

**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 1

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


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

**Warm-up Game: (10 min.)**

 **Hot Potato (use Volley LITE balls)**

- 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 the losing side waiting 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 the winning side or moves to the winning side and the losing team gets in line at the end of the court.

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

 **Overhand (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.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Overhead-Passing?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>



 **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, 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 the reach. Keep the ball in front of the body (not behind the head) and swing fast!

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Hitting?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe#ooid=t5Y3VpaTql-88WhlvtGcHmThzksYa2hr>

NASPE Standard:

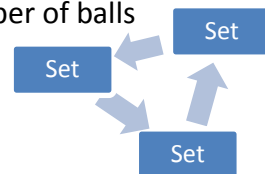


### Practice Skills in Groups: (20 min.)

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

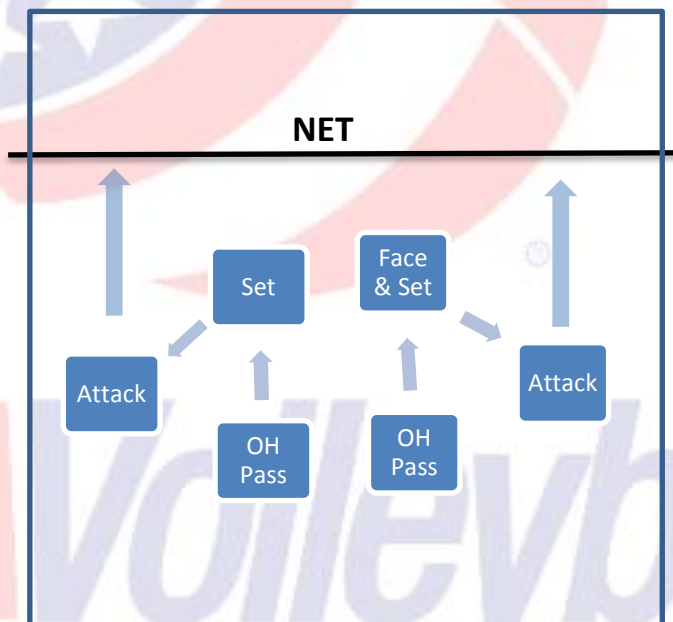
- In groups of 3, set-up a small triangle where each student is facing the direction they will set. Compact the triangle to 5-6 ft. between each student to allow for maximum contacts. Challenge each group to keep track of the number of balls they set continuously. Rotate direction after 3 min.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-Setting-Triangle?channel=AxaDRnazoIZ1U8fo-4cLMzn4EDvtFICe>



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

- 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. NOTE: If the group is set up on the right side of the court, the setter will either face and set or work on progressing to a back-set to the attacker.



### Volleyball Games: (15 min.)

#### 1 v. 1 Beach Ball (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

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## USA Volleyball

### Warm-up

3-on-3 Cooperative



volleyed back and forth 5x using the OH pass, set, set sequence. After 5x 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.

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



# USAVolleyball®

[usavolleyball.org](http://usavolleyball.org)

**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 2

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

**Objectives:** Students will learn the footwork for the approach to attack and continue to develop ball control during play

**Warm-up Game: (10 min.)**

 **Loser Becomes the Net (use beach balls)**

**USA Volleyball**

**Games**

Loser Becomes the Net



○ Groups of 3 play volleyball over a “net” (2 players standing side by side with their arms extended above their head). Same concept as “Monkey in the Middle” except the losing person/team becomes 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, missing a serve, etc. Encourage the students to use any of the skills they have learned in class and utilize 3 contacts before sending the ball over the net.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-Loser-Becomes-the-Net?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>)

**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 too much about the correct left, right, left approach. The form 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#ooid=t5Y3VpaTqI-88WhIvtGcHmThzksYa2hr>)

**Practice Skill with Teammates: (15 min.)**

 **Attacking Practice in Groups**

**(Use Volley LITE or Regular 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 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 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>)

**USA Volleyball**

**Single Skill Grills**

Pass, Set, Hit



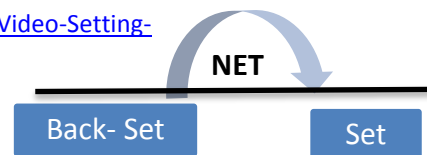
**USA Volleyball**  
*Single Skill Grills*  
Setting Triangles



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

- In groups of 3, set-up a 7-8 ft. triangle where the person that is back-setting is facing forwards. Two students will set forwards and the one that is standing at the “net” will back-set. Rotate positions after 2 min. Increase consistency by challenging each group to volley a higher number of balls than on day 1.

