

# VOLLEYBALL

## LESSON PLAN



**WOLF RIDGE<sup>SM</sup>**  
ENVIRONMENTAL LEARNING CENTER



## CLASS DESCRIPTION: An