

**Class/Program:** Elementary (3<sup>rd</sup>-5<sup>th</sup>)

**Prepared By:** \_\_\_\_\_

**Session:** Day 1

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), beach balls and/or volley LITE balls, whiteboard for keeping track of scores.

**Objective:** Students learn the fundamentals for setting and how to continuously set the ball in a confined triangle and control the ball over the net

**Warm-up Game: (5 min.)**

 **Beach Ball Day!**

- Every student gets their own beach ball. Create different challenges that they do for 30 seconds each. EXAMPLES: forearm pass to yourself, OH\* pass/set to yourself, only use a fist, only use pointer fingers, only use thumbs, only off your head, etc.

**Skill Introduction/Demonstration: (5 min. max)**

 **OH\* Pass/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.

(<https://usavolleyball.org/video/usav-skill-video-overhead-passing/>)



 **Attacking**

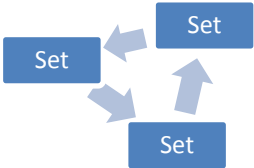
- Demonstrate behind the 3 meter line (off the net), so that the ball goes over the net. If the students are too close, the ball has a tendency to go into the net instead of over. For right handers, start sideways with the left hip facing the net (hips open). Using a throwing motion, the students pull the right elbow back, and step towards the net with the left foot, swinging the right arm forward and hitting the ball with an open hand at the peak of their reach. Keep the ball in front of the body (not behind the head) and swing fast!

(<https://usavolleyball.org/video/usav-skill-video-hitting/>)

**Volleyball Games: (20 min.)**

 **Triangle Setting (use Volley LITE or beach balls)**

- In groups of 3, set-up a small triangle where each student is facing the direction they will set. Compact the triangle to 3-4 ft. between each student to allow for



NASPE Standard:

\*= See Overhand Pass (OH)/Set in Glossary



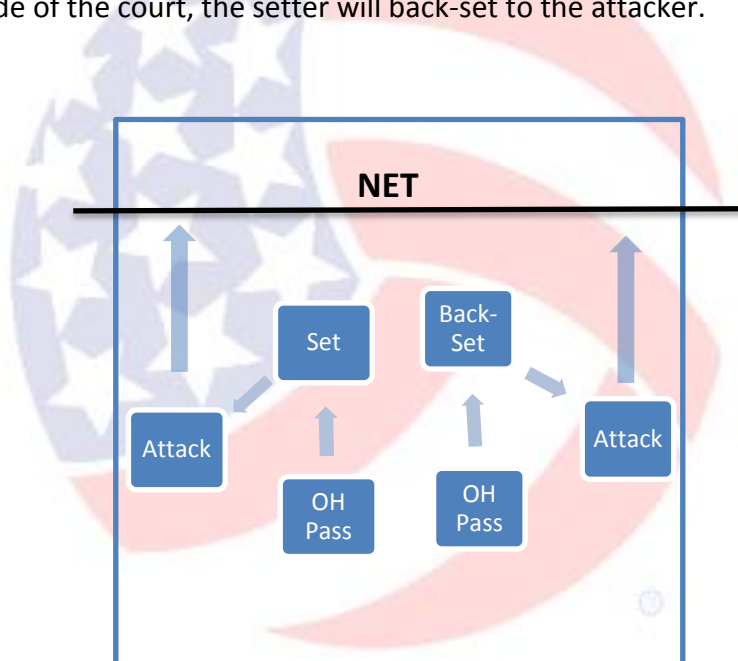
maximum contacts. Challenge each group to keep track of the number of balls they set continuously. Rotate direction after 3 min.

<https://usavolleyball.org/video/usav-drill-video-setting-triangle/>

### Attacking Practice (use Volley LITE or beach balls)



- In groups of 3, set up a triangle just like the Triangle Setting game (4-5 ft. between each student). Except now there is an OH\* passer and attacker in addition to a setter. The OH\* passer 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. NOTE: If the group is set up on the right side of the court, the setter will back-set to the attacker.



