

Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 1

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), volleyballs, Whiteboard for keeping track of scores.

Objective: Students learn the fundamentals for setting and attacking. Students also learn how to continuously set and control the ball over the net

Warm-up Game: (10 min.)

 **Hot Potato**

- Strictly a catching and throwing game. Play on 3 regular size volleyball courts. There should be 8 kids per court max. “Monarch of the Court” style game. There are teams of 2 on each side of the net (other teams of 2 are standing at the end line on their respective sides to enter). The losing side overhand (OH) throws the ball over the net to a spot that might “score”. The other team must catch it and then throw it back from wherever he/she caught it. As soon as the ball drops, is thrown out or into the net, the game is over. The winning team stays on and the losing team gets in line at the end of their respective court.

Skill Introduction/Demonstration: (5 min. max)

 **Overhead (OH) Passing/Setting**

- Students stand with right foot slightly ahead of left. Hands are held above the head in a volleyball encompassing shape. As the ball comes, get underneath it and transfer weight from back (left) foot to front (right) foot as the ball is pushed toward the target. The students should focus on extending their arms and legs as they set the ball.
- ([Overhead Passing](#))



 **Attacking/Hitting**

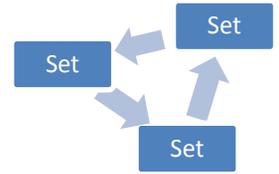
- Demonstrate behind the 3 meter line (off the net), so that the ball goes over the net. If the students are too close, the ball has a tendency to go into the net instead of over. For right handers, start sideways with the left hip facing the net (hips open). Using a throwing motion, pull the right elbow back, and step towards the net with the left foot, swinging the right arm forward, rotating hips towards the net, and hitting the ball with an open hand at the peak of the reach. Keep the ball in front of the body (not behind the head) and swing fast! (NOTE: Students should first learn how to stand and attack, then graduate to jumping).
- ([Hitting Video](#))



Practice Skills in Groups: (20 min.)

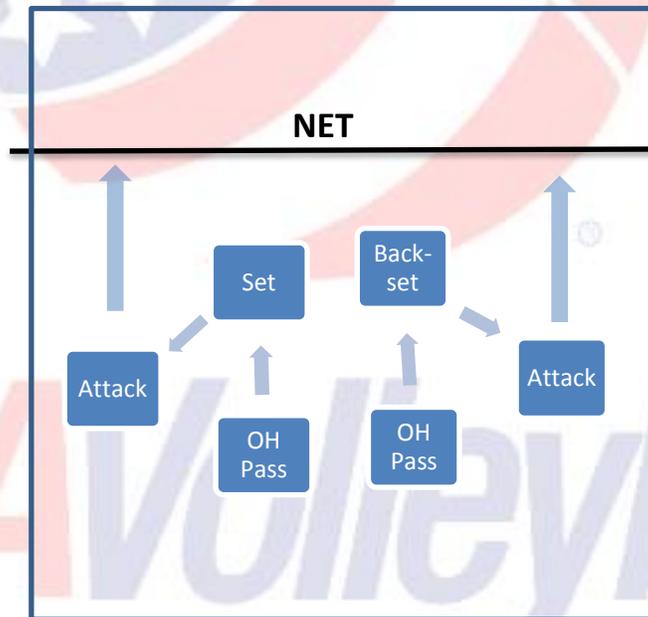
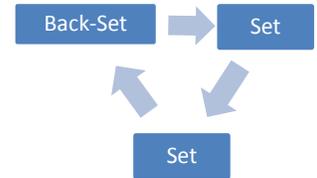
Triangle

- In groups of 3, set-up a small triangle where each student is facing the direction they will set. Compact the triangle to 5-6 ft. between each student to allow for maximum contacts. Challenge each group to keep track of the number of balls they set continuously. Rotate direction after 2 min.
- ([Setting Triangle](#))
- After each student sets each direction for 2 min., change the triangle so that one person is facing forwards but sets the ball backwards. The other two students are forward setting. Rotate spots after 2 min.



Attacking

- In groups of 3, set up a triangle on half of a badminton court, just like the Triangle Setting drill (4-5 ft. between each student). Except now there is an OH passer and attacker in addition to a setter. The OH passer tosses to himself/herself and OH passes the ball to the setter. The setter sets to the attacker on the 3 meter line. The attacker hits the ball over the net. The group chases the ball and sets up the triangle on the other side of the net. Rotate positions after 3 minutes. Encourage the groups to keep track of the number of balls that are hit over the net.



