

VOLLEYBALL – KEEPIE UPPIE

Quick introduction

- Count how many passes you can make before the ball lands on the floor.
- If you don't have a net, the ball must travel above head-height to count.

Different challenges:

- Between each pass you can clap your hands, touch the floor, sit down and stand up, turn around. Get the players to invent ideas.
- Count how many passes you can make in a 30 seconds, 60 seconds.
- Increase / decrease the distance between the player to make it harder or easier.

Quick rules

- Play 1 with 1.
- The aim is to keep the ball passing back and forwards.
- A net can, but doesn't have to be used.
- The game can be played standing up (volleyball) or sitting down (sitting volleyball).

Hints and tips

- If a net is being used split players equally either side.
- If you have a large group, work in fours; two pairs. Pair 1 completes the challenge. In Pair 2 one counts, one coaches. Swap over after a set time or number of attempts.

Equipment

- A volleyball net (MultiSports Base recommended)
- The game can be adapted using different balls based on competency from balloon, to beach ball to 160g volleyball.



Essential skill being developed

- Volley with good trajectory “play along the rainbow”.

Teaching points

- Send the ball high to your partner- “along the rainbow”.
- Make your hands into the shape of a ball.
- Play the ball above and in front of your forehead.
- Bend your knees and push up and through the ball as you play the volley.

Thinking ME: Leading and volunteering

- **Predict** – how should you stand to be ready to move to play the ball?
How do you know where the ball is going? What clues should you look for?
- Make reasoned decisions – How can you judge when is the best time to arrive ready play the ball?

Officiating

- Young leaders course available from Volleyball England.
- Young leaders can be officials.
- Young leaders can score.
- Young leaders can support teachers/ coaches with the running of sessions/ tournaments.

Health and safety

- Ensure groups are adequately spaced to prevent collisions.

Three statements of competence for a young person

- Contact point in-front of the forehead.
- Play up and through the ball.
- The ball peaks midway between you and your partner.



Sporting ME: Spirit of the Games

Excellence through competition



Self-belief: I think about playing the ball along the rainbow to send the ball to my partner.

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Let's Play
Volleyball



VOLLEYBALL – CAN YOU DIG IT?

Quick rules

- Both feet must be on the floor for the score to count.
- 1 point every time the ball goes through the players legs.
- The players get five attempts each. Try to reach 10 points.

Quick introduction

- Two players stand facing each other on opposite sides of the net.
- Player 1 feeds the ball underarm over the net to player 2.
- Player 2 lets the ball bounce through their legs.

