

Volleyball

Where: _____

What time: _____

Duration: 75 minutes

Group: Blue / Red - _____

Student numbers: _____

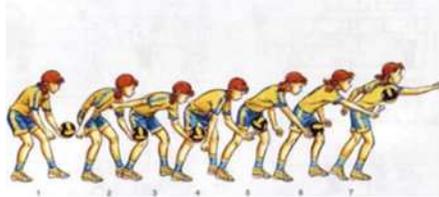
What you need:

1. Volleyball net & court (1 per 16 students)
2. Volleyballs (1 per 8 students)
3. Group register
4. Risk assessment (indoor activity)

Stage 1

Get all students together along one side of a court.

Demonstrate (or get student/s to demonstrate) the following key volleyball moves:



Serve
(underarm)



Dig



Set



Spike/Smash

Stage 2

Line up half the students on one side at the back of the court and half on the other.

All students to practice 2/3 serves (student serves, collects a ball from floor – served by the other side –

gives it to someone at the front of their side, goes to the back of the queue).

Stage 3

Get students in groups of 8 (mixed age/nationality/sex/ability) arranged in small(ish) circles – roughly 2 groups to each side of a court. (Note: You can arrange this or get the students to organize themselves and then make modifications if necessary.)

Groups to practice keeping a ball in the air with digs, sets and (gentle) spikes.

Stage 4

Briefly go over basic volleyball rules for ELAC games:

1. Each game lasts 10 minutes
2. 6 students on the court (any additional players have to rotate on to serve)
3. Players rotate one place clockwise when they win the serve.
4. A maximum of 3 touches of the ball by each team (before it goes over the net)
5. A touch of the ball can be with any part of the body (between head and knee)

(There are sometimes disputes as to what the correct rules are. Tell students that you are going to play by simplified rules which everyone can follow.)

Stage 5

Organise volleyball games between groups (teams to play each other at least once).

Activity leader, remember!

1. Keep language simple. Some students may not understand complex instructions. If it's important use concept questions and repeat it.
2. Your job is to motivate and organize. Make sure that you are proactive and encouraging.
3. Keep calm, don't lose your patience (with students or group leaders) and have fun.

