Content outline

This activity aims to 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

S 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

T Task

- 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, or change the position of the target
- How many times can you volley a ball to yourself without the ball touching the ground?

E 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)

P People

- If you have another person in your house, ask them to feed the ball for the activity
- Use a partner to work with, can you keep a rally going using the volley skill?
- Is there someone in your household who you could teach this skill to?

Learning intention

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

Personal:
- Communication

Learning questions:
- How do you get the ball to travel high?
- How can you get the ball to travel higher using the volley?
- 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?
- How could you teach this skill differently to someone else?

More resources
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