Hints and tips

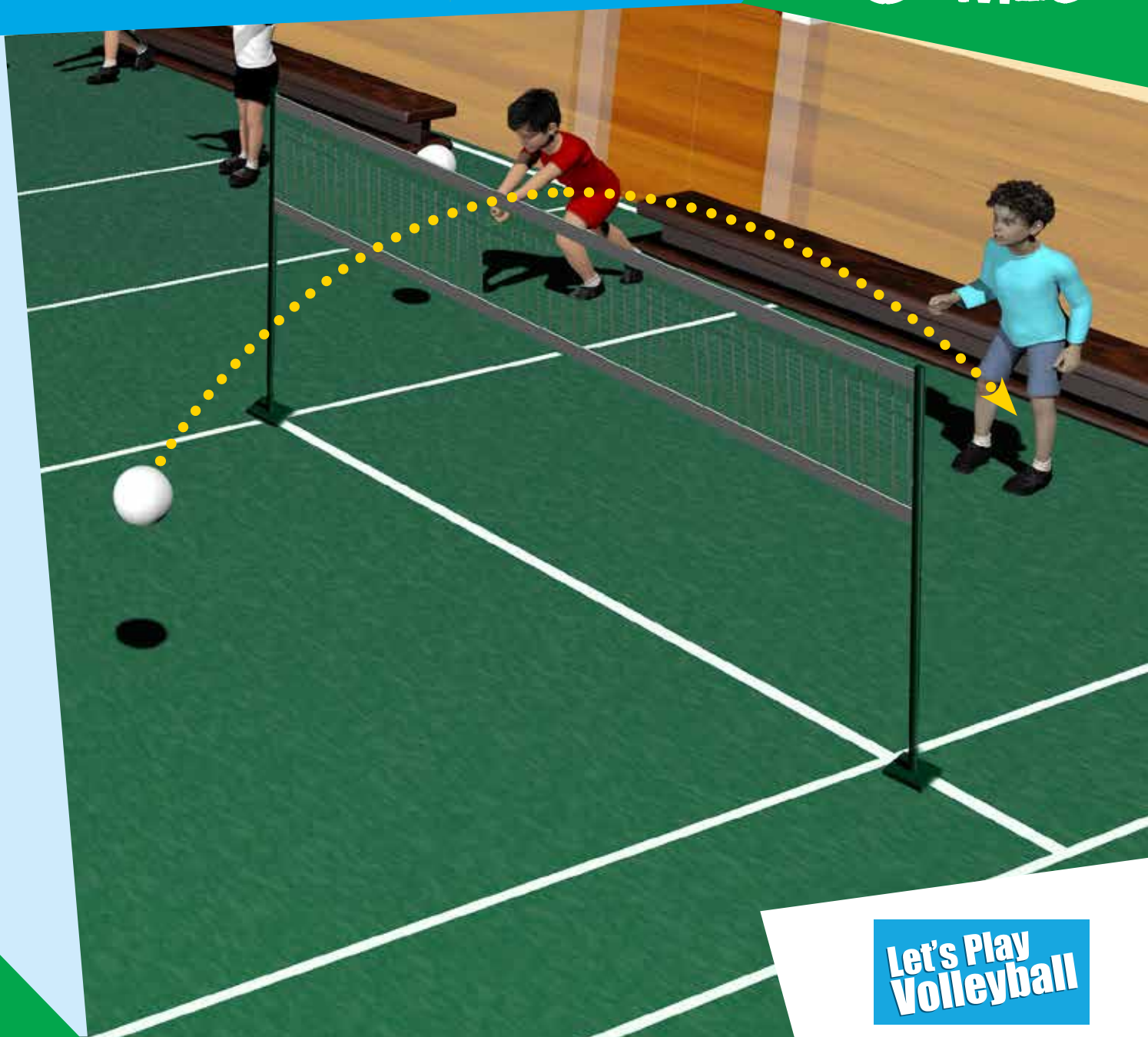
- Set up more than one challenge with or without volleyball net.
- If you have a large group, work in fours; two pairs. Pair 1 completes the challenge. In Pair 2 one counts, one coaches.

Essential skill being developed

- Dig pass.

Equipment

- The game can be adapted using different balls based on competency from balloon, to beach ball to 160g volleyball



Teaching points

- Focus on judging the ball flight – watch where it peaks.
- Place feet either side of the ball, with body weight going forwards.
- The feed needs to be a two-handed underarm throw with a loopy trajectory on the ball – “along the rainbow”.

Physical ME: Leading and volunteering

- One player in each group is encouraged to question the group with Physical ME values, questions during the game to include:
 - **Move with agility** - How did you move to play the ball?
 - **Maintain balance** - Why would you want to be in a ready position?
 - **Improve control/consistency** - What will help you judge where the ball goes?

Health and safety

- Ensure players are well spaced along the net.
- All feeders on the same side.

Three statements of competence for a young person

- Start ready like a goalie ready for a penalty.
- Be still as the ball bounces between your feet.
- Feed to make the ball get to the highest point above the net.



Sporting ME: Spirit of the Games

Excellence through competition



Self-belief: I like getting feedback, so I know what to practice to help me improve.

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VOLLEYBALL – TO ME, TO YOU, TO ME

Quick introduction

Each team has 3 attempts to score as many points as possible by playing three touches to get the ball back over the net.

- 1 point for each successful pass within the team.
- 2 bonus points for successfully returning the ball over the net.