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# USAVolleyball. 30 Min. Lesson Plan

**Class/Program:** Elementary (3<sup>rd</sup>-5<sup>th</sup>)

**Prepared By:** \_\_\_\_\_

**Session:** Day 2

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), beach balls and/or volley LITE balls, white board for keeping track of scores

**Objective:** Students learn the fundamentals of torque serving and continue to develop setting in a confined triangle

## Warm-up Game: (5 min.)

### Volleyball Freeze Tag

- The students who are “it” have a ball in his/her hand to use for tagging. The ball may not be thrown to tag someone. If someone is tagged he/she freezes with legs apart. They can be un-frozen by another student crawling between their legs.

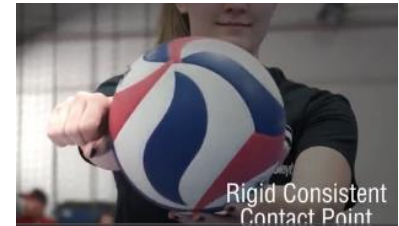
## Skill Introduction/Demonstration: (5 min max.)

### Serving- Torque Style

- 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.



<https://usavolleyball.org/video/usav-skill-video-torque-serve/>



## Practice Skill with Teammates: (5 min.)

### Partner Torque Serving (use LITE balls, or beach balls)

- Partners start across the net from each other. They practice the correct form while trying to get the ball over the net to their partner.

## Volleyball Games: (15 min.)

### Triangle Setting (use beach balls)

- 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. Increase consistency by challenging each group to set a higher number of balls than on day 1.

<https://usavolleyball.org/video/usav-drill-video-setting-triangle/>

### 2 v. 2 Beach Ball (revised version of the 3-on-3 Cooperative)

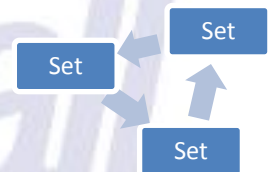
- 2 v. 2 using cooperative scoring on a full court. Each team uses 3 contacts to get the ball over the net to the other team. Encourage the teams to use the set, set, set sequence. Every time they use that sequence, and it goes over, they get a point. Rotate one court after 2 min.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-3-on-3-Cooperative?channel=AxaDRnazoIz1U8fo-4cLMzn4EDvtFICe>

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Warm-up  
3-on-3 Cooperative



NASPE Standard:



🏐 **2 v. 2 Beach Ball (revised version of the 3-on-3 Cooperative)**

- 2 v. 2 using cooperative scoring on a full court. Each team uses 3 contacts to get the ball over the net to the other team. Encourage the teams to use the forearm pass, set, set sequence OR pass, set, pass sequence. Every time they use either sequence, and it goes over, they get a point. Rotate one court after 2 min. Increase consistency by challenging each group to volley a higher number each time.

(<http://www.teamusa.org/USA-Volleyball/Grassroots/USAV-Drill-Videos>)

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# USA Volleyball 30 Min. Lesson Plan

**Class/Program:** Elementary (3<sup>rd</sup>-5<sup>th</sup>)

**Prepared By:** \_\_\_\_\_

**Session:** Day 6

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), beach balls and/or volley LITE balls, whiteboard for keeping track of scores.

**Objectives:** Students learn the fundamentals of approaches for attacking and continue to develop ball control over the net

## **Warm-up Game: (5 min.)**

### **Blob Tag Competition**

- Have two “blobs” of 2 students be “it”. The “blobs” link arms and run together. The students on the end with a free arm try to tag other kids while remaining linked. If a kid gets tagged then he/she joins the “blob” until everyone is a part of one of the blobs. The goal is to have the largest number of people be a part of one of the blobs.

## **Skill Introduction/Demonstration: (5 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 about the correct left, right, left approach. The arm-swing should look the same in the air as it does on the ground.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Hitting?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe#oid=t5Y3VpaTqI-88WhlvtGcHmThzksYa2hr>

## **Practice Skill with Teammates: (5 min.)**

### **Attacking Practice in Groups with Beach Balls**

**(Use Volley LITE or beach balls; revised version of the 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 tosses the ball to the attacker who forearm passes the ball to the setter who sets the ball back 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.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-Pass-Set-Hit?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>



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**Volleyball Games: (10 min.)**

 **2 v. 2 Transition Scoring**

**(Use Volley LITE or beach ball; revised version of the 3-on-3 Cooperative)**

- 2 v. 2 using a transition scoring method. 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.

