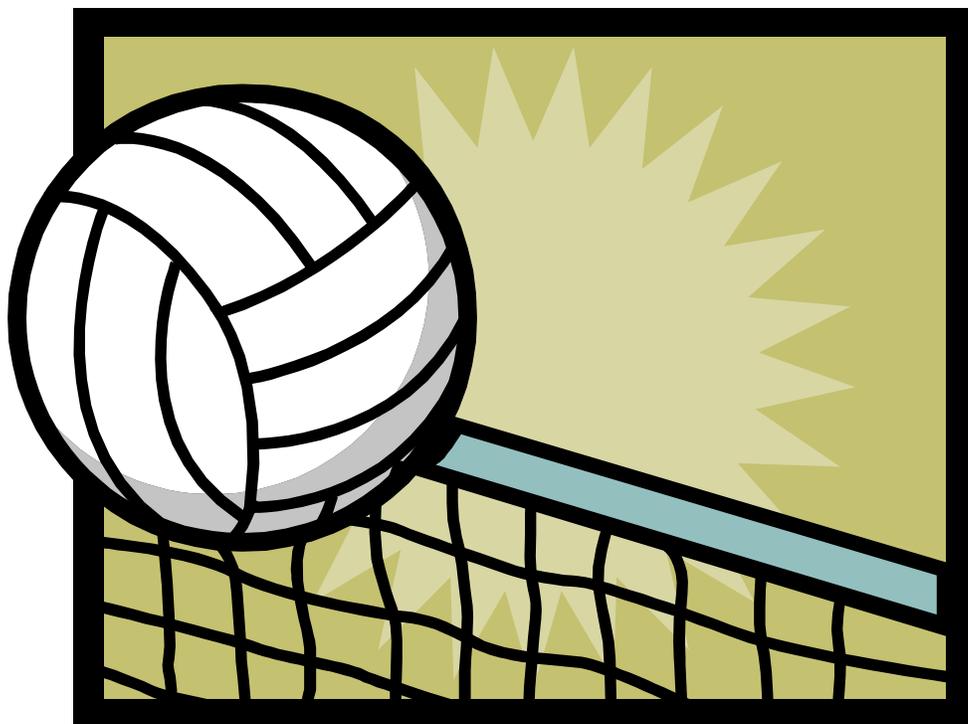


# Volleyball Unit Plan

Middle School/ Junior High

Brett Smalley



## I Standards and Performance Objectives

### A. Cognitive Standard

- a. **IN Standard 2:** The student will apply movement concepts and principles to the learning and development of motor skills.
  - i. Students will take and pass a quiz over the rules and the positions, scoring better than 7 out of 10.

### B. Affective Standard

- a. **IN Standard 5:** The student will demonstrate responsible personal and social behavior in physical activity settings.
- b. **IN Standard 6:** The student will demonstrate understanding and respect for differences among people in physical activity settings.
- c. **IN Standard 7:** The student understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
  - i. Each player will go home and practice what was covered during class with their friends or family every night for 15 minutes. (6.7.1)

### C. Psychomotor Standards

- a. **IN Standard 1:** The student will demonstrate competency in many and proficiency in a few movement forms.
- b. **IN Standard 3:** The student will exhibit a physical active lifestyle.
- c. **IN Standard 4:** The student will achieve and maintain a health enhancing level of physical fitness.
  - i. Each player will correctly serve a volleyball with a closed fist into the square taped on the floor 6 out of 10 times. (7.1.2)

## II Motor Skills

### A. Serve

- a. Make sure that you toss the ball a little in front of you
- b. Keep your hand open and hit the ball with your palm
- c. Make sure you step to get more power
  - i. Each student will correctly serve a ball from the end line into a basket 7 out of 10 times. (7.1.2)

### B. Overhand Set

- a. Push up with your legs
- b. Make sure you use your fingertips
- c. Keep your shoulders square
  - i. Each student will have to correctly set a ball with their finger tips to their partner 8 out of 10 times. (7.1.2)

### C. Forearm Pass

- a. Make a fist with one hand inside the other
- b. Keep thumbs together

- c. Point shoulders to your target
  - i. Each player will pass 10 balls from a tosser 10 feet away with 70% accuracy. (6.2.1)

