



Sports Activity Pack

VOLLEYBALL



Sports Activity Pack

Active Schools has created this games pack to provide you with ideas for games and specific sports to assist you with school clubs, PE classes or playground activities.

We will continue to add more games and ideas to provide more variety to your sessions and keep the children on their toes.

We would also like to hear from you and add your games/ideas to our pack to share with others, so please use the blank games plan at the back of this pack and send it in to Active Schools at:

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Games, skills & drills





Volleyball Skills and Drills:

-  **Volley:** fingertips, wide cog, bend knees, straighten into the shot, follow through
-  **Dig:** use wrist not hands, flat base, wide cog, bend knees, follow through
-  **Spike:** big jump, open heel of hand, transfer weight, follow through
-  **Serve:** use palm (overarm) or use wrist (underarm), don't punch or slap ball – swing, follow through

Volley

-  Pairs 1 throws, partner volleys back (x5 each)
-  1 throws, partner volleys up & back – 2 touch
-  Volleying continuously to each other – 2 touch
-  Volleying continuously to each other – 1 touch (Count how many)

Dig

-  Pairs 1 throws, partner digs back (x5 each)
-  1 throws, partner digs up & back – 2 touch
-  Digging continuously to each other – 2 touch
-  Digging continuously to each other – 1 touch (Count how many)

Spike

-  Pairs 1 throws up, partner spikes over net (x5 each)

Serve (Overarm / Underarm)








-  Practice serving from back of court over the net

Games






-  Initially allow bounces until they get used to different shots

Games, skills & drills






Piggy in the Middle:

-  Divide children into groups of 3
-  With one person in between other 2 players, outside players must volley the ball to each other
-  The middle player must try to block the ball
-  Players must stay in a set areas and lose a point every time they move out
-  Attackers receive 1 point every time they get 5 volleys in a row
-  Defender receives 1 point every time they block volley
-  Winner is first to 5 points or after set time

Dig, Volley, Tip / Hit:

-  In pairs, have children stand facing each other about 2-3 metres apart.
-  Player 1, throws ball underarm to Player 2
-  Player 2 digs ball above head height to Player 1
-  Player 1 volleys ball above Player 2's head.
-  Players 2 must either tip or hit the ball to Player 1 who either catches ball before continuing sequence of shots or digs ball up in air to Player 1 to continue sequence of shots.

Serve, Dig, Volley:

-  Player 1 child stands at serve line, Player 2 child stands opposite on other side of court and Player 3 stands in middle of court at the net on same side as Player 2.
-  Player 1 throws or serves the ball to Player 2.
-  Players 2 digs the ball the Player 3 who catch the balls above their head.
-  Player 1 then moves to Player 2 position, Player 2 moves to Player 3 position an Player 3 moves to player 1 position.
-  Encourage children to direct dig towards children in position 3.

Games, skills & drills

Under the Net:



Position all children on one side of the net and number them from 1 upwards.



The leader stands at the other side of the net to be the first person to feed ball over the net.



The leader throws the ball over to child Number 1.



If they return it over the net they become the new feeder,.



If they do not get the ball over, they lose 1 of their 3 lives and move the back of the line of children on the same side of the court.



Player 2 then must do the same and so on.



Once all children are at the opposite side of the net, the leader feeds the ball again and the game continues until there is one child left who is declared the winner.



Children can either volley or dig the ball over the net.



Children are not allowed to hit the ball over the net.

ADAPTATION:



Children play above game in pairs, but feeder stays the same throughout the game.



Feeder throws ball over the net and the children have to return the ball over the net in a minimum of 2 shots and a maximum of 3 shots.



If they return it over the net they move to the other side of the net and the next pair move onto court.



If they do not get it over the net in 3 shots they lose a life and stay on the same side of the court, but move to the back of the line.



Continue the game until there is a winning pair