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| **Lesson Plan:** Beach Volleyball (2's) | | |
| **Equipment:**  - Volleyballs -Volleyball net -Dodge balls | | |
| Time | Activity/Skill | Important Notes |
| 10 min  10 min  10 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 advantage  2. Stretching  🡪  3. Warm-up: Dodge ball  Introduction  🡪 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.  Rules  Safety!  🡪 Below shoulder height, no head shots!  Ask Students to Review the rules  Checklist  🡪 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 forth  Objective: 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 ensue  Rules  🡪 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 |