

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Volleyball	5/6	#1	Setting with accuracy

Equipment

- Volleyballs/large balls
- Bibs
- Cones
- Nets/benches

Learning Objective

- To develop accuracy and control when setting.

Success Criteria

- I can use the correct technique when performing the set
- I can set the ball with control to a partner.
- I can improve my accuracy over time.

Key words

- Accuracy
- Set

Preparation Ideas/Warm Up

The set

Give each child a volleyball and ask them to find a space. They are going to practice the set technique.

If there aren't enough balls to go around, ask the children to be in pairs, share a ball and attempt to set the ball to themselves 3 times before swapping over

Progressions:

Children to bounce the ball into the floor, before performing a set and then catching the ball

Children to perform the bounce, set and catch within a hula hoop. Can they stay in the hoop at all times

Skill Development

Messy bedrooms

Split the children into teams (ideally 4 and have 2 separate areas set up). The area is set up with a middle line (using a bench, set of cones or net). Have a set number of balls on each side, this is the mess they need to tidy from their area. The aim of the game is to perform a set, to send the ball into the opponent's area. The team with the fewest number of balls when the time runs out are the winners.

Progressions:

Get the children to perform a bounce and set across the area

Catch to win

Same area set up as above however this time the rules change. If you catch the ball without the ball touching the floor, your team keeps the ball and it is placed on the floor in your area. The team with the highest number of balls in their area at the end, are the winners.

Game**2v2 Volleyball**

Set up small areas and have the children compete in a 2v2 game of volleyball. The rules are simple. When the ball travels over to your side, 1 player catches the ball and throws the ball up for their partner to perform a set pass over the net.

If the ball touches the floor on the opposite side, you are awarded a point

If you perform the set across and the ball lands outside of your opponent's area, they are awarded a point.

Teaching points

- The set – Set your shoulders and feet to facing the target. Make a big diamond with your hands (look through it to see the ball coming to you). Contact the ball with spread fingers and push the ball up and out (creating a looped pass). Finish with your hands pointed towards the sky. The set pass is used to set up our partner for a strike across the net.
- When setting ourselves up for a set by bouncing the ball, we need to make sure that our bounce is accurate and stays close to us to allow us to perform the set.
- When performing the set across the net, we want our pass to be accurate. Can we find a free space on our opponent's side to make it difficult for our opponents to catch the ball.
- If we need to perform the set and add power, bend our knees more and quicken our technique, which will increase the force in our pass, allowing it to travel further. Make sure the children know that by adding more power, we may lose some aim and the ball may land outside of the area.

Key Questions

- How can we increase the power in our set pass?
- What may happen if we add too much power into our set pass?
- When would we typically use a set pass in a game of volleyball?

National curriculum links:

- Use running, striking, throwing in isolation and combination
- Develop control and technique through playing volleyball

Social and environmental skills:

- Developing team work and collaboration skills
- Developing good communication skills
- Showing resilience in their work
- Developing confidence in trying new skills