

Lesson: Volleyball Topic: Team Defence Equipment: 10-15 balls	Learning outcomes: TSWBAT... P: dig a ball and pass to the setter when the ball is tipped or spiked over the net. C: be able to read the position of the attacker and adjust court position accordingly to defend the ball when it is tipped or spiked over. A: work as part of a team to prevent the ball from hitting the ground when it is sent over as a tip, spike, or free ball.	
Warm Up & Stretch (10 minutes) <i>Equipment: Deck of Cards, Paper print outs with activity instructions</i> Card Circuit - In partners, students will pick up a card. They will then do the activity that matches the suit on the card. Reps = # on the card (face cards = 10, aces = 11, diamonds = 1).	Organization Cards arranged face down on the gym floor. Diamonds: 1 lap around the gym Spades: Push ups Clubs: Jumping Jacks Hearts: Crunches	
Lesson Safety Considerations - Players not currently participating in drills will shag the balls to make sure no ball rolls into the court during play. - Coach needs to make sure the balls going in are placed in safe spots (ie. Not towards bleachers, spectators, net posts, wall, etc.) - Players need to be aware of their surroundings. - Make sure the two courts being used are set up in the same way so the balls are going in the same direction.		
Introduction (5 minute) - Introduce the Topic: Volleyball - Main focus of lesson: Team Defence - Demonstration: Defensive Position - Team Defence Cues: - Communication - Teamwork - Spatial Awareness - Ready Position	Organization Students will be sitting, or kneeling on the ground facing the teacher so that they can see the demonstration from the side view.	Teaching Cues - Feet slightly wider than shoulder width apart. - Weight on balls of feet. - Knees bent. - Arms relaxed & loose in a medium position: ready to dig overhead or underhand.

<p>Drill 1: Free Balls (10 minutes) <i>Equipment:</i> 8 volleyballs <i>Rationale:</i> Practicing deciding who is going to take the first ball, and getting to the right position.</p> <ul style="list-style-type: none"> - First group starts on the court, lying on their stomachs. - Coach is on the other side of the net lobbing a free ball over the net, down the seams. - On second court, have a peer tutor, or a responsible/athletic student acting role of coach. - Ideal: one player gets the first ball, second becomes the setter, third will get the ball over the net. - Else: Free ball over the net. - Groups not in action will shag the balls, and after 5 reps the two groups will switch. - If coach feels the students are ready, coach will begin to hit the ball over the net instead of lobbing it in the air to make it more unpredictable for the team defence. 	<p>Organization Depending on size of class: <18 kids (groups of 3), <24 kids (groups of 4), <30 (groups of 5)</p> <p>2 courts running at once, w/ 2-3 groups on each court.</p>
<p>Instruction: Tips & Covering the Block (2 minutes)</p> <ul style="list-style-type: none"> - Demonstration on court positioning for covering the block. - From the 3 different hitting positions. - Left side: cover to the right, and directly behind block. - Middle: cover to the left and right of block. - Right side: cover to the left, and directly behind block. 	<p>Organization Students will be sitting or standing in a half circle around the teacher.</p>
<p>Drill 2: Covering the Block (10 minutes) <i>Equipment:</i> 8 volleyballs <i>Rationale:</i> Learning proper positioning for covering the net.</p> <ul style="list-style-type: none"> - In groups of 3, players will start in positions 2, 3, and 4. - Execution then follows Drill 1: Coach tips the ball over the net, moving along the three different positions so the 3 players on the court can practice covering each different position. Make sure each player rotates through each different position (block, & tippers on either side). - Remaining groups shag the balls and return them to the coach. <p>*If attacking has already been worked on, could have other students perform the tipping.</p>	<p>Organization Groups of 3</p> <p>2 courts running at once, w/ 2-3 groups on each court.</p>

<p>Drill 3: Free for All (10 minutes)</p> <p><i>Equipment:</i> 8 volleyballs</p> <p><i>Rationale:</i> This drill most closely resembles a real game situation where the defending team doesn't know what kind of ball is going to come over.</p> <ul style="list-style-type: none"> - Same set up as Drill 1, but coach can send over a tip, a free ball, or an attack. 	<p>Organization</p> <p>Depending on size of class: <18 kids (groups of 3), <24 kids (groups of 4), <30 (groups of 5)</p> <p>2 courts running at once, w/ 2-3 groups on each court.</p>
<p>Game: Touch 10 (20 minutes)</p> <p><i>Equipment:</i> 15-20 volleyballs</p> <p><i>Rationale:</i> Works on dealing with covering unexpected situations in a game, such as a wild rebound off the blocker, a weird ricochet off a forearm pass, or an errant first pass.</p> <ul style="list-style-type: none"> - Coach sends a wild ball over the net. - Each group gets 10 consecutive balls, then team switches up. - If team can get two touches on the ball = 1 point - If team can get 3 touches & over the net = 2 points - Team with the most points wins <p>This is a fast-paced game so it is crucial that the shaggers ensure no ball enters the court for safety reasons, and all balls are quickly returned to the coach for efficiency reasons.</p> <p>*If time left over, can move into scrimmage games.</p>	<p>Organization</p> <p>Groups of 3</p> <p>1 group starts on the court, everyone else is responsible for shagging the balls and returning them to the coach.</p>
<p>Closure & Net Takedown (5 minutes)</p> <ol style="list-style-type: none"> 1. What were the 3 cues for defensive position? 2. What are the 4 cues for team defence? 	<p>Organization</p> <p>Students will be sitting/kneeling facing the teacher.</p>