Content outline

This activity aims to refine and develop the 'volley' or 'set' in Volleyball.

- Correct 'set' technique
- Adapting technique to change direction of the pass
- Footwork to be in an appropriate ready position

S T T E P

This resource and supporting video have been created by:
Guy Wnuk, Stratford-Upon-Avon School

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

Space

- Increase the height of the ball feed (to make the task more difficult)
- Decrease the height of the ball feed (to make the task easier) – feed must still be above head height

Task

- Break down the skill into smaller sections to make the task easier (Toss, catch, follow-through)
- Remove the 'catch' to create a fluent skill
- Complete the task whilst stationary to make the task easier
- Feed the ball in different directions to make the task more difficult

Equipment

- Change size of ball
- Use different household items (Eg. Change from a cushion, to a smaller soft toy)
- Change the size of the targets you are aiming at (use smaller targets to increase difficulty)

People

- If you have another person in your house, ask them to feed the ball for the activity
- Ball feeder can increase difficulty by changing the speed and direction of the ball feed
- Challenge a friend to an online competition – How many consecutive returns can you make in 1 minute?

Learning intention

Physical:

- To develop the technique of the 'set' pass in Volleyball

Personal:

- Communication

Learning questions:

- What is a volley / set?
- How do you get the ball to travel high?
- How do you generate more power from your lower body?
- Why do you use your finger-tips and not the palm of your hands?
- When would you use this skill in a game?
- Why is it important for the ball to be passed up high?
- When were you most successful? And why?
- What coaching points would you identify from this activity?

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary