

**GAMES:** Volleyball

Year 7+ (under 12 & above)

**LESSON:** 1

**NUMBERS:** 25+

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**CHANGING TIME:** 15 mins

**ACTIVITY TIME:** 45 mins

**LEARNING OUTCOMES**

**KNOWLEDGE:**

The teaching points for a set shot.

**COMPREHENSION:**

How setting the ball high maximises chance for teammates to return the ball over the net.

**PERFORMANCE:**

Perform a set shot in a modified game.

**THE USE OF THIS LESSON PLAN AND THE CONTENT OF THIS LESSON PLAN IS AT YOUR OWN RISK.**  
The information on this Lesson Plan is presented for the purpose of educating participants on coaching and playing of various sports, and participation in various physical activities. No physical activity should be engaged in without first consulting a physician. Furthermore, Inclusive Learning Systems makes no claims about the safety or appropriateness of any information found on this Lesson Plan, nor about the results to be obtained from using this Lesson Plan or any content contained on this Lesson Plan and consequently cannot be liable for any resulting loss, damage or injury.

**EQUIPMENT:** Sports hall / gym volleyball court (with net), Volleyballs, Flat cones, Whistle, Whiteboard & pen.

**ASSESSMENT**

Performance of a set shot in a modified game.

**RISK ASSESSMENT**

**Hazard:** Struck by volleyball. Unintentional collision.

**Control:** Stop reckless play.

**LESSON SUPPORT:** N/A

MINS	ACTIVITY	STRUCTURE	TEACHING POINTS
2	Opening: Pupils will be instructed on the learning outcomes for the lesson (front page).		
5	<p><b>Pupils will warm up while practicing ball handling skills.</b></p> <p>Truck and Trailer: Pupils will work in pairs, one ball per pair. Pupil at the front will jog with the ball while constantly changing direction, partner will shadow movement close behind. At the blow of a whistle ball carrier will lob the ball high over their head for partner to catch above the eyeline, at which point roles are swapped.</p>	<p>The class will work within the whole of the playing area weaving in and out of each other.</p>	<ul style="list-style-type: none"> <li>• During the warmup don't move too quickly.</li> <li>• Be aware of others when jogging.</li> <li>• Aim to catch the ball above the head with fingers and palms facing up.</li> </ul>
15	<p><b>Pupils will understand how to correctly perform the set shot.</b></p> <p>Pupils will work in pairs, one ball per pair. While sitting pupils will perform a set shot for a partner to catch above the eyeline. When ready, pupils will progress onto a standing set shot. To finish, whole class knockout competition, when rally breaks down sit out until one pair remains.</p> <p><b>Differentiation:</b> Less able pupils can perform the set shot solo against the wall. More able can progress onto returning the ball using a set shot (instead of catching) in a continuous cycle.</p>	<p>Pupils will be evenly spaced across the playing area.</p> <p>STEP THREE EXECUTION:</p> <ul style="list-style-type: none"> <li>• Move under the ball and push the ball into the air using fingertips (not palms).</li> <li>• Extend knees to help push the ball.</li> <li>• Follow through with fingers pointing up.</li> </ul> 	<ul style="list-style-type: none"> <li>• In a game the set shot is a delicate attacking shot which is often used to set up a spike or return the ball over the net.</li> </ul> <p>STEP ONE POSITIONING:</p> <ul style="list-style-type: none"> <li>• Stand in position on the balls of your feet, knees slightly flexed.</li> <li>• Get in line with path of the ball</li> <li>• Keep eyes on the ball.</li> </ul> <p>STEP TWO PREPERATION:</p> <ul style="list-style-type: none"> <li>• Move towards the ball.</li> <li>• Flex elbows out, hands positioned above the head.</li> <li>• Form a triangle with the thumbs and index fingers, palms up and fingers spread.</li> </ul> 

PURCHASE FOR FULL LESSON PLAN