**Volleyball Unit:** Rules, serve, pass, set, rotation, moving to the ball, player position, ready position, shuffling

Monday, August 31st:

**Lesson 1: Passing**

**Learning Target:**

**Psychomotor:** Students will be able to do the basic stance and arm position for a volleyball forearm pass.

**Cognitive:** Student’s will be able to understand 3 basic cues of the forearm pass: stance (should be able to touch the ground with finger tips), flat platform, belly button to target

**Affective:** Students will be able to work with a partner cooperatively while performing these skills.

**Introduction:**

Explanation of the day’s learning targets.

**Task 1:** Explanation and student demonstration of cues

**Task 2:** Partner's granny toss and practice forearm pass (pass below bleachers)-1 minute each-reinforce communication “got it!”

**Task 3:** Accurate passes to partner-stepping back gradually

**Task 4:** Challenge-how many times can you and your partner rally without hitting the ground in 2 minutes-start close, move back 3 steps, etc....

**Closure:** “Someone tell me the 3 cues for a proper forearm pass” “Which is easier to control, close or far passes?” “What is the benefit of saying “got it” when a pass comes toward you?”
Lesson 2: Setting

Learning Target:

**Psychomotor:** Students will be able to do the basic form for setting volleyball during a modified volleyball game.

**Cognitive:** Students will be able to understand 3 basic cues of setting volleyball: stance, position body under ball, look through window, pads, superman hands (arms up, hands out)

**Affective:** Students will be able to work with a partner cooperatively while performing these skills.

Introduction:

Explanation of the day’s learning targets.

**Task 1:** Explanation and student demonstration of cues

**Task 2:** Partner s granny toss and practice setting (pass below bleachers)-1 minute each

**Task 3:** Accurate passes to partner-stepping back gradually

**Task 4:** Challenge-how many toss, pass, set, catch can you do with your partner in 2 minutes-start close, move back 3 steps, etc....

**Closure:** “Someone tell me the 3 cues for a proper setting of the volleyball” “Why is it important to look at the ball through the window?” (It gets you under the ball)
Lesson 3: Serving

Learning Target:

**Psychomotor:** Students will be able to do the basic form for serving volleyball during a modified volleyball game.

**Cognitive:** Student’s will be able to understand 3 basic cues of serving volleyball: toss slightly in front of body, step with opposite foot, hit with firm open hand, and follow through to target

**Affective:** Students will be able to work with a partner cooperatively while performing these skills.

Introduction:

Explanation of the day’s learning targets.

**Task 1:** Explanation and student demonstration of cues

**Task 2:** Understand motion by throwing volleyball to a partner over the net-progressively move back

**Task 3:** Toss and let bounce to get the motion-each partner 10x

**Task 4:** Challenge-serve from red line over net, move back after 3 accurate-switch with partner.

**Closure:** “Someone tell me the cues for a proper serve of the volleyball” “What could cause a ball from not going over the net?” (Limp wrist)
Lesson 4: Combining Skills

Learning Target:

Psychomotor: Students will be able to apply the skills of forearm pass, setting, and serving overhand in a variety of volleying challenge.

Cognitive: Student’s will be able to display knowledge of how to complete a forearm pass, set, and overhand serve by using the cues learned in the previous lessons.

Affective: Students will be able to work with a team cooperatively while performing these skills.

Introduction:

Explanation of the day’s learning targets.

Task 1: Explanation and student demonstration of volleying utilizing the forearm pass in a group circle without allowing the ball to touch the ground.

Task 2: Students get in teams of 4 to 6 and begin a forearm volleying pattern starting with one toss to the first passer. Students will count how many times they pass the volleyball correctly (flat base, belly button to target, stance) in 2 minutes.

Task 3: Students practice setting with their team by performing a toss-pass-set pattern without stopping for 2 minutes.

Task 4: Small-sided game to reinforce serve. Serve, pass, set-rotate.

