

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Volleyball	5/6	#4	Defending Play

Equipment

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

Learning Objective

- To understand basic defensive positioning.
- To develop communication when defending.

Success Criteria

- I can move into a good defensive position.
- I can communicate with teammates.
- I can attempt to return the ball to keep play going.

Key words

- Defensive positioning
- Reactions
- Communication

Preparation Ideas/Warm Up

Dig, Catch, Dig

Split the class into groups of 6, with each group standing in a zig zag line with a hoop or bucket at the end of the line. The ball starts at one end of the zig zagged line and each player will perform a dig to the next person in the line. That person will catch the ball and throw to the next player who performs a dig to the next player who catches. When the ball reaches the final person in the line, they must perform a dig and get the ball to land either in the hoop or the bucket. If the ball bounces at any point, the team must start again.

Progression:

- >Get the group spread out further apart from one another to make it more difficult for the group
- >Everyone to perform a dig. No catches

Skill Development

Keep up

Set up an area for each team to play in. Make the areas quite large if possible. Split the groups into 6-8 per group with each player receiving a number. The game begins with number 1 having the balloon. They strike the balloon up into the air and number 2 must then keep up the balloon by striking it, then number 3 and so on.

The balloon must stay up and each player can only strike the ball once. If the team step out of the area

to keep up the balloon, the balloon is out of bounds and the team must start again. Get teams to keep their score for number of strikes in a row

Progression:

>Start each team at the same time and see which team can keep up the balloon for the longest time

>Replace the balloon with a volleyball and get the children to use a dig to keep the ball up. They don't need numbers for this game, it is just the nearest player keeps the ball up. Again, how many times can they keep the volleyball up in a row. If they are struggling, you can get them to use a dig, catch, dig as they did in the warm up

>Again, when using the volleyball, get the teams to start at the same time and see which team can keep the ball up for the longest time.

Game

Last Team Standing

Set up a volleyball court with a middle line, net or bench. Have 2 teams of 5 set up on either side, one behind the other at the back of their side of the court. One person from each team will come out at one time to strike the ball back over to the opponent's side. You can only begin to move into your area once your team mate in front has struck the ball over.

One side will be the attacking team and the other will be the defending team. The attacking team will use a set to push the ball over the net, whilst the defending team will use a dig to strike the ball over. Swap the roles over after 5 turns. If the ball bounces on your opponent's side, your team is awarded the point. However, if the ball bounces outside their area, they are awarded the point.

Teaching points

- When playing dig, catch, dig, we want to see good accuracy when performing the dig. We want the children to give their team mates a good chance of completing a dig to the next person. If our strike isn't accurate, our team mate might struggle to keep the ball up to the next person. Remember, when performing the dig, we want the ball to travel high and loop to our partner, giving them time to react to where the ball is going.
- In the keep up game, we want to see good communication between the group, calling their name to strike the ball if it is their turn. If they hear someone call for the balloon/ball, that should mean they leave the balloon/ball for that person. We also want to see good reactions to where the balloon/ball is travelling. Slightly bending our knees, moving our feet quickly and being ready to react quickly to where the balloon/ball is moving
- In the last team standing game, again we want the next player in the queue to be ready to react to where the ball is travelling. Can they perform the set and dig with good accuracy and technique to get the ball over to the other side, in space so that the ball bounces and their team wins the point

Key Questions

- What do we mean by the term reactions?
- How can we ensure we can react and move quickly to get to the ball before it bounces?
- How can we help our team mates when performing a dig, to ensure they either catch the ball or can perform another pass?

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
- Improving their reactions and decision making