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



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

 **2 v. 2 Transition Scoring**

**(Use Volley LITE or Regular balls; 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 4x using the pass, set, set OR pass, set, pass 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.

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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=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>

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# USA Volleyball 50 Min. Lesson Plan

**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 3

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), volley LITE balls/Regular Balls, targets (hula-hoops, t-shirts, cones, etc.) white board for keeping track of scores

**Objective:** Students learn the fundamentals of Torque and Overhand (OH) serving and continue to develop ball control during play

## Warm-up Game: (10 min.)

### **Ball-Pyramid Relay**

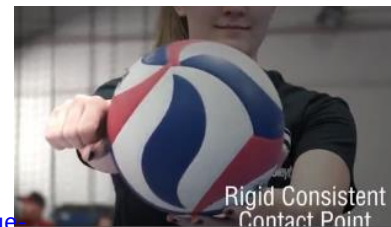
- Instructor uses 4 volleyballs to make a pyramid of balls for each relay team. Teams of 4 students line up across the gym from a pyramid. The first student runs to the pyramid and picks up one ball to give to the second student in line. The second student runs down and picks up another ball (now holding 2 balls) and gives to the third student...and so on. The fourth student gives all 4 balls to the first student who now sets down only one ball on the end-line...and so on. After the fourth student sets down the 4<sup>th</sup> ball, the rest of the team runs down to help re-build the pyramid. The first team with a completed pyramid wins!

## 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.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Torque-Serve?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe#oid=I3MHNpaTpUblGF7b-ilqSxltryMdmWVW>)



- Overhand- Hold ball away from body in front of dominant serving shoulder in a stable stance. Dominant hand is pulled back behind head with hand wide open. The toss should be low, consistent and out in front of the shoulder. The ball is contacted rigidly with the palm of the hand. Swing fast! The OH serve is a similar motion to throwing.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Overhand-Serving?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>)

## Practice Skill with Teammates: (15 min.)

### **Partner Serving (use Volley LITE or Regular balls)**

- Partners start across the net from each other. Partners should start near the 3 meter line and then move backwards as they get more comfortable and successful with the serve. They should learn the mechanics for the torque serve first. Once

NASPE Standard:



they have tried it for 7 minutes, they can switch to the OH serve.

### Volleyball Games: (20 min.)

#### Team Serving Competition (use Volley LITE or Regular balls)

- Teams of six are on each side of the courts. Set up “targets” on both sides of the net on all courts used, for all teams. Put 2 minutes on the clock. On the “go” command, teams serve the balls over the net and try to hit as many targets as they can in 2 min. They should count out loud as a team. The team that hits the most targets wins. Play 3-4 rounds. Challenge each student and team to hit more targets each round of play.

#### 2 v. 2 Transition Scoring

(Use Volley LITE or Regular balls; revised version of the 3-on-3 Cooperative)

- 2 v. 2 using a transition scoring method on half of a badminton court. Use different teams than on day 2. 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. Increase consistency by scoring more points than on day 2. 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>

**USA Volleyball**

**Warm-up**

3-on-3 Cooperative



**USA Volleyball**

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**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 4

**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 serve receive and continue to develop ball control during play

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

#### **Ball Challenges**

- Over/Under Ball Pass: Students find a partner and stand back to back. Pass ball overhead and then through the legs as many times as possible in 2 min.
- Side to Side Ball Pass: Same concept as the Over/Under Ball Pass, now just passing the ball from side to side as many times as possible in 2 min.
- Feet to Feet Ball Pass: Same concept as the Over/Under Ball Pass. Students lay down head to head and pass ball only using their feet. After receiving the ball they will bring it to the floor and then back over their head to their partner's feet.