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Volleyball Games: (15 min.)

1 v. 1 (Revised version of the 3-on-3 Cooperative)

- 1 v. 1 using a transition scoring method on half of a badminton court. The volley is started with an OH throw. The ball must be volleyed back and forth 4x using the OH pass, set, set sequence. After 4x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate one court after 2 min.

- ([3-on-3 Cooperative](#))

USA Volleyball

Warm-up

3-on-3 Cooperative



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Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 2

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), volleyballs, Whiteboard for keeping track of scores

Objectives: Students will learn the footwork for the approach to attack, fundamentals of torque & overhand serving, and continue to develop ball control during play

Warm-up Game: (5 min.)

 **Loser Becomes the Net**

USA Volleyball
Games

Loser Becomes the Net



- Groups of 3 play volleyball over a “net” (1 student stands with his/her arms extended above the head as the “net”). The “net” may not jump, but can be aggressive to interrupt play. A team loses by hitting the ball in the “net”, letting the ball drop, serve error, etc. Encourage the students to use any of the skills they have learned and utilize 3 contacts before sending the ball over the “net”.
- ([Loser Becomes the Net](#))

Skill Introduction/Demonstration: (2 min max.)

 **Run, Jump, and Swing Attacking**



- Show how it is possible to take a couple steps and then jump and attack. Don't worry too much about the correct left, right, left approach. The arm-swing form should look the same in the air as it does on the ground. The ball should be a high, underhand toss from the setters spot to the outside attacker
- ([Hitting Video](#))

Practice Skill with Teammates: (10 min.)

 **Attacking Practice in Groups (revised version of the Pass, Set, Hit)**

USA Volleyball
Single Skill Grills
Pass, Set, Hit



- In groups of 3, one student stands behind the 3 meter line (attacker), one student stands in the setter's position, and one student stands on the other side of the net. The student on the other side of the net OH throws the ball to the attacker who forearm or OH passes the ball to the setter who sets the ball to the attacker. The attacker approaches and hits the ball over the net. The student on the other side of the net retrieves the ball and starts the process over again. Rotate positions after 2 min. Put 2 groups on 4 full-size volleyball courts.
- ([Pass, Set, Hit](#))

NASPE Standard:

Skill Introduction/Demonstration: (5 min max.)

Serving- Torque and Overhand (OH) Serve

- Torque- Hold ball in non-hitting hand at head height. Students face sideways (non-dominant shoulder) to the net. With a short toss, the student uses the dominant hand to strike the ball with a fist while torquing his/her body as fast as possible.
- ([Torque serve](#))
- Overhand- Hold ball away from body in front of dominant serving shoulder in a stable stance (hips are in the “open” position at about 45 degrees to the net). Dominant hand is pulled back behind head with hand wide open. The toss should be low, consistent and out in front of the hitting shoulder. The ball is contacted rigidly with the palm of the hand and hips are rotated towards the net. Swing fast! The OH serve is a similar motion to throwing.
- ([Overhand Serve](#))



Volleyball Skills for All Ages:
Torque Serve



Volleyball Skills for All Ages:
Overhead Serve

Practice Skill with Teammates: (10 min.)

Partner Serving

- Partners start across the net from each other and take turns serving back and forth. The partners should start near the 3 meter line and then move backwards (until they reach the endline) as they get more comfortable and successful with the serving techniques. They should learn the mechanics for the torque serve first. Once they have tried it for 5 minutes, they may switch to the OH serve.

Volleyball Games: (8 min.)

2 v. 2 Transition Scoring (revised version of the 3-on-3 Cooperative)

- 2 v. 2 using a transition scoring method on half of a badminton court. The volley is started with an OH throw. The ball must be volleyed back and forth 3x using the pass, set, set OR pass, set, pass sequence. After 3x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate one court after 2 min.
- ([3-on-3 Cooperative](#))

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Warm-up

3-on-3 Cooperative



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Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 3

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), volleyballs, targets (hula-hoops, t-shirts, cones, etc.) white board for keeping track of scores

Objective: Students continue to work on serving mechanics, learn the fundamentals of serve receive and continue to develop ball control during play

Warm-up Game: (10 min.)

Serving & Catch w/ Partners

- Students are in partners lined up across the net from each other on the end-line. Partner A serves the ball at Partner B. Partner B must catch the ball on the fly for one point. Then Partner B serves the ball at Partner A who now must catch it on the fly for another point. If the ball is not caught the groups start over at 0. The partner group with the most consecutive catches after 10 min. is the winner. (NOTE: Make sure students are paying attention to other servers and flying volleyballs so they don't get hit and/or hurt)

Skill Introduction/Demonstration: (5 min max.)

