

Content outline

This activity aims to develop and refine the basic passing skills in Volleyball. This includes linking the 'Dig' and 'Set' shots.

- Dig
- Set
- Footwork
- Ready position
- Fluency



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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 target (to make the task more difficult)
- Decrease the distance from the target (to make the task easier)
- Use markers to create a square playing area (such as items of clothing)



Task

- Increase / decrease the time between the shots to adapt the difficulty of the task
- When you have someone feeding for you, test your decision making by asking them not to call out which shot is next
- Change the size of your playing area



Equipment

- Change size of ball
- Use different household items (Eg. Change from a cushion, to a smaller soft toy, toilet roll)
- Use a lighter ball to decrease the difficulty of the task



People

- If you have another person in your house, ask them to work with you
- Can you teach someone else in your household this activity?
- Challenge a friend to an online competition

Learning intention

Physical:

- To develop the basic 'dig' and 'set' techniques in Volleyball and link these skills together

Personal:

- Fluency
- Decision Making

Learning questions:

- Describe the correct ready position
- What is the correct arm positioning for a set shot?
- What angle are you aiming to hit the ball during both skills?
- Why do you need to return to the ready position in between shots?
- When were you most successful? And why?
- What coaching points would you identify from this activity?