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| **Lesson Plan:** Beach Volleyball (2's)  |
| **Equipment:**  - Volleyballs -Volleyball net -Dodge balls |
| Time | Activity/Skill | Important Notes |
| 10 min 10 min10 min | **Introduction** 1. Short intro to Beach volleyball:🡪 Played with only 2 players instead of 6 and no specialized positions (just left and right side) 🡪 Court size is 16x8m not 18x9m and there are no attack lines🡪 Played on sand court, which is why the courts are smaller🡪 Ball is bigger, lighter and softer than regular indoor volleyballs to allow players the opportunity of using weather to their advantage2. Stretching 🡪3. Warm-up: Dodge ballIntroduction🡪 Told to avoid it (Murderball!! Invented to toughen up soldiers), argument has its merits 🡪 Know your class (cliquey class with potential for bullying??)Teaches transferable skills to a lot of skills that students will need in your Phys Ed class🡪 Situational awareness🡪 Getting ready to receive a ball that is being hit in your direction🡪 Throwing movement similar to serve or hit movements (shoulder warm-up)🡪 Staying on your toes, lateral movement involved in dodging very important in beach volleyball especially being that there are only 2 players on each team. You have to cover more of the court.RulesSafety! 🡪 Below shoulder height, no head shots!Ask Students to Review the rulesChecklist🡪 If you are hit, go to jail (designate an area) – always possibility of a jailbreak!🡪 You can use a ball to block, keep your head up and pay attention🡪 If you catch a ball thrown at you, that player is out and a player from your jail returns to the game**Peppering**1. 2 v 2 Cooperative Pepper 🡪 Cooperative play between two groups of pairs🡪 Start with a toss to opposite pair🡪 Pair takes 3 touches (ideally pass, set, hit) - third touch a pass to the opposite pair🡪 Play continues like this back and forthObjective: To rally back and forth for as long as possible, and get used to having only two players on the court.2. 20-20-28 Drill🡪 Cooperative play between two groups of pairs🡪 Students are in groups of four (two on each side of the net) and two groups are set up at each net. 🡪 Students start out doing pass, set, free ball over the net🡪 Progression is pass, set, light hit over net 🡪 Second progression is pass, set, hit with pace (attack)Objective: To rally back and forth for as long as possible, and get used to having only two players on the court. **King of the Court (2 V 2)**Students will be in pairs, using both sand courts. The court will look as follows:🡪One pair will start on the King’s Court and another pair will start on the opposite court🡪The non-playing pairs will be in a line outside of the court, waiting for their turn to play🡪The non-King’s Court side will underhand serve the ball to start the match and a rally will ensueRules🡪 A team wins by winning the rally between the two pairs🡪 Winning team stays in or moves to King's Court🡪 Non- winning team moves to the back of the line🡪 Next team plays the winning team **Conclusion**Check for basic understanding 🡪 What are the main differences between beach and regular volleyball? | Cues - - Be constantly moving to create a passing angle for your partner- Get under the ball to make your pass-Line your body up with where you want the pass to go- Make the pass high to give partner enough time to get to it |