**D. Spiking**

- a. Keep ball in front of your body
- b. Jump straight up
- c. Snap your wrist
  - i. Each play will have to show that they can move when the ball is in the air, and then be in position to spike the ball correctly 80% of the time. (8.1.2)

**E. Blocking**

- a. Jump straight up
- b. Keep outside hand pointing in.
- c. Finger tips up
  - ii. Each blocker will be able to use proper form when going up for a block at least 85% of the time. (7.1.2)

## Task 2

### I Standards and Performance Objectives

#### A. Cognitive Standard

- a. **IN Standard 2:** The student will apply movement concepts and principles to the learning and development of motor skills.
  - i. Students will take and pass a quiz over the rules and the positions scoring better than 7 out of 10. (6.2.1)

#### B. Affective Standards:

- a. **IN Standard 5:** The student will demonstrate responsible personal and social behavior in physical activity settings.
- b. **IN Standard 6:** The student will demonstrate understanding and respect for differences among people in physical activity settings.
- c. **IN Standard 7:** The student understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
  - i. Each player will go home and practice what was covered at practice with their friends or family every night. (6.7.1)

#### C. Psychomotor Standards:

- a. **IN Standard 1:** The student will demonstrate competency in many and proficiency in a few movement forms.
- b. **IN Standard 3:** The student will exhibit a physical active lifestyle.
- c. **IN Standard 4:** The student will achieve and maintain a health enhancing level of physical fitness.
  - i. Each student will correctly serve a volleyball into the square taped on the floor 6 out of 10 times. (7.1.2)

### II Motor Skills

1. Overhand set
2. Forearm pass
3. Serve
4. Block
5. Attack

## Drills, Lead Ups, Modified games

1. Battle ball
  - a. Divide students into two equal team
  - b. Object is to throw the ball over the net as quickly as possible, so when time expires there will be the least amount of balls on your side of the net.
  - c. Game has four quarters which are 3 minuets long.
  - d. Team changes sides at halftime.
  
2. Pickle in the middle
  - a. Two players bump and set the ball back and forth, while the player in the middle attempts to intercept the ball.
  - b. When successful, the middle player takes the place of the player who last contacted the ball.
  
3. New comb
  - a. Throw the ball over the net so that it strikes the floor within the opponents' court
  - b. And catch and return and ball thrown to your side of the court.
  - c. Players are lined up as for volleyball; serves are taken in the same order.
  - d. Play begin when a servers tosses the ball over the net.
  
4. One-line digging
  - a. Six players form one line near court zone 5 to practice digging.
  - b. Four players help by shagging volleyballs and putting them into the basket.
  - c. One player hands the balls to the teacher.
  - d. One player serves as a target for the diggers.
  - e. Each player has 10 attempts, then they switch.
  
5. Around the world sit-ups
  - a. Class forms a circle, with about three feet between each person.
  - b. Students lie on their backs along the line with knees bent around 90 degrees.
  - c. Each player has a ball and sends it clockwise around the circle while performing sit-ups.
  - d. Perform 20 sit-ups, rest for 45 to 60 seconds, and then repeat.
  
6. Zig-zag
  - a. Students divide into two or more teams, which compete against each other.
  - b. Each team is divided into two facing ranks, students stand side by side with a distance of 2 to 4 feet.
  - c. First student tosses the ball into the air and hits it with both hands to the first student in the opposite rank.

- d. This student taps it with the fingers to the second student of the first rank and so on.
- e. The group that first gets its ball back to the head of the line wins.

7. Cone drill

- a. Place one cone in the center of the court and 8 cones around it in a circle with a diameter of 30 feet.
- b. A student starts at one of the outside cones, runs to touch the middle cone, then runs back to touch the next outside cone, back to touch the middle cone, and so on.

8. Touch reach slide

- a. Student A stands on a line facing a tosser, who is 8 feet away, holding a ball.
- b. Two other players stand to the left and right of student A on the same line.
- c. Drill begins when student A runs to touch the ball and then backs up to the line.
- d. As soon as student A reaches the line, the tosser sends the ball to one of the side students, who sends it back to the tosser.
- e. Student A quickly reacts and slides to touch the knee of the player who caught the ball and then slides back to the center to continue the drill.
- f. After each return to the center, student A goes forward to touch the ball in the tosser's hands.
- g. Continue drill for 20-35 seconds and then rotate students.