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**Warm-up**

3-on-3 Cooperative



(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-3-on-3-Cooperative?channel=AxADRnazoIZ1U8fo-4cLMzn4EDvtFICe>)



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**Class/Program:** Elementary (3<sup>rd</sup>-5<sup>th</sup>)

**Prepared By:** \_\_\_\_\_

**Session:** Day 8

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), balloons, beach balls and/or volley LITE balls, 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.)

#### **Ball/Balloon Hunt**

- There are about 20 numbered balls/balloons that are scattered throughout the gym. The teacher gives *each* team (4-5 students) a list of balls they need to bring back as quick as they can (e.g., 7, 11, 17). When the whistle blows, the students run to find their designated balls/balloons. The team that brings all correctly numbered balls back to the starting line wins that round. The team that has the lowest *cumulative* time wins the game!

### Skill Introduction/Demonstration: (5 min max.)

#### **Digging**

- Start in an athletic posture (knees bent, shoulders forward, platform out). As the ball comes, place your platform underneath the ball. Do not swing your arms at the ball. The goal is to dig the ball up, high into the air so another teammate would be able to play it.



<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Digging?channel=AxaDRnazoIz1U8fo-4cLMzn4EDvtFICe>

#### **Pancake**

- Used in an emergency situation. The ball is too far out in front and too low to the ground for a student to play it staying on their feet. As the student gets closer to the ground, the 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.



<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Pancake?channel=AxaDRnazoIz1U8fo-4cLMzn4EDvtFICe>

### Practice Skill with Teammates: (10 min.)

#### **Attack, Dig, & Catch (use beach balls)**

- 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 to Partner A, who is now the digger. Challenge the groups to keep track of how many balls are caught between the two.

🏐 **Partner Pancake (use Volley LITE)**

- 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: (10 min.)**

🏐 **2 v. 2 Transition Scoring**

**(Use Volley LITE or beach ball; revised version of the 3-on-3 Cooperative)**

- 🏐 2 v. 2 using a transition scoring method. 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. Increase consistency by scoring more points than on day 6. Rotate one court after 2 min.

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*Warm-up*  
3-on-3 Cooperative



<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-3-on-3-Cooperative?channel=AxaDRnazoI21U8fo-4cLMzn4EDvtFICe>

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# USAVolleyball. 30 Min. Lesson Plan

**Class/Program:** Elementary (3<sup>rd</sup>-5<sup>th</sup>)

**Prepared By:** \_\_\_\_\_

**Session:** Day 12

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), beach balls and/or volley LITE balls, whiteboard for keeping track of scores.

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

## Warm-up Game: (5 min.)

### 2 v. 2 Tennis (use beach balls)

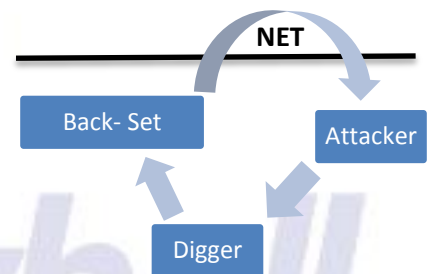
- 2 v. 2 on a full court (8 students/court max.) Extra teams will line up on each end-line. The volley will start with an OH toss over the net. The team may let the ball bounce once or hit it on the fly. Students may use a forearm pass, set, or attack to try to score. Whichever team wins the volley gets to stay on the court. The team that loses goes back to their respective end-line and goes to the end of the line.

## Volleyball Games: (25 min.)

### Triangle Ball Control (use Volley LITE or beach ball)

- In groups of 3, set-up a triangle where the student that is back-setting is facing forwards, the attacker is facing the digger, and the digger is facing the "net". The triangle should be 7-8 ft. between each student. The attacker should hit a **controlled** ball at the digger. The digger should dig the ball near the setter position and high enough for him/her to set it. Rotate positions after 2 min. Increase consistency by challenging each group to volley a higher number of balls each time.

(<https://usavolleyball.org/video/usav-drill-video-setting-triangle/>)



### 3 v. 3 Beach Ball/Volley LITE with Regular Scoring (Revised version of the 3-on-3 Cooperative)

- 3 v. 3 using regular scoring on a full court. Rotate one court after 4 min. Encourage teams to work on their ball control, communication and teamwork.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-3-on-3-Cooperative?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>)

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