### Skill Introduction/Demonstration: (10 min.)

#### **Forearm Passing/Serve Receive**



Volleyball Skills for All Ages:  
Forearm Passing

- 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.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Forearm-Passing?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>

#### **OH Pass/Serve Receive**



Volleyball Skills for All Ages:  
Overhead Passing

- 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.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Overhead-Passing?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>

### 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

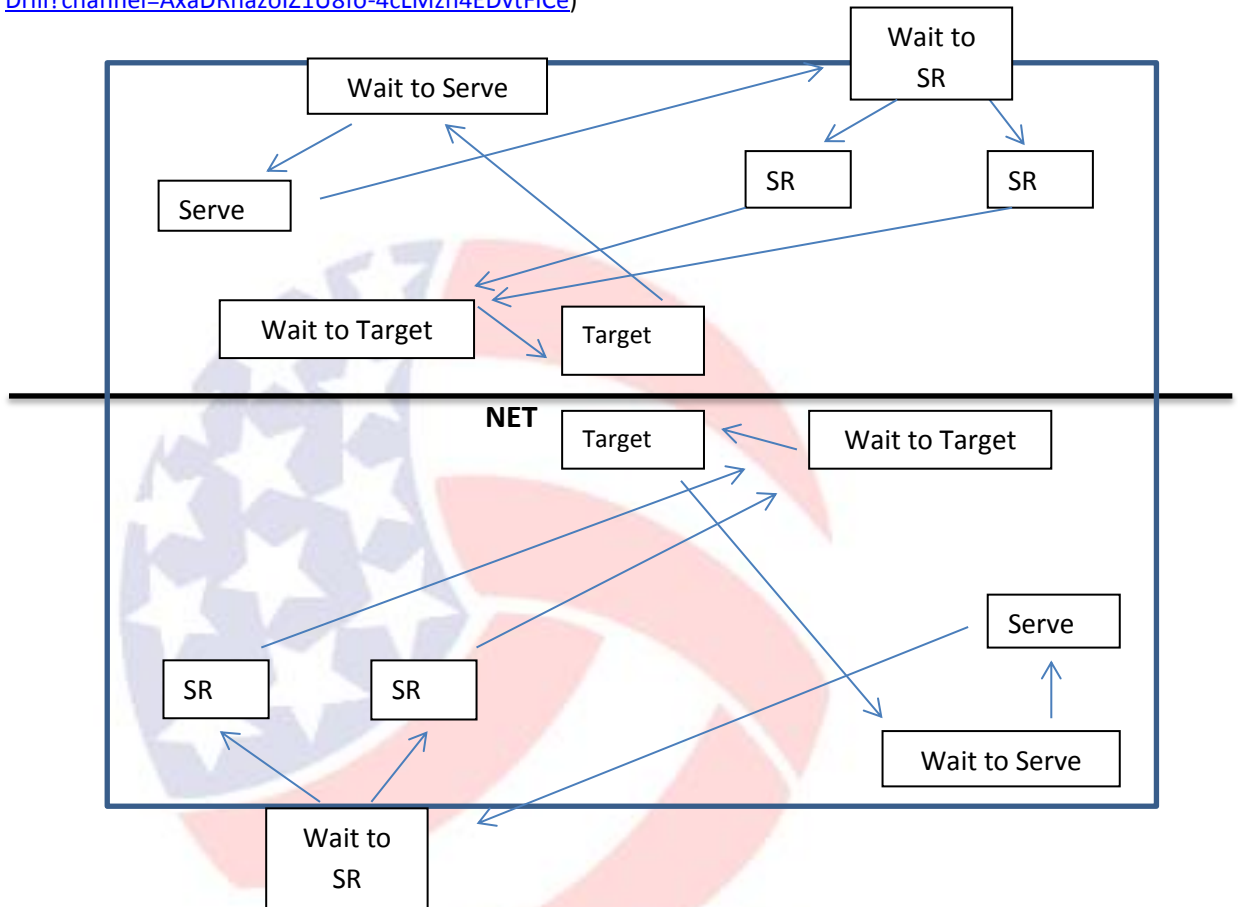


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Forearm Pass or an OH pass. Once the student serve receives a ball he/she moves to target, target moves to "Server", and "Server" moves to serve receive. The "Server" may enter the ball by a controlled OH throw or controlled serve.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-Butterfly-Drill?channel=AxaDRnazoIZ1U8fo-4cLMzn4EDvtFICe>)



### Volleyball Games: (25 min.)

#### 3 v. 3 Transition Scoring

### **USA Volleyball** (Use Volley LITE or Regular balls; revised version of the 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.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-3-on-3-Cooperative?channel=AxaDRnazoIZ1U8fo-4cLMzn4EDvtFICe>)

NASPE Standard:

**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 5

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), Volley LITE balls/Regular 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 Volley Lite or Regular 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 throw over the net. The team may let the ball bounce once or hit it on the fly to send the ball over to their opponent's side. 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.