Forearm Passing/Serve Receive



- Students stand with feet shoulder width apart. Bend knees and shuffle or move feet to the ball. Students should keep their thumbs side by side to form a solid, consistent platform. Platforms should be held away from the body (not between knees) and angled toward the target. Ball should be entered with an Overhead throw.
- ([Forearm Passing](#))

OH Pass/Serve Receive



- Students stand with right foot slightly ahead of left. Hands are held above the head in a volleyball encompassing shape. As the ball comes, get underneath it and transfer weight from back (left) foot to front (right) foot as the ball is pushed toward the target. The students should focus on extending their arms and legs as they OH pass the ball.
- ([Overhead Passing](#))

Practice Skill with Teammates: (10 min.)

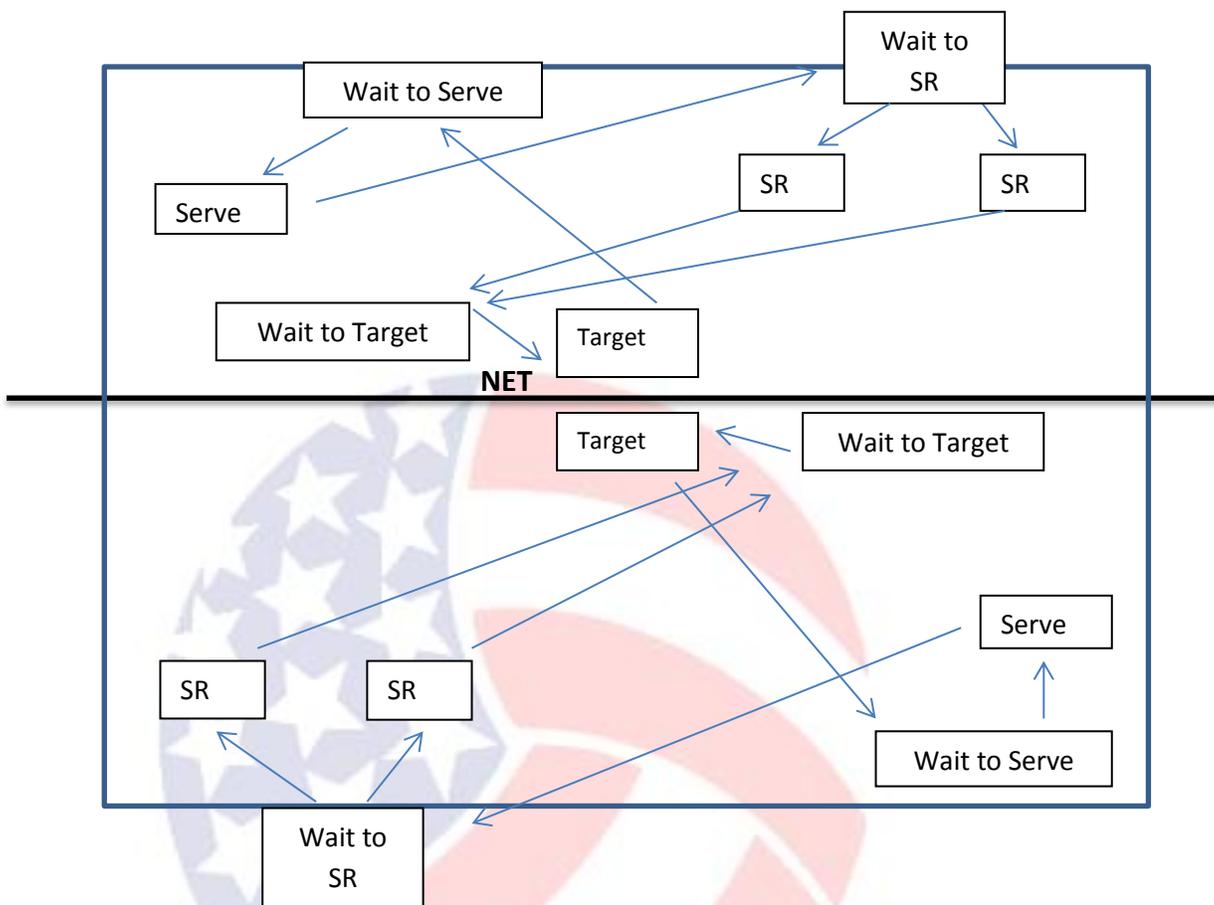
Butterfly Drill (w/ revised rotations)

- Groups of 12 on one court rotate constantly through Serve Receive, Target, and "Server". Students stay on the same side of the court the entire time. Students may receive the ball by a Forearm Pass or an OH pass. Once the student serve receives a ball he/she moves to target, target moves to "Server", and



“Server” moves to serve receive. The “Server” may enter the ball by a controlled OH throw or controlled serve.

- [\(Butterfly Drill\)](#)



Volleyball Games: (25 min.)

- **3 v. 3 Transition Scoring, followed by rally scoring**

USA Volleyball (revised version of the 3-on-3 Cooperative)

Warm-up
3-on-3 Cooperative



- 3 v. 3 using a transition scoring method on full badminton court. The volley should start with an OH throw. After a few rounds the students should start the volley with a serve. The ball must be volleyed back and forth 3x using the pass, set, set OR pass, set, pass sequence. After 3x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate one court after 2 min. After 10 min., the students may play games using regular scoring. Rotate courts after 4 min.
- [\(3-on-3 Cooperative\)](#)

Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 4

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), volleyballs, whiteboard for keeping track of scores.

Objectives: Students continue to develop ball control and teamwork in a competitive environment

Warm-up Game: (5 min.)

 **Wall Ball**

- Place a strip of duct-tape up on the wall about 6 ft. high. A set of partners face the wall. The object is for one student to forearm pass to self, OH pass to self, and then attack the ball above the duct-tape (under control). Then, the partner digs the ball off the wall to self, then OH passes to self, then attacks the ball above the duct-tape. Challenge the groups to volley a higher number of balls each time.
- ([Game-Like Wall Practice](#))

USA Volleyball

Warm-up

Game-Like Wall Practice



Where Olympic Journeys Begin

Skill Introduction/Demonstration: (5 min max.)

 **Attacking- Roll-shot**

- Use the same form as attacking except instead of hitting the ball with the entire hand, the palm will come in contact with the ball and the arm-swing will “stop” at the peak. The ball should “roll” off the hand to the opponent’s side of the net. The ball should be underhand tossed from the setter’s spot to the attacker.
- Video Coming Soon!

 **Attacking- Tipping**

- Use the same form as attacking except instead of hitting the ball with the entire hand, the finger-pads will come in contact with the ball at the peak of the reach. The ball should drop close to the net on the opponent’s side. The ball should be underhand tossed from the setter’s spot to the attacker.
- Video Coming Soon!

Practice Skill with Teammates: (15 min)

 **Tipping/Roll Shot Practice in Groups**

- In groups of 3, one student stands behind the 3 meter line (attacker), one student stands in the setter’s position, and one student stands on the other side of the net. The student on the other side of the net OH throws the ball to the attacker who forearm or OH passes the ball to the setter who sets the ball to the attacker. The attacker approaches and tips the ball over the net. The student on the other side of the net retrieves the ball and starts the process over again. Rotate positions after 2

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Single Skill Grills

Pass, Set, Hit



NASPE Standard:

min. Once every student has done tipping, repeat the process with practicing the roll-shot.

- ([Pass, Set, Hit](#))

Volleyball Games: (25 min.)

4 v. 4 Transition Scoring

(revised version of the 3-on-3 Cooperative)

- 4 v. 4 using a transition scoring method on a badminton sized court. The ball should be entered with whichever serve the student feels most comfortable with. The teams rotate if a student has served 5 balls in a row. The ball must be volleyed back and forth 2x using the pass, set, set OR pass, set, pass sequence. After 2x of the ball going over the net, the teams may attack (or tip/roll-shot) the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate one court after 2 min. Increase consistency by challenging each group or team member to score more points than on day 3. After 10 min., play using regular scoring. Rotate courts after 4 min.
- ([3-on-3 Cooperative](#))

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Warm-up

3-on-3 Cooperative



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Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 5

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), volleyballs, whiteboard for keeping track of scores

Objectives: Students will learn the fundamentals for defense and continue to develop ball control during play

Warm-up Game: (5 min.)

3 v. 3 Cooperative

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Warm-up

3-on-3 Cooperative



- 3 v. 3 on a narrow half of a volleyball court using a cooperative scoring method. The ball is entered with an overhand throw. The students may use any sequence of skills as long as the ball is contacted 3x on each side of the net. Each time the ball crosses the net using 3 contacts, the score is increased by 1. The group that scores the most points at the end of 5 min. is the winner. If they ball hits the floor the groups start over at 0.
- ([3-on-3 Cooperative](#))

Skill Introduction/Demonstration: (2 min max.)

