

**Curriculum Objectives****Strand Unit: Sending, receiving and travelling**

- Develop further and extend carrying and striking skills:
  - volley passing.

**Strand Unit: Creating and playing games**

- Play small-sided game 4 v 4.
- Yard/hall.
- Minivolley balls (soft touch balls) or light plastic balls beanbags/domes.
- Primary School Curriculum (1999) Physical Education, page 55.

**Venue****Equipment****Reference**[Move up a level](#)[PSSI Homepage](#)

## ORGANISATION

Mark out three courts with saucers/cones.

Place a rope or tape the length of the hall approximately 1.5 to 1.85 metres high.

Divide the children into teams of five.

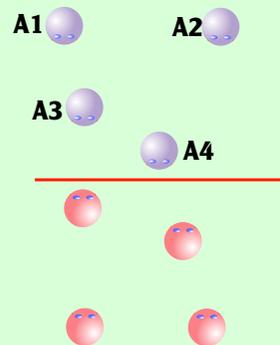
Allocate two teams to each court.

There are four children on court at any time.

Substitute in and out regularly.

Place four balls at each court.

The teams line up as shown.



For revision the children are in pairs – one ball per pair.

## ACTIVITY

**Warm up and stretching:** Visit your warm up bank.

**Use the warm up game:** The popstar and The autograph hunters.

### 1 Playing the game: 4 v 4 one ball

**A1** or **A2** throws the ball to **A3**. **A3** throws the ball underarm high into the air for **A4**.

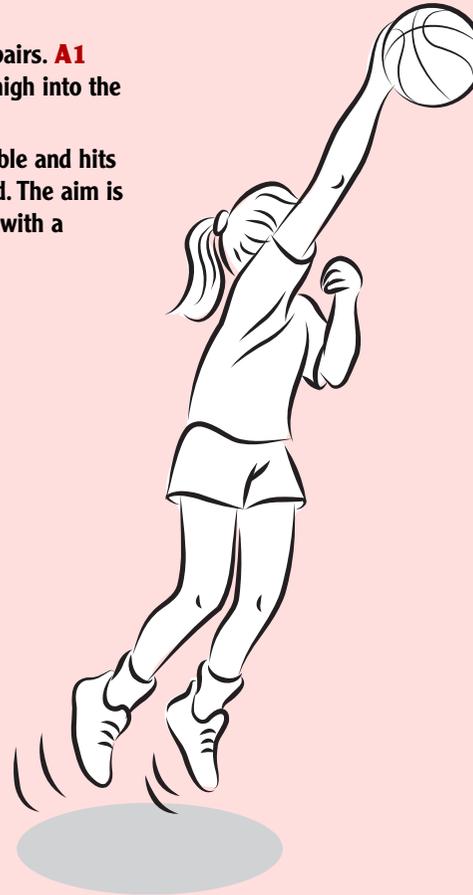
**A4** jumps as high as possible and hits the ball with the open hand. The aim is to hit the ball over the net with a downward trajectory.

Ask the children to concentrate on: **jumping to make a hit.**

### 2 Revise the hit

The children now work in pairs. **A1** throws the ball underarm high into the air for **A2**.

**A2** jumps as high as possible and hits the ball with the open hand. The aim is to hit the ball over the net with a downward trajectory.



## TEACHING POINTS

- Step into the pass and take off on two feet.
- Hit the ball with the open hand.

## ORGANISATION

The children remain in pairs – one ball per pair.

The pairs now sit on the floor facing each other. Legs are stretched out in front with feet touching.

## ACTIVITY

### 3 Introduce the volley pass

#### Stage One

Ask the children to begin to throw the ball to their partner from above the forehead.

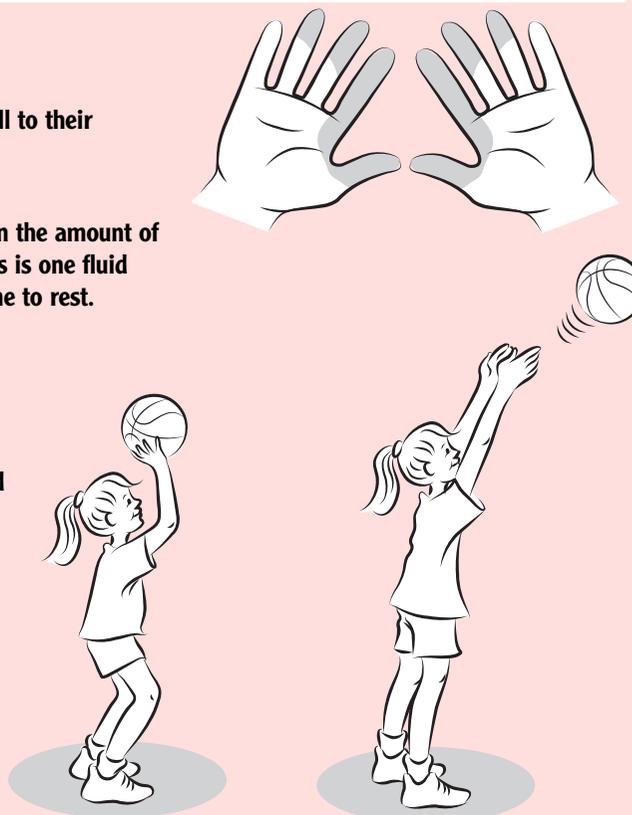
#### Stage Two

Encourage the children to slowly cut down the amount of time the ball is in the hands until the pass is one fluid movement in which the ball does not come to rest.

#### Stage Three

Using an underarm feed, ask the children to volley the ball to each other:

- **Number 1** throws the ball a short distance into the air above the head and volleys the ball to **Number 2**. Continue volleying.
- When the practice breaks down:
  - **Number 2** recommences the practice in the same way (underarm feed).
  - Encourage the children to try to make five consecutive volleys.



### 4 Pair activities

#### Feet to Feet

**Number 1** begins the practice as above by using an underarm lob.

The pairs volley the ball to each other.

#### Beat the Record (Standing)

Ask the children to count the number of volley passes made in 15 seconds.

## TEACHING POINTS

- The fingers should point upwards.
- The hands are cupped close together.
- The forefingers and thumbs make a triangle – **THEY DO NOT TOUCH**
- Only the fingers to make contact with the ball.
- See the ball through the triangle.
- Relax the wrist and fingers.
- The receiver should:
  - bend the knees;
  - position the legs approximately shoulder-width apart;
  - get right under the ball;
  - straighten the legs as you volley.
- Do not use any nets for these practices.

- Remind the children: fingers only touch the ball
- Extend the arms after the volley.

**Q** What makes it easier to keep the practice going?

- Encourage the children to discover that high volleying enables the pairs to volley for longer
- Emphasise wrist and finger action.

## ORGANISATION

## ACTIVITY

## TEACHING POINTS

**5 Playing the game**

Having practised the **volley** the children can introduce it into the game situation.

Ask the children to concentrate on:

- (a) jumping to make a hit;
- (b) opting to volley the ball back immediately it comes over the net;

**OR**

- (c) allowing the third touch to be a volley or a hit.

**6 Cool Down**

Visit the cool down bank.

## DEVELOPMENT

The children remain in pairs but increase the distance between them to three to four metres.

**Introduce the Serve****Stage One**

The serve action resembles a bowling action.

Ask the children to bowl the ball to each other.

Hold the ball on the palm of the dominant hand.

Bend the knees and bowl the ball along the floor.

**Stage Two**

Now ask the children to serve the ball to one another.

The ball is held in the palm of the left hand which is placed in the path of the hitting hand.

Swing the right arm back and hit the ball with the heel of the hand in an underarm action.

Reverse the instructions for left handed children.

**Stage Three**

Place a hoop in front of one member of each pair.

Ask the children to try to serve the ball into the hoop.

The receiver volleys the ball back to the server (use an underarm throw-up and volley).

Switch role after five chances.

- Use an underarm action.
- Keep the arm straight.
- Place the opposite foot to the bowling arm in a forward position.
- The hand may be clenched or open.
- The left foot is slightly forward.
- The hitting hand must be kept straight.
- Try to strike the ball with the heel of the hand i.e. the part just above the wrist.
- The hitting hand should follow through in the direction the ball is travelling.