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


 **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.
- Video Coming Soon!

 **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.
- Video Coming Soon!

**Practice Skill with Teammates: (15 min)**

 **Tipping/Roll Shot Practice in Groups (use Volley LITE or Regular balls)**

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

**USA Volleyball**  
**Single Skill Grills**

Pass, Set, Hit



NASPE Standard:

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

## Volleyball Games: (25 min.)

### 3 v. 3 Transition Scoring

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

- 3 v. 3 using a transition scoring method on a full badminton 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 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 to score more points than on day 4.

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

## USA Volleyball

### Warm-up

3-on-3 Cooperative



# USA Volleyball®

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**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 6

**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.)

#### **Wall Ball (use Volley LITE or Regular balls)**

- 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 pass to self, then attack the ball above the duct-tape. Challenge the groups to volley a higher number of balls each time.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-Game-Like-Wall-Practice?channel=AxaDRnazoIZ1U8fo-4cLMzn4EDvtFICe>

**USA Volleyball**

**Warm-up**

Game-Like Wall Practice



Where Olympic Journeys Begin

### 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>



Volleyball Skills for All Ages:  
Digging

#### **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 his/her feet. As the student moves 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>



Volleyball Skills for All Ages:  
Pancake

### Practice Skill with Teammates: (15 min.)

#### **Attack, Dig, & Catch (use Beach balls, Volley LITE or Regular 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.

NASPE Standard:

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.

 **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: (25 min.)**

 **4 v. 4 Transition Scoring**

**(Use Volley LITE or Regular balls; 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 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 the ball on the third contact. Whichever team scores on the attack ball wins the point. Rotate courts after 5 min.

**USA Volleyball**

**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>



**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 7

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

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

- 1 v. 1 using a cooperative scoring method. Use half of a badminton court and see how many times the ball can be volleyed back and forth using the forearm or OH pass, set, and attack sequence. Every time that sequence is used, the group receives a point. Rotate one court after 2 min. The students that earned the most points after 10 minutes win!

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

 **Sitting Forearm Passing**

- Teach the students that there are opportunities for the disabled at an elite level for many sports.
- 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.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Para-Skill-Video-Forearm-Passing?channel=QyZXBqazrPeQLXatSciPRt7gdtUGU5I>)

 **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.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Para-Skill-Video-Setting?channel=QyZXBqazrPeQLXatSciPRt7gdtUGU5I>)

**Practice Skills with Teammates: (15 min.)**

 **Sit-N-Set Triangle (use Volley LITE or Regular balls)**

- 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 or more than when they were standing.

(<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Para-Drill-Video-Setting-Triangle?channel=QyZXBqazrPeQLXatSciPRt7gdtUGU5I>)

NASPE Standard:



Sitting Volleyball Skills:  
Forearm



Sitting Volleyball Skills:  
Setting



World ParaVolley Journeys Begin Here

Single Skill: Setting Triangle





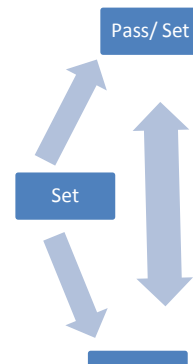
World ParaVolley Journeys Begin Here  
Warm-Up: Triple Pepper

### **Triangle Sitting Setting & Passing**

**(Use Volley LITE or Regular balls; variation of Sitting Triple Pepper)**

- 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 or set to the other student on the end. Rotate positions after 2 min.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Para-Drill-Video-Triple-Pepper?channel=QyZXBqazrPeQLXatSciPRt7gdtUGU5I>



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

#### **3 v. 3 Sitting (use beach balls, Volley LITE 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.

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

**USA Volleyball**

**Warm-up**  
3-on-3 Cooperative



# USA Volleyball®

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**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 8

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), Volley LITE balls/Regular balls, 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.)**

 **Cat & Mouse**

- Pick 1 partner group to be it. One partner is a cat and the other is a mouse. The remaining students find a partner and link arms. The partner groups are spread out around the gym. As the cats chase the mice, the mice can link arms to any partner group they choose. The person on the opposite end of the partner group (from where the mouse linked) unlinks from the group and is now the mice. If the cat catches the mice, the roles are switched. NOTE: Start with one cat and mouse group then add one or two other groups of cats and mice once the students catch on to how the game is played.