Digging



Volleyball Skills for All Ages:

Digging

- Start in an athletic posture (knees bent, shoulders forward, platform out). One person should overhand throw a controlled ball at the demonstrator. As the ball comes, place your platform underneath the ball. Do not swing your arms at the ball. Simple, let the ball rebound off of the platform. The goal is to dig the ball up, high into the air so another teammate would be able to play it.
- ([Digging](#))

Practice Skill with Teammates: (8 min.)

Attack, Dig, & Catch

- In partners, line up across the net from each other. One student is the attacker; the other student is the digger. Partner A tosses and attacks a controlled hit over the net to partner B. Partner B digs the ball high to himself/herself then catches it. Then Partner B attacks the ball back to Partner A, who is now the digger. Challenge the groups to keep track of how many balls are caught between the two.

Skill Introduction/Demonstration: (2 min max.)

Pancake

- Used in an emergency situation when the ball is too far out in front and too low to the ground for a student to play it staying on his/her feet. As the student moves closer to the ground, the



Volleyball Skills for All Ages:

Pancake

NASPE Standard:

arm is fully extended along the ground, face down where the ball will land. The ball will bounce off of the hand/forearm to be saved.

- ([Pancake](#))

Practice Skill with Teammates: (8 min.)

Partner Pancake

- Partner A stands with his/her back to the net with the ball. Partner B kneels down in a crouched position a little in front of the 3 meter line. Partner A holds the ball above his/her head and drops it in front of partner B. Partner B extends one arm and pancakes the ball into the air. Complete 10 on each hand then switch roles.

Volleyball Games: (20-25 min.)

4 v. 4 Transition Scoring

(revised version of the 3-on-3 Cooperative)

- 4 v. 4 using a transition scoring method on a full badminton court. The ball should be entered with whichever serve the student feels most comfortable. The teams rotate if a student has served 5 balls in a row. The ball must be volleyed back and forth 2x using the pass, set, set OR pass, set, pass sequence. After 2x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate courts after 5 min.
- ([3-on-3 Cooperative](#))

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Warm-up
3-on-3 Cooperative



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Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 6

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), volleyballs, Whiteboard for keeping track of scores.

Objectives: Students learn the fundamentals for blocking and compete during play with regular scoring

Warm-up Game: (5 min.)

 **2 v. 2 Tennis**

- 2 v. 2 on a full court (8 students/court max.) Extra students should form 2 lines behind each end line. The volley will start with an OH throw over the net. The first student may let the ball bounce once or hit it on the fly to their teammate. The teammate may let the ball once or hit it on the fly to send the ball over to their opponent's side. Students may use a forearm pass or set to try to score. Whichever team wins the volley gets to stay on the court. The team that loses goes back to their respective end-line and goes to the end of the line. The new team enters the next ball with an OH throw.

Skill Introduction/Demonstration: (5 min.)

 **Blocking**

- Students stand with feet shoulder-width apart and knees slightly bent. The hands are held shoulder-height in front of the body and fingers are spread wide apart. The student jumps in front of the hitter and hands/arms push over the net. This skill requires seeing where the hitter is trying to hit the ball and good timing of the jump.
- ([Blocking](#))

Practice Skill with Teammates: (15 min.)

 **Blocking Practice in Groups (revised version of the Pass, Set, Hit drill)**

- In groups of 3, one student stands behind the 3 meter line (attacker), one student stands in the setter's position, and one student stands on the other side of the net. The student on the other side of the net OH throws the ball to the attacker who forearm or OH passes the ball to the setter who sets the ball back to the attacker. The attacker approaches and attacks the ball. The student on the other side of the net attempts to block the ball that is being attacked. The ball is shagged and the process is repeated. Rotate positions after 2 min.
- ([Pass, Set, Hit](#))



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Single Skill Grills
Pass, Set, Hit



Volleyball Games: (25 min.)

