

# Volleyball Lesson

## Objectives

- A. Students will first be introduced to and then refine the following skills:
  1. Set
  2. Bump
  3. Serve
- B. Students will learn proper rotation.
- C. Students will be shown the basic rules of volleyball.

## Skills

1. **Ready position** – Feet slightly wider than shoulder-width apart, one foot slightly ahead of the other. Bend forward on the balls of your feet. Hands at chest level, with the palms forward.
2. **Set** – From the ready position, cup your hands, keeping your fingers and wrist stiff. This forms a triangle above your head. Contact the ball with your finger pads while extending your arms and legs upward. Set the ball high. **“Don’t jump at the ball”**
3. **Bump** – From the ready position, Put your hands and elbows together with your arms straight and your knees bent. Straighten your legs and contact the ball with your forearms. Follow through with your arms.
4. **Underhand serve** – Stand with feet together, facing the net. Hold the ball in the palm of your left hand out in front and as low as you can. Use a semi-fist to hit the ball. Step with the left foot and hit the ball with the heel of your hand slightly below center. **NOTE “WATCH THE BALL”** keep your swing hand close to your body.
5. **Overhand serve** – (right handed player) Stand with the left side of your body facing the net, feet shoulder width apart. Hold the ball out in front of your face in your left hand. Toss the ball just above your head in front of your right shoulder. Hit the ball with your right hand. **Use your overhand throwing motion.**

## DAY 1

Demonstrate the ready position and the set.

Key points: **Cup hands: stiff fingers and wrist: no follow through: set high: don’t jump.**

### PRACTICE:

Set to the wall

Set to self

Set to a partner

**Review lesson**

## Day 2

Review the set and practice where necessary

Demonstrate the bump.

Key points: **Lock hands: elbows together: bend knees: contact on forearm**

### PRACTICE:

Bump to partner (one tosses, one bumps)

Bump to self

Bump to wall to partner

Bump with partner

Review lesson

### **DAY 3**

Review previous lesson

Demonstrate underhand serve

Key points : **face net: feet together: ball in left hand held in front and low: semi-fist close to body like a pendulum: follow through**

PRACTICE

Group serve

Demonstrate overhand serve

Key points: **left side to net: ball in palm head level: short toss: use throwing motion to serve the ball**

PRACTICE

Group serve

Review lesson

### **Day 4**

Review previous lesson

Put into four teams

PRACTICE

Use air balls, have them keep the balls up using set and bump.

Competition: which team can keep it up the longest?

Demonstrate rotation and basic rules

PRACTICE

Rotation

### **Day 5**

Review rules

Start the games