball out of your hand using a big swing of your arm

Overarm:

1. Start in the warrior pose, bringing your hitting hand behind your ear
2. Throw the ball up, step, and hit the ball with an open hand

This time, players are allowed to come onto court and defend by digging the serves that come over
If you dig the serve, the other side team does not get that point, and instead you get 5 points

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Drills

Fix the cannons
Aim: Spiking over the net at targets

Mark out a court with cones (if there are no lines)
Divide the class into 4 teams. Each team needs 2-3 balls
Have each group line up behind a cone, which is placed about halfway between the net and the service line
On the other side of the net, put out lots of targets - hoops, cones, pins...



1. Starting at their cone, the 1st person in each group runs with their ball up to the net
2. You then throw the ball up in the air to yourself and spike it over
3. If you hit a target on the other side, go and collect it (as well as your ball) and bring it back to your team - targets have different values e.g. hoop=10, cone=20, stumps=50
4. Then the next person in line goes
Keep going and play the round for 5-6 minutes, then count up the points for each team

Throw the ball up high enough so you can take a big jump and hit the ball from as high as you can

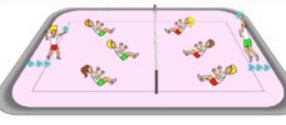
Instead of spiking, kids throw the ball up and dig or set it over

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Drills

Serve it save them
Aim: Serving to save your team

Divide the class into 2 teams, one team on each half of the court spread out
Have the teams sitting down on their half of the court
But have 1 player from each team standing at the opposite side's service line with 5 balls each



The aim is to 'save' all of your team first, by serving to them to catch the ball

1. On the whistle, the starting servers try to serve to their team players on the other side who are sitting down
2. If one of the players sitting catches the ball, he stands up and joins the other side to become another server
3. Continue until you have saved all of your players on the other side - i.e. the first team to get all their players saved back to their service line wins
4. Keep playing for 4-5 mins and count up the score totals from both teams, then play the progression game

The teacher can specify whether to use an underarm or overarm

Servers can serve from closer in

Easier: Players don't need to catch the ball, it can just hit them

Underarm:

1. Swing your hitting arm behind you
2. Take a step forward to hit the ball out of your hand using a big swing of your
1. Start in the warrior pose, bringing your hitting hand behind your ear

Overarm:

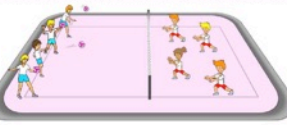
2. Throw the ball up, step, and hit the ball with an open hand

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Drills

Canon balls
Aim: Getting serves in for points, using underarm and overarm serve

Divide the class into 2 teams
The first team are servers (cannons), standing at the service line, each player with a ball
The other team are defenders, spread out on the other side of the court, without a ball



One round at a time, teams attempt to serve a ball into the other side to get points - count up the scores

1. The teacher shouts 'Fire', and everyone on the serving team serves their ball
2. The opposing team must try to stop the balls ('cannonballs') from touching the ground - by catching the incoming balls
3. The serving team count up how many of their serves went in and hit the ground (without getting stopped by the defending team)
4. Teams then switch - servers become defenders, and defenders become servers - count up the scores
5. Whichever team get the most serves in gets 1 point for that round - repeat and play multiple rounds, e.g. first team to win 5 rounds

Servers: Use an under or over arm serve (teacher specifies)
Swing your arm through the ball for more power
Stand in the ready position, keep your body low and ready to move to catch
Defenders: If you dig the ball you get double points

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Modified games

Newcombe ball

Aim: Simple game moving to the ball, throwing the ball into space

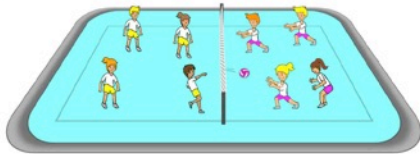
Mark out a court with lines (or cones) and a net

Setup

Divide the class into **teams of 6 players** (2 teams on the court, the other teams off)

Each team has a side, and they **spread out** around the court

1 ball



Rules

The aim is to throw the ball onto the other teams' ground to get a point

Players can **catch, pass and throw** the ball and - with a maximum of 3 touches - get it back

If you have the ball, you can **move** - the ball can move

The first team to 11 points wins

1. Start with a player from the service line (can serve from nearer if needed)

Players from the other side move to try to catch the ball, **stopping it** from hitting their sides' ground

They can then pass to their team mates, and the 3rd pass/throw goes back over to the other side again

The team that throws the ball onto the other sides' ground - the team that wins the point serves

Players take a **new position** on the court after every 2 points - front < > back

Try to stop the ball from hitting your sides' ground

Call for the ball so your team-mate can pass to you

Look for **open spaces** on the other side to throw to

2. The ball is allowed to **bounce** once on the ground

The first touch from your team must be a **dig or set** - if you catch it, players must **spike** it over

3. You can have more players come on court at a time - e.g. teams of 5 or 6

4. The ball is allowed to **bounce** once on the ground

The first touch from your team must be a **dig or set** - if you catch it, players must **spike** it over

5. The first team to 10 points wins

6. Easier - Can play Newcombe rules, where players are allowed to catch and throw the ball over

7. The teacher can also call out different **number combinations** - e.g. 2's and 4's, allowing for more players on the court at a time

Progressions



Modified Games.