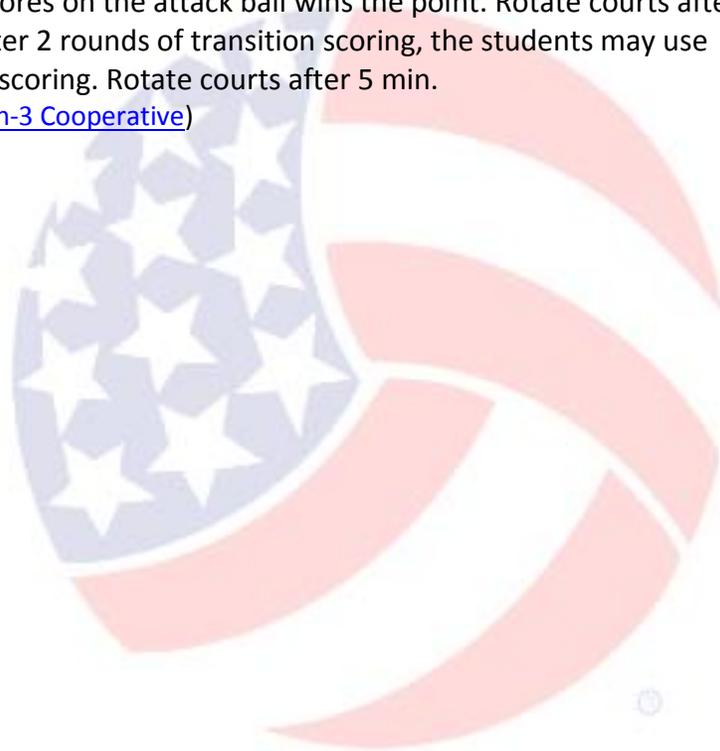
6 v. 6 Transition Scoring

- 6 v. 6 using a transition scoring method on a full volleyball court. The ball should be entered with whichever serve the student feels most comfortable. The person in the right-back position serves the ball. The teams rotate if a student has served 5 balls in a row. The ball must be volleyed back and forth 3x using the pass, set, set OR pass, set, pass sequence. After 3x of the ball going over the net, the teams may attack the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate courts after 5 min. After 2 rounds of transition scoring, the students may use regular scoring. Rotate courts after 5 min.
- ([3-on-3 Cooperative](#))

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Warm-up

3-on-3 Cooperative



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USA Volleyball. 50 Min. Lesson Plan

Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 7

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), beach balls and/or regular volleyballs, Whiteboard for keeping track of scores.

Objectives: Students learn about the opportunities for the disabled and develop an appreciation for the difficulty of sitting volleyball

Warm-up Game: (10 min.)

Sitting Movement

- Students will sit on the floor with one leg bent in front and the other bent in back. Both hands will be placed on the ground ready to push and aid in movement in any direction. The instructor will point to a direction and the students will move that direction until the instructor points to a different direction.



Sitting Volleyball Skills:
Movement

[\(Sitting Movement\)](#)

- Students will practice the sitting torque and sitting overhand serve over a 3.4 ft. high net. They will practice serving back and forth for 5 min.

Torque: [Sitting Torque Serve](#)

Overhand: [Sitting Overhand Serve](#)

Skill Introduction/Demonstration: (5 min max.)

Sitting Forearm Passing

- Same platform formation as standing forearm passing. As shown in the video, it is easiest to move when one leg is bent in front, and one bent in the back.



Sitting Volleyball Skills:
Forearm

- [\(Sitting Forearm Passing\)](#)

Sitting Setting

- Sitting Setting- Same hand formation as standing. The key is to move the body so that the ball is right above the forehead prior to contact.



Sitting Volleyball Skills:
Setting

- [\(Sitting Setting\)](#)

Practice Skills with Teammates: (15 min.)

Sit-N-Set Triangle

- In groups of 3, set-up a small triangle where each student is sitting and facing the direction they will set. Compact the triangle to 3-4 ft. between each student to allow for maximum contacts. Encourage the students to get just as many contacts



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Single Skill: Setting Triangle

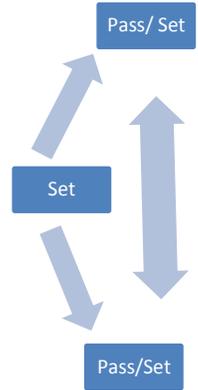
NASPE Standard:

or more than when they were standing. The students may practice passing and/or setting techniques.