Quick rules

- Groups of 4: two teams of two players. Team 1 feeds and collects. Team 2 takes part in the challenge.
- Team 1 feeds the ball underarm to Team 2 who aim to return the ball having made 3 contacts. The contacts can be progressed as follows:
 - > A catch and underarm feed will be allowed on first contact.
 - > A catch and self-feed volley on the second contact.
 - > Play the ball over on third contact using a volley or spike.

Hints and tips

- Team 1 feed first. One player feeds and keeps the score, the second player collects the ball.
- Change after three attempts so Team 2 feed.
- Mark out an area of court of on the feeder's side to use as a target, the bigger the area the easier to score. Award extra points if the ball lands in the target.

Essential skill being developed

- Movement in game.

Equipment

- The game can be adapted using different balls based on competency from balloon, to beach ball to 160g volleyball



Teaching points

- Pass the ball high for your partner to give them time to move for the ball – “play along the rainbow”.
- As soon as you know your partner will play the first contact move quickly to the net.
- Turn to face the direction you want to play the ball.

Social ME: Leading and volunteering

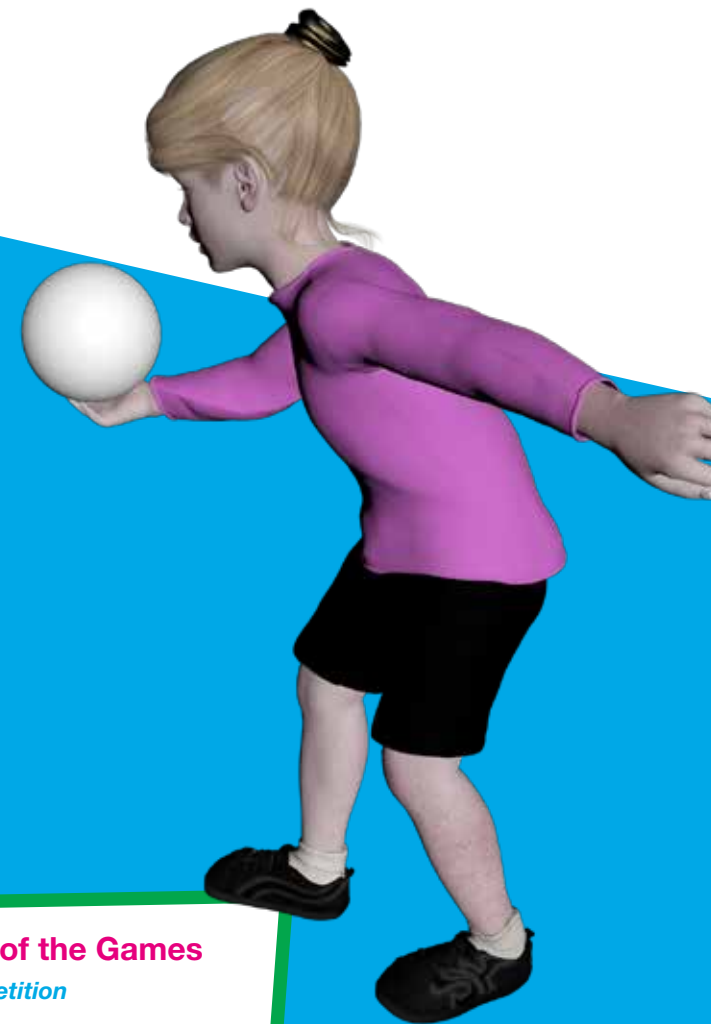
- One player in each group is encouraged to question the group with Social ME values, questions during the game to include:
 - **Play fairly** - Why would you want to make the game fair?
 - **Empathise** - Why is it important to congratulate each other?
 - **Support** - How can you help each other improve and why?

Health and safety

- If the balls goes onto another groups area, warn the players by calling out to them.
- Do not run into other groups areas to get the ball until the players have stopped playing.

Three statements of competence for a young person

- Ball played high with loopy trajectory to your partner.
- Player making 2nd contact moves to the net.
- Call “mine” for the ball to take responsibility.



Sporting ME: Spirit of the Games

Excellence through competition



Self-belief: I give my partner lots of positive encouragement and top tips to help them do well.

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