

#ThisIsPE

Volleyball — The Ready position

SECONDARY KEY STAGE 3 PE /// NET/WALL

Content outline

This activity aims to focus on the correct body position we need to get in when receiving the ball whilst playing Volleyball

- Correct 'Ready position'
- Stance
- Footwork



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



Space

- Increase the distance from the ball feeder (to make the task more difficult)
- Decrease the distance from the ball feeder (to make the task easier)



Task

- Complete the task whilst stationary
- Complete the task whilst moving



Equipment

- Change size of ball
- Use different household items (Eg. Change from a cushion, to a smaller soft toy)



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 with an online competition

Learning intention

Physical:

- To develop the technique of the 'Ready position' in Volleyball

Personal:

- To develop listening skills
- Responding to instructions

Learning questions:

- What does the 'ready position' look like?
- Where is the main movement generated?
- Why is it important to move towards the ball in the 'ready position'?
- When were you most successful? And why?
- What coaching points would you identify from this technique?