- ([Setting Triangle](#))

Triangle Sitting Setting & Passing

- In groups of 3, set-up a straight line 6-7 ft. apart, where the student in the middle is the setter. The other two students are practicing moving to the ball and forearm passing to the setter. The setter sets the ball to the person he/she received it from. Then the student on the end will forearm pass, set, or control attack to the other student on the end. Rotate positions after 2 min.
- ([Triple Pepper](#))



Volleyball Games: (20 min)

3 v. 3 Sitting (use beach balls or Regular balls; revised version of the 3-on-3 Cooperative)

- 3 v. 3 using transition scoring on half of a badminton court. Each team uses 3 contacts to get the ball over the net (badminton height) to the other team. After 3x of the ball going over the net using the forearm or OH pass, set, set sequence the teams may attack for a point. The team that wins the volley receives a point. Rotate one court after 5 min. After 2 rounds of transition scoring, the students may switch to regular rally scoring. Rotate courts after 5 min.
- ([3-on-3 Cooperative](#))

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Warm-up

3-on-3 Cooperative



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Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 8

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.)
volleyballs, Whiteboard for keeping track of scores

Objectives: Students will learn the fundamentals of the Slide Jump Serve and continue to develop volleyball skills and compete during play

Warm-up Game: (10 min.)

 **Loser Becomes the Net- (use Volley LITE or Regular balls)**

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Games

Loser Becomes the Net



- 2 vs. 2 play volleyball over a “net” (2 students stand with his/her arms extended above the head as the “net”). The “net” may not jump, but can be aggressive to interrupt play. A team loses by hitting the ball in the “net”, letting the ball drop, serve error, etc. Encourage the students to use any of the skills they have learned and utilize 3 contacts before sending the ball over the “net”. Students keep track of scores and record on whiteboard, then rotate groups every 2-3 min.
- ([Loser Becomes the Net](#))

Skill Introduction/Demonstration: (5 min max.)

 **Serving- Slide Jump Serve**

- Hold ball in non-hitting hand at head height. Students face sideways (non-dominant shoulder) to the net. Next, run along the end line and toss the ball low and consistent. Jump off of the non-dominant foot and then twist or torque the body towards the net and swing fast. Contact the ball using a rigid contact point above the head to ensure the ball goes over the net.
- ([Slide Jump Serve](#))



Practice Skill with Teammates & Play: (20 min.)

 **Serving Practice w/ Partner (Use Volley LITE or Regular balls)**

- Partners line up across the net from each other. Partner A is the server and Partner B is the shagger. All of the Partner A's should be on the same side of the net, so that students aren't landing on volleyballs while practicing the Slide Jump Serve. The Partner B's retrieve the ball and roll it back to Partner A. Partners should switch roles after 3 minutes. Encourage the students to serve 5 in a row over and in. Record results on whiteboard.

 **Serve & Serve Receive (Forearm Passing)**

- Partners line up across the net from each other from wherever he/she feels comfortable getting the ball over using any serving technique. Partner A serves the ball to partner B. Partner B should forearm pass the ball to himself/herself, and then catch it. Challenge each partner group to catch the most

NASPE Standard:

volleyballs combined. Students record highest number on whiteboard.

 **6 v. 6 Regular Scoring (15 min.)**

- 6 v. 6 on a full size volleyball court. The ball should be entered with whichever serve the student feels most comfortable with. If a student serves 5 balls in a row, the team should rotate. Increase consistency by scoring more points than the previous round. Rotate one court after 5 min.



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Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 9

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), volleyballs, whiteboard for keeping track of scores

Objectives: Students will continue to develop volleyball skills and compete during play

Warm-up Game: (15 min.)

 **Speedball**

- At both ends of the court, students are to make three lines (left, middle, right). To start, one team of three is on each side of the court. A ball is served and a volley is played. The winning team of the volley stays on the court. The losing team goes to the end of the line on their respective endline. The team of 3 replacing the losing team (the next person in each line from the same side of the court as the losing team), serves the next ball when the previous volley is dead. Encourage the students to use any of the skills they have learned in class as well as score the most consecutive points. NOTE: This is a great game to play when there are 12+ kids/court.
- ([Speedball](#))

USA Volleyball

Games

Speedball



Volleyball Games: (35 min.)

 **2-day Doubles Tournament**

- 2 v. 2 on a half of a volleyball court. The ball should be entered with whichever serve the student feels most comfortable. Teams have 3 contacts to get the ball over, but one player cannot contact the ball two times in-a-row. The winning team gets the point and the serve. The same student keeps serving as long as their team is scoring points. However, if a student serves 5 balls in-a-row, the team should rotate. After 5 minutes, the winning team moves up a court. Students should keep track of their number of wins and losses and record on whiteboard after each round.

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Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 10

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.)
volleyballs, whiteboard for keeping track of scores

Objectives: Students will continue to develop volleyball skills and compete during play

Warm-up Game: (10 min.)

 **Wall Ball**

- Place a strip of duct-tape up on the wall about 6 ft. high. A set of partners face the wall. The object is for one student to forearm pass to self, OH pass to self, and then attack the ball above the duct-tape (under control). Then, the partner digs the ball off the wall to self, then OH passes to self, then attacks the ball above the duct-tape. If the ball is played back to the partner with only 1 or 2 contacts, the partners start over at 0. Record on whiteboard and challenge the group/person to volley a higher number of balls each time.
- ([Game-Like Wall Practice](#))

USA Volleyball

Warm-up

Game-Like Wall Practice



Where Olympic Journeys Begin

Volleyball Games: (40 min.)

 **2-day Doubles Tournament**

- 2 v. 2 on the narrow half of a volleyball court. The ball should be entered with whichever serve the student feels most comfortable. Teams have 3 contacts to get the ball over, but one player cannot contact the ball two times in-a-row. The winning team gets the point and the serve. The same student keeps serving as long as their team is scoring points. However, if a student serves 5 balls in-a-row, the team should rotate. After 5 minutes, the winning team moves up a court. Students should keep track of their number of wins and losses and record on whiteboard after each round. (teams should start where they finished on Day 9).

USA Volleyball

usavolleyball.org

Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 11

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc.), volleyballs, Whiteboard for keeping track of scores

Objectives: Students will continue to develop volleyball skills and compete during play

Warm-up Game: (10 min.)

 **3 vs. 0**

(Revised version of 2 vs. 0 drill)

- Students form a team of 3 people on one side of the net. There is no one on the other side of the net to start. This team of 3 is working together to get 3 hits (one each) and then send the ball to the other side of the net. The rally is started by a toss to the setter who sets the ball to one of the other students and immediately ducks under the net to the other side to get ready for the ball to come over. Meanwhile, one of the other 2 students passes the ball to the third person and immediately runs under the net to the other side. The third person passes the ball over the net to one of the 2 players and runs under the net. In simpler terms, after a student plays the ball, he/she runs under the net to the other side and must be ready to keep the rally going. The team of 3 plays the ball back and forth over the net (after every 3 contacts), keeping track of how many net crossings they can get. If the ball drops, the team retrieves the ball and starts over at 0. Students record the highest number of consecutive volleys on the whiteboard.
- Video coming soon!

Volleyball Games: (40 min.)

 **6 v. 6 Regular Scoring Tournament**

- 6 v. 6 on a full size volleyball court. The ball should be entered with whichever serve the student feels most comfortable. If a student serves 5 balls in a row, the team should rotate. Increase consistency by scoring more points than the previous round. Rotate one court after a game to 25 is completed. The court that finishes first should start a second game (just for fun), but should stop when the other court finishes so each team can start the next round at the same time.

Class/Program: High School (9th-12th)

Prepared By: _____

Session: Day 12

Equipment: Net variation (ribbon, rope, SportKit, badminton nets, etc volleyballs, Whiteboard for keeping track of scores

Objectives: Students will continue to develop volleyball skills and compete during play

Warm-up Game: (10 min.)

 **2 vs. 0 (Same concept as 3 vs.0)**

- Students form a team of 2 people on one side of the net. There is no one on the other side of the net to start. This team of 2 is working together to get 3 hits (one each) and then send the ball to the other side of the net. The rally is started by a toss to the setter who sets the ball to one of the other students and immediately ducks under the net to the other side to get ready for the ball to come over. Meanwhile, the person that started the rally passes the ball over the net to his/her partner and runs under the net. In simpler terms, after a student plays the ball, he/she runs under the net to the other side and must be ready to keep the rally going. The team of 2 plays the ball back and forth over the net (after every 3 contacts), keeping track of how many net crossings they can get. If the ball drops, the team retrieves the ball and starts over at 0. Students record the highest number of consecutive volleys on the whiteboard.

Volleyball Games: (40 min.)

 **6 v. 6 Regular Scoring Tournament**

- 6 v. 6 on a regular size volleyball court. The ball should be entered with whichever serve the student feels most comfortable. If a student serves 5 balls in a row, the team should rotate. Increase consistency by scoring more points than the previous round. Rotate one court after a game to 25 is completed. Winners move up a court and losers move down a court. The court that finishes first should start a second game (just for fun), but should stop when the other court finishes so each team can start the next round at the same time. Feel free to mix up the teams after 2 games.