9. Toss ball

- a. A light ball is used in this informal game.
- b. The ball is either tossed and caught, or volleyed over the net.
- c. All other rules of volleyball apply.

10. Modified newcomb

- a. Rules are the same as newcomb, but the ball that is returned to the opponents' court must be hit in a legal manner.
- b. A freer handling of the ball is allowed
- c. The students line up in the M-formation to receive the serve, and the student who receives the serve may catch it and throw it to the setter in the middle front court.
- d. The setter sets or lobs the ball with two hands in an underhand toss to one of the spikers who hits it over the net using any legal technique.
- e. The defense is also allowed to catch the first and second ball.

11. Backboard

- a. Have students toss a volleyball against a wall and set pass the ball on the rebound as many times as possible in 30 seconds.
- b. After that pair the students up or have them select a partner.

- c. Partner 1 tosses the volleyball to partner 2. Who then set passes it against a wall.
- d. After 12 set passes, partners should switch roles.

12. Ali shuffle

- a. Stand sideways with both feet on one side of the line.
- b. Do the Ali shuffle as you move laterally down the line. Switch feet as you jump in the air to the front and back of the line.
- c. Go 15 yards and come back facing the same direction.

13. High outside set drill

- a. Stand 5 feet in from the right sideline, while your partner stands just outside the left sideline.
- b. Your partner tosses you the ball.
- c. You must set the ball to a height of at least 6 feet above the top of the net.

14. Three to nine

- a. Stand facing forward with both feet to one side of the line in a six o'clock position.
- b. Jump with both feet a quarter turn to nine o'clock position as you move forward.
- c. Next, jump with both feet a half a turn to a three o'clock position as you move forward.
- d. Repeat the half turns going from nine o'clock position to a three o'clock position.
- e. Go down and back 15 yards.

15. Option Volleyball

- a. A student is allowed to hit the ball with or without bouncing it.
- b. The ball may hit the floor once between hits by players on a team, but it must be returned to the opponents' court after three contacts.
- c. A game is 15 points with the team changing sides when 8 points have been scored by one team.

16. Double bunny hop

- a. Stand with one foot to one side of a line.
- b. Hop back and forth over the line with one foot as you move forward.
- c. Go 15 yards on the right foot and come back on the left foot.

17. Queen/King of the court

- a. The drill uses the concept of three-on-three volleyball.
- b. Teams of three players begin on both sides A and side B.
- c. Two additional teams stand on the end line of side B.
- d. A server on side B initiates the rally.
- e. If side A wins the rally, they get a point and remain in position.
- f. Side B retrieves the ball and returns to the end line.

- g. The next team of three steps onto side B.
- h. If side B win the rally, they get a point and move to side A.
- i. The drill ends when one of the teams reaches 15 points.

#### 18. Jungle trail

- a. The team must travel through the jungle trail without touching the floor and must achieve the success criteria on each challenge along the way.
- b. Start each team on a separate challenge and let it travel along the trail at its own speed.
- c. Team work within and between teams is crucial.

#### 19. Doubles tournament

- a. Two vs. two, try to get three courts so six team can play.
- b. On court one, players are required to comply with only two rules-no net violations, and the serve must initiate from the end line.
- c. On court two, a rule is added-a minimum of two team contacts must be used by each team every time the ball crosses the net.
- d. On court three, three team contacts are required each time the ball crosses the net.

#### 20. Black hole

- a. All group members must go through the black hole.
- b. No person may touch the black hole.
- c. No one may dive through the loop.
- d. Group member must remain on tumbling mats during the challenge.
- e. If any rule is broken, the person making the mistake and one person who has passed through the hoop must start again.
- f. No last names or put downs can be used.

#### 21. Ball toss drill

- a. Place a 12-inch-square target on the floor in front, slightly to the center, of your forward foot.
- b. Stand in the overhand floater serving position and hold your hitting arm fully extended.
- c. Toss the ball so that it goes higher than your hitting hand and lands on the target.

#### 22. Stepping stone

- a. Group tries to rearrange itself from a specific starting order to a specific ending order.
- b. Group members stand in a straight line on bases, which should not be moved.
- c. The team divides itself into two equal groups, and the groups face each other.

#### 23. Wall serve drill

- a. Stand in a serving position approximately 20 feet away from the wall.
- b. Toss and serve the ball into the wall above the line.

24. Balloon volleyball

- a. At the signal to begin, all players hit the balloons with any part of their bodies in an effort to get the balloons over the net.
- b. If a balloon hits the ground inside a team's court, the other team scores a point.
- c. If a balloon hits the ground outside a defending team's court, the defending team scores a point.

25. Serve, forearm pass, set or back set and attack drill

- a. Get a team of four students.
- b. A server stands in the service area.
- c. On the other side of the court, a receiver starts in the left or right back position, a setter in the front of the court at the net, and at least 5 feet in from the right sideline, and an attacker on the attack line on the left or right side of the court.
- d. The ball is served underhand to the receiver, who accurately forearm passes the ball to the setter.
- e. The setter sets the ball at least 5 to 7 feet higher than the net and within 1 foot of the sideline.
- f. The attacker hits the ball over the net using any of the three attack methods.
- g. This drill should be completed twice.

26. Volleyball relay

- a. At the signal to begin, student 1 from each team passes the ball to student 2 behind the attack line, who then passes the ball back over the net to student 3, and so on.
- b. After players set the ball they move forward and touch the net, and then move behind the attack line to make their next pass.
- c. Play continues for a team until their ball is not successfully passes over the net.
- d. Count how many times each team consecutively goes through the complete rotation.

27. Underhand serve drill

- a. A regular game is played.
- b. An underhand serve is always used, enhancing serve reception so that rallies may occur.

28. Frozen tag

- a. At the signal to begin, the "it" tries to tag the other players.
- b. When a player is tagged she/he stands with their feet spread at least shoulder width apart.

- c. If another player can dive between their legs the frozen player is free again.
- d. When a player steps outside the boundary they are frozen until the end of the game because no other player can go outside the boundaries to thaw the player out.
- e. If the "it" freezes everyone, the first player frozen becomes the new "it".

29. Sitting Volleyball

- a. A team consists of about nine players who all sit or kneel on the floor.
- b. A rope or net is drawn across the center of the court. The game can be played on mats and the size of the court is determined by the number of participants.
- c. Net height can be varied from group to group, depending on their strength.
- d. Service is made from behind the end line, using an overhand pass.
- e. Rotation can be used if desired.

30. Review for rules and skills test.

31. Take test of the rules and the skills that they were taught.

<b>Steps</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>FIT</b>	Battle ball Blake & Volp p.163	New comb Blake & Volp p.164	Around the world sit-ups Scates & Linn p.92	Cone drill Scates & Linn p.90	Touch, react, slide Scates & Linn p.93
<b>SKL</b>	Basic rule, teach how to Forearm bump	Review forearm bump teach forearm pass	Review forearm pass	Review rules	Go over test
<b>ACT</b>	Pickle in the middle Zakrajsek, Carnes, Petigrew Jr. p.379	One-line digging Dearing p.72	Sig-Zag volley Blake & Volp p. 169	Test over rules	Toss Ball Mason 7 Mitchell p. 370
<b>FIT</b>	Modified newcomb Scates p.212	Ali shuffle Shondell & Reynaud p. 154	Three to nine Shondell & Reynaud p.154	Double bunny jump Shondell & Reynaud p.151	Jungle trail Glover & Midura p.93
<b>SKL</b>	Teach setting	Review overhand pass, teach spiking	Review spiking and all other drills	Modified games	Modified games
<b>ACT</b>	Backboard set drill Zakrajsek, Carnes, Petigrew Jr. p.379	High outside set drill Viera & Ferguson p.54- 55	Option Volleyball Scates p.212	Queen/King of the court Dearing p.117	Doubles tournament Dearing p.118
<b>FIT</b>	The black hole Glover & Midura p 77	Stepping stones Glover & Midura p.90	Balloon Volleyball Byl p.164	Volleyball Relay Byl p.166	Frozen tag Byl p.170
<b>SKL</b>	Teach setting	Review serving	Modified games	Modified games Review skills	Skills test
<b>ACT</b>	Ball toss Viera & Ferguson p. 31-32	Wall serve drills Viera & Ferguson p.31- 32	Serve, forearm pass, set or back set and attack drill Viera & Ferguson p.79	Underhand serve Viera & Ferguson p.198	Sitting volleyball Scates p. 213

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