

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Volleyball	5/6	#3	Attacking Play

Equipment

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

Learning Objective

- To understand how teams create attacking opportunities.
- To begin using simple attacking tactics

Success Criteria

- I can send the ball into space.
- I can work with a partner to create attacking chances.
- I can make decisions about where to send the ball.

Key words

- Attacking
- Tactics
- Team work

Preparation Ideas/Warm Up

Digging For Gold

Split the class into teams of around 5 and have them lined up one behind the other, behind a cone per group. Each group will be given a small ball to start with. Scatter cones and hoops around the area in front of the groups (we want plenty set out). The aim of the game is for the groups to perform an underarm serve, to strike the ball towards the cones. The ball must hit the cone or bounce in the hoop first time, for the teams to take that cone/hoop.

If the ball bounces on the floor and then hits a cone or bounces in a hoop, this does not count and the teams must not take any equipment.

The team with the highest number of equipment when all of the equipment is taken, are the winners

Progression:

>Swap the small ball for a volleyball

>Spread the equipment out more to leave more free space between each piece. This will mean the children will need to be more accurate in their serve

Skill Development

Volleyball battleships

Set up a volleyball court using either a net, bench or middle line of cones as the separation. In their

areas, the children are going to scatter hoops. They can place their hoops in any part of their area. Teams will take it in turns to set and spike the ball into the opposition area, hoping to land their ball inside one of the hoops. If the ball lands inside the hoop on the first bounce, they have sunk that battleship and that hoop is removed from the game.

The first team to sink all of the opposition's battleships are the winners

Game

4v4

Set the children into teams of 4 and set up a volleyball court for them to play in. Use a net, bench or cones to use as middle lines. The teams will play against one another in a game of volleyball. You can simplify the rules for the game to make it easier for the children:

- >The ball is allowed to bounce once on your side before you send the ball over to the opponent's side
- >The children can catch the ball when the ball first travels over to their side. After that, they need to perform at least 2 passes on their side before sending it back over the net. These include a dig, set and spike.

Progression:

- >The children cannot catch the ball when it comes over to their side
- >The ball cannot bounce on the floor but they can catch the ball when it first travels over the net

Teaching points

- For the serve and spike techniques, see the year 3-4 plans for volleyball. It is important that the children remember and understand these techniques before starting the activities.
- We are looking for good accuracy in the activities today. We want the children to make sure their arm is pointed out in the direction we want the ball to travel to ensure our aim is good, and we want to make sure that the amount of power we are striking the ball with is correct. If we need to increase the power, the children need to swing through the ball at a greater speed.
- In the 4v4 game, the children will need to be set up with 2 at the front, near to the net, with 2 behind them at the back of the court. Imagine the court is split into 4 sections and you are responsible for the ball when it enters your part of the area. Can the groups then work together to perform 2 types of passes, before sending the ball back into the opponent's area.

Key Questions

- When performing a spike over to the opponent's area, what do we need to remember that our pass is?
- Why do we need to make sure that our pass is struck with accuracy?
- How do we ensure that our pass is accurate?
- Where should we be aiming in our opponent's area?

National curriculum links:

- Use running, striking, throwing in isolation and combination
- Develop control and technique through playing volleyball
- Compare their performance against a previous attempt, and look for improvements to their work
- Play competitive games against others, applying basic principles for attacking and defending

Social and environmental skills:

- Developing team work and collaboration skills
- Developing good communication skills
- Developing resilience when looking to improve in the session
- Showing creativity in their work