

### Content outline

This activity aims to act as an introduction to dig and set skills for Volleyball, particularly aimed at supporting young people who have control / co-ordination impairments

- Co-ordination
- Control
- Confidence



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



For further support on any of the activities please also visit:

<https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme>



### Space

- Take into account the headroom available for the activity – if indoors, the young person may need to sit on the floor
- Use a small space to focus on developing control
- Use a large space to encourage a wider range of movements
- Use the environment creatively – use outdoor walls to rebound off



### Task

- Initially focus on getting the hands in the correct position (fingers down – below waist height, palms up – above eye level)
- Try to recreate appropriate shots
- Can you catch your own dig or set?



### Equipment

- Change size of ball (smaller ball will increase difficulty)
- Use different household items (Eg. Rolled up socks, different types of ball)
- Start with something slow-moving (like a balloon) and gradually increase the density of the ball to increase speed / difficulty
- Create your own ball – what household items could you use?



### People

- If you have another person in your house, get them to throw the ball and alter the speed and direction of the throw
- Work with a partner to keep the ball in the air together, or in turn

### Learning intention

#### Physical:

- To develop the basic principles for the dig and set passes in Volleyball

#### Personal:

- Confidence
- Resilience

#### Learning questions:

- What different parts of your hand can you use?
- What is your best starting position to help you move as quickly as possible?
- If working with a partner, how can you make it easier for them to play the ball?