

VOLLEYBALL - 2 BALLS

Quick introduction

- Two volleyballs in play at the same time.
- Teams have a maximum of three touches to return the ball over the net.
- Teams can't play the ball straight back over the net.

Quick rules

- Two teams of 3 or 4 on court.
- Both teams start with a ball and serve at the same time.
- The team wins a point when both balls land in their opponent's court.
- When the ball goes out of play, a player quickly chases it down and serves it again before the other ball lands on their side of the court.

Hints and tips

- A catch and underarm feed could be allowed on the first contact in each rally.
- An under arm serve or throw can be allowed.

Essential skill being developed

- Awareness and communication.

Teaching points

- Good communication – call “mine” so your team mates know you will play the ball.
- Keep a broad, focus to be aware of of both balls in play simultaneously.
- Play the ball high to give time to your team mates to play the ball.

Equipment

- A net system.
- Two volleyballs



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 still position when you play the ball?
 - > **Co-ordinate actions** – How do you decide what shot to play?
 - > **Improve accuracy and control** – How should you play the ball to help your teammates?

Health and safety

- Ensure the 2nd ball isn't rolling on the floor between courts (players to be made aware).
- Be aware of 2 balls in play simultaneously, opposition hitting their ball.
- Players collecting balls must not cut across their opponents' court.

Three statements of competence for a young person

- Stay composed within a fast-paced game.
- Concentration for whole team to win 2 points in a row.
- The ability to re-organise quickly between attack and defence.



Dig pass.



Volley.



Dig.



All volleyball games can be played sitting down.



Sporting ME: Spirit of the Games
Excellence through competition

Self-belief: I always keep focused on the task and don't get distracted easily.



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VOLLEYBALL – KING AND QUEEN OF THE COURT



Quick introduction

- Adaptations can be made to make the game easier or harder such as:
 - > Minimum two touches and maximum three touches to get ball over the net (apart from the serve).
 - > An underarm two-handed throw or underarm serve.
 - > A catch and underarm throw, palms up, on first contact.
 - > Points only awarded with 3 touch play.
 - > Points only awarded from attacking shots.

Quick rules

- 3v3 or 4v4.
- Two teams on court.
- One side are the kings/queens the other side are the challengers.
- The challengers serve.
- The team that wins the rally become the king/queens.
- The team that loses the rally joins the back of the challengers' queue.
- When the king/queens win 3 points in a row they get a crown point and retire returning to the back of the challengers' queue.

Essential skill being developed

- Develop tactics, defensive play for first ball, develop a successful attack.

Equipment

- 1 volleyball per challenger (5 teams = 4 balls)
- Volleyball net



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VOLLEYBALL – KING AND QUEEN OF THE COURT

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Teaching points

- Think tactics – play the ball to the net, along the net, over the net (three touches).
- Think tactics – play the ball high with a loopy trajectory and your side to give your team mates time to react and move.
- Think tactics – play the ball low and flat into space on your opponents' side.

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 still position when you play the ball?
 - > **Co-ordinate actions** – How do you decide what shot to play?
 - > **Improve accuracy and control** – How should you play the ball to help your teammates?

Health and safety

- Players are not allowed to touch the net during play.
- Challengers move under the net to the king/queen side.
- Losing teams must collect the ball that has just been in play.
- Losing teams leave the court quickly moving around the outside of the court to join the challengers' queue.

Three statements of competence for a young person

- Building a three-touch rally
- Playing the ball into space in your opponent's court
- Using dig, volley, spike.



Sporting ME: Spirit of the Games

Excellence through competition



Self-belief: I focus on what me and my team mates have done well, not on mistakes.

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VOLLEYBALL – CIRCULATION VOLLEYBALL



Quick introduction

When a team wins a point, this side-lines one opposing player. When all opponents are removed from the court, the team left wins a set (matches can be multiple sets). By winning points teams side-line opponents and regain their players who are side-lined.

Quick rules

- 3v3 or 4v4.
- To start, the ball is served into the court over the net and a rally is played.
- There must be at least two contacts before the ball is returned i.e. minimum two players must touch the ball.
- When a team wins a point, an opposing player is side-lined and has to leave the court and take his/her place next to court.
- After each point both teams rotate and the game restarts with a serve.
- A player can re-enter the court when his/her team wins a point. By winning a point teams side-line an opponent and at the same time regain a player who is side-lined.
- When one player remains for a team he/she is allowed three touches of the ball in-order to return it.
- When all opponents are removed from the court, the team left wins a set (matches can be multiple sets).

Hints and tips

- Before the game starts players number themselves to determine the order to be side-lined .
- Ensure players rotate one place to a new court position after every point played.

Equipment

- 1 volleyball
- Volleyball net



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Teaching points

- Think tactics – play the ball up on your side to give your team mates time to move and play the ball.
- Think tactics – work out where your opponents will send their attack and who will play the second pass (set).
- Think tactics – identify areas of court to attack as opposition numbers alter.

Health and safety

- Players are not allowed to touch the net during play.
- Side-lined players stand back from the court.

Three statements of competence for a young person

- Building a three-touch rally.
- Positioning to defend the court identifies areas of potential attack from the opponents.
- Using dig, volley, spike.



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Excellence through competition



Self-belief: I use positive self talk statements to boost my confidence.

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