Modified games

Continuous Newcombe

Aim: Fast paced Newcombe, developing court awareness

Mark out a court with lines (or cones) and a net

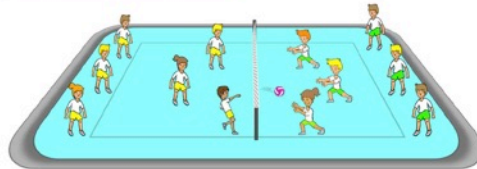
Setup

Divide the class into **2 groups**

Have each group **lined up** in 3 lines at each serve line

The teacher stands at halfway with 2-3 volleyballs

2-3 balls



Gameplay

The same gameplay rules as Newcombe - (see the 'Newcombe' modified game)

The difference is, here the players come onto the court in **groups of 3** at a time

1. The teacher, standing at halfway shouts "GO"

2. The **first 3 players** from each side run onto the court

3. The teacher throws in a ball to one of the sides, and they play out the game

4. As soon as a team wins a point (by throwing the ball on the other sides' ground), players return to the back of their teams' line

5. The first team/side to 10 points wins

"I want to see you?"

Move quickly to try to stop the ball from hitting your sides' ground

Call for the ball so your team-mate can pass to you

Look for **open spaces** on the other side to throw to

1. You can have more players come on court at a time - e.g. teams of 5 or 6

2. The ball is allowed to **bounce** once on the ground

The first touch from your team must be a **dig or set** - if you catch it, players must **spike** it over

3. The first team to 10 points wins

4. Easier - Can play Newcombe rules, where players are allowed to catch and throw the balls

Modified games

Numbers volleyball

Aim: Fast paced volleyball using all the skills

Divide the class into **2 teams**

Have each team **lined up** at opposite service lines

Setup

Give each player in the team a number 1-4

- so each player will have an allocated number of either #1, #2, #3 or #4

The teacher stands at halfway with 2 volleyballs

2-3 balls



Gameplay

Gameplay of regular volleyball rules and skills - **3 touches** using digging, setting and spiking

1. The teacher **calls out** a number, either 1, 2, 3 or 4

2. The players who were given that number called out, run out onto the court

3. The teacher throws in a volleyball to a side, and the players play out the rally to win a point

4. After the rally is over (when the ball hits the ground), players go back behind the service line

5. The first team to 10 points wins

"I want to see you?"

Spread out on your teams' half

Calling for the ball when it's coming to or near you

Use your **skills** of digging, setting and spiking to win the point

Variations

Easier - Use Newcombe rules, where players are allowed to catch, pass and throw the ball over

The teacher can also call out different **number combinations** - e.g. 2's and 4's, allowing for more players on the court at a time

Modified games

King of the court

Aim: Play volleyball or Newcombe, winner stays on

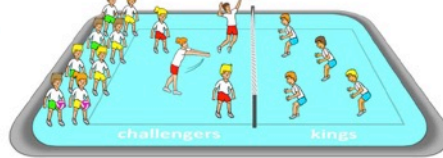
Divide the class into **equal groups** of 4-5 players in each team

Setup

Nominate 1 team to start as (**kings**) on one side of the court

The rest of the groups (**challengers**) line up one after the other at the service line on the other side

2-3 balls



Gameplay

Gameplay of regular volleyball rules and skills

1. The 1st challenging team comes onto court (1 player serves) against the kings

2. The server serves the ball, and both teams then **play out the point** of volleyball

3. The challengers must try to win **2 points in a row** against the kings

If the challengers win 2 points in a row, they then **become the kings** on the other side

- and the previous kings team join the back of the challengers line

The **kings** get **1 point** every time they **beat** a new challenging team

The first team to 5 points wins

Variations

Easier - Can play Newcombe rules, where players are allowed to catch and throw the balls

Stations.

Stations

Aim: Practice the volleyball skills at different stations, get points and set records

Setup all or some of the following stations around the hall/playing area, and divide the class into 5 groups (1 each station)
 Explain and demonstrate each station, then put a group at each station
 Give the kids 4-5 minutes at each station, then everyone **rotates** around one station - if there is time, go around again



Side-side digs

- 2 feeders with a ball each, and 1 digger, and 2 cones about 4 meters apart
- 1. The digger moves to the left cone and passes the ball back to the left feeder
- 2. The digger then moves to the right cone and passes back to the right feeder



Spike knockdown

- Put up targets to knockdown - big cones, pins, buckets...
- 1 ball each player, standing behind a line 3-4 meters away from the targets
- Players throw their ball up in the air and **spike** it at the targets - knock them all down to win
- Can make it harder by moving the targets further away



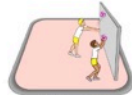
Throw and block

- In pairs - one player with a ball, the other without, standing either side of the net
- One player throws or spikes the ball over the net and the other tries to **block** it
- Switch after 5 goes



Shoot the hoops

- In groups of 3, one has a ball (feeder), another holding a hoop, and another ready to pass
- The feeder throws the ball up into the air to the passer, who tries to **set** the ball into the hoop
- Switch after 5 goes




Wall keep ups

- Players face a **wall** with a ball each
- Try to **dig** and **set** their ball as many times as they can against the wall before it hits the ground




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Assessments.



Assessment

Rationale



Ability elements. This Prime Coaching pack has been designed to allow for assessment of the volleyball fundamental elements. Below is a guideline to help with evaluation of the students' ability for the skills taught through the program. Each ability level is determined by the **control** of the ball and **technical** parts of the skill.

Serve.

Underarm

- Player swings their arm from behind, hitting the ball with a closed fist over the net

Overarm

- Player strikes the ball above and in front, getting the ball over then net

Dig. Player reacts to the ball and moves behind it, bringing their **straight arms** together before passing the ball high and loopy on the **forearms**.

Set. Player uses both hands overhead to **fluidly** pass the ball **high**. The ball does **not spin** too much, indicating a clean set.

Spike. Player hits the ball over the net with a strong **open hand**, contacting the ball with a straight arm high and in front, can also **time** the hit with a run up and jump.

Block. Player can deflect the ball from coming over the net, using both hands and without touching the net.

Movement. Player moves their body according to the position of the ball in order to gain control, moving to be **behind** the ball before contacting it. The player can run and jump with good **timing** to contact the ball.

Gameplay. The player can implement the above elements within game scenarios:

- Spatial awareness (awareness of one's self amongst the court players)
- Modifying/combining various skills
- Contending with environmental factors e.g defense, attacking



Assessment

Assessment



Class:

	Effort: 1-Improvement needed 5-Satisfactory H-High					Ability: 1-Developing 2-Developing 3-Achieving					Overall mark
	Overall mark	Serve	Dig	Set	Spike	Block	Movement	Gameplay	Overall mark		
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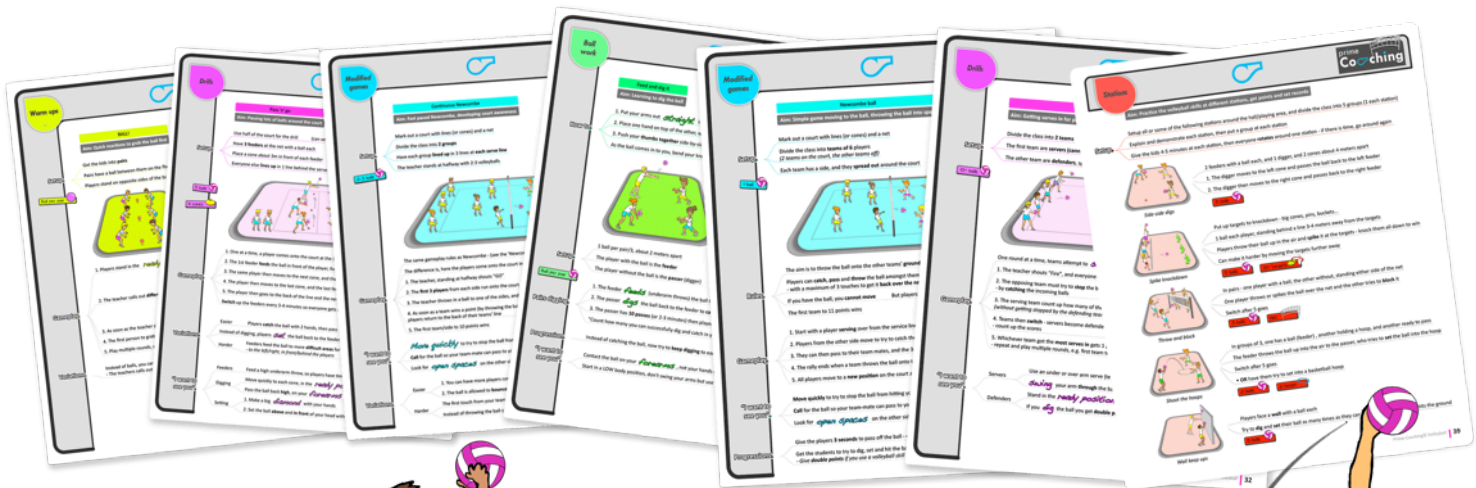
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Over 30 skills and games.



grades
3-6



You'll be fully equipped with...

- Fundamental rules and gameplay
- Key skill elements and coaching points
- Warm up games
- Individual and partner ball work
- High-activity game based drills
- Engaging modified games
- A structured 6-week program of lessons
- Assessment sheet with grading rationale