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

 **Blocking**

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



<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Blocking?channel=AxaDRnazoI21U8fo-4cLMzn4EDvtFICe>

**Practice Skill with Teammates: (15 min.)**

 **Blocking Practice in Groups (use Volley LITE or Regular balls; 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.

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**Single Skill Grills**  
Pass, Set, Hit



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

NASPE Standard:



**Volleyball Games: (25 min.)**

 **4 v. 4 Regular Scoring**

**(Use Volley LITE or Regular balls)**

- 4 v. 4 using a regular scoring method. Play on a badminton size 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. Encourage the students to use 3 contacts every volley. Rotate one court after 5 min. Increase consistency by challenging each group to score more points than the previous game.



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**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 9

**Equipment:** Net variation (ribbon, rope, SportKit, badminton nets, etc.), Volley LITE balls or Regular balls, 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



- This game can either be played with 2 person teams or single teams. Same concept as “Monkey in the Middle” except the losing person/team becomes the net. The net may not jump, but can be aggressive to interrupt play. A team loses by hitting the ball in the “net”, hitting out of bounds, letting the ball drop, missing a serve, etc. Encourage the students to use any of the skills they have learned in class.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-Loser-Becomes-the-Net?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe>

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

 **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.




Volleyball Skills for All Ages:  
Slide Jump Serve

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Skill-Video-Slide-Jump-Serve?channel=AxaDRnazolZ1U8fo-4cLMzn4EDvtFICe#oid=JzMHNpaTqZuBt2HPPCWdHYytQWWjY2Dh>

**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.

 **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.

NASPE Standard:

Partner B should forearm pass the ball to himself/herself, and then catch it. Challenge each partner group to catch the most volleyballs combined.

 **4 v. 4 Regular Scoring**

- 4 v. 4 on a badminton size 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:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 10

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

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

**Warm-up Game: (15 min.)**

 **Speedball (use Volley LITE or Regular balls)**

- 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 retreats back to their respective endline. The team replacing 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.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-Speedball?channel=AxaDRnazoIZ1U8fo-4cLMzn4EDvtFICe>

**USA Volleyball**

**Games**  
Speedball



**Volleyball Games: (35 min.)**

 **5 v. 5 Regular Scoring**

- 5 v. 5 on a regular 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:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 11

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

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

**Warm-up Game: (15 min.)**

 **2 v. 2 Transition Tournament**

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

- 2 v. 2 using a transition scoring method on half of a badminton court. Each partner group draws out of a hat the number court they will start on. To start, the ball must be entered with an OH throw and volleyed back and forth 3x using any combination of setting and passing. 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. At the end of 5 min., the winning team rotates up one court, and the losing team rotates down one court. Repeat the process 2 more times.

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

**USA Volleyball**

**Warm-up**

3-on-3 Cooperative



**Volleyball Games: (35 min.)**

 **6 v. 6 Regular Scoring**

- 6 v. 6 on a regular size 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 10 min.

**Class/Program:** Junior High (6<sup>th</sup>-8<sup>th</sup>)

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

**Session:** Day 12

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

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

**Warm-up Game: (15 min.)**

 **2 v. 2 Transition Tournament Cont.**

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

- 2 v. 2 using a transition scoring method on half of a badminton court. Each partner group starts on the court they finished on day 11. To start, the ball must be entered with an OH throw and volleyed back and forth 3x using any combination of setting and passing. 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. At the end of 5 min., the winning team rotates up one court, and the losing team rotates down one court. Repeat the process 2 more times. Challenge each group to win more games than on day 11.

<http://www.teamusa.org/USA-Volleyball/Video/2013/12/13/USAV-Drill-Video-3-on-3-Cooperative?channel=AxaDRnazoIZ1U8fo-4cLMzn4EDvtFICe>

**USA Volleyball**

**Warm-up**

3-on-3 Cooperative



**Volleyball Games: (35 min.)**

 **6 v. 6 Regular Scoring**

- 6 v. 6 on a regular size volleyball court. Set-up the teams so that they are different than on day 11. 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 a game to 25 is completed. The court that finishes first should start a second game, but should stop when the other court finishes so each team can start the next round at the same time.