Closure: “Why is communication so important during a volleyball game?”
Lesson 5: Combining Skills during game play

Learning Target:

**Psychomotor**: Students will be able to apply the skills of forearm pass, setting, and serving overhand in a variety of volleying challenge in a modified volleyball game.

**Cognitive**: Student’s will be able to demonstrate knowledge of how to complete a forearm pass, set, and overhand serve by reciting the cues learned in the previous lessons.

**Affective**: Students will be able to work with a team cooperatively while performing these skills.

**Introduction:**

Explanation of the day’s learning targets.

**Task 1**: Learn basic rules and score keeping by playing a mock game. Serving and announcing the score, Ace, Side out, out of bounds, Carry, modified serve.

**Task 2**: Get into teams. Name teams

**Task 3**: Play a timed game (5 minutes) then rotate.

**Closure**: “Why is communication so important during a volleyball game?”
Volleyball Basic Rules

THE SERVE

(A) Server must serve from behind the restraining line (end line) until after contact.

(B) Ball may be served underhand or overhand.

(C) Ball must be clearly visible to opponents before serve.

(D) Served ball may graze the net and drop to the other side for point.

(E) First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.

(F) Serve must be returned by a bump only. No setting or attacking a serve.

SCORING

A. Rally scoring will be used.
B. There will be a point scored on every score of the ball.
C. Offense will score on a defense miss or out of bounds hit.
D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
E. Game will be played to 25 pts.
F. Must win by 2 points.

ROTATION

(A) Team will rotate each time they win the serve.

(B) Players shall rotate in a clockwise manner.

(C) There shall be 4-6 players on each side.

PLAYING THE GAME (VOLLEY)

(A) Maximum of three hits per side.

(B) Player may not hit the ball twice in succession (A block is not considered a hit).
( C ) Ball may be played off the net during a volley and on serve.

( D ) A ball touching a boundary line is good.

( E ) A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.

( F ) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.

( G ) A player must not block or attack a serve.

( H ) Switching positions will be allowed only between front line players. ( After the serve only ).

**BASIC VIOLATIONS**

( A ) Stepping on or over the line on a serve.

( B ) Failure to serve the ball over the net successfully.

( C ) Hitting the ball illegally ( Carrying, Palming, Throwing, etc. ).

( D ) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

( E ) Reaching over the net, except under these conditions:

1 - When executing a follow-through.

2 - When blocking a ball which is in the opponents court but is being returned ( the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.

( F ) Reaches under the net ( if it interferes with the ball or opposing player ).

( G ) Failure to serve in the correct order.

( H ) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.
THE COURT

PLAYING AREA

Both indoor and outdoor courts are 18 m x 9m (29'6" x 59'). Indoor courts also include an attack area designated by a line 3 m (9'10") back from the center line.

Lines on the court are 5cm (2" wide).

NET HEIGHT

Net height for men, co-ed mixed 6, & outdoor is 2.43 meters or 7'11-5/8". Net height for women, 7'4-1/8".

The height of the net shall be 8'.

BALL
The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds

<table>
<thead>
<tr>
<th>Volleyball Lingo</th>
<th>Translation</th>
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<tbody>
<tr>
<td>&quot;Ace&quot;</td>
<td>When the ball is served to the other team, and no one touches it.</td>
</tr>
<tr>
<td>&quot;Sideout&quot;</td>
<td>When the team that served the ball makes a mistake, causing the ball to go to the other team.</td>
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<tr>
<td>&quot;Roof&quot;</td>
<td>When a player jumps above the height of the net, and blocks the ball.</td>
</tr>
<tr>
<td>&quot;Stuff&quot;</td>
<td>When a player jumps about the height of the net, blocks the ball, and the ball goes back at the person who attacked(spiked) the ball.</td>
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<tr>
<td>&quot;Dig&quot;</td>
<td>When a player makes a save from a very difficult spike.</td>
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<tr>
<td>&quot;Kill&quot;</td>
<td>When a team spikes the ball and it either ends in a point or a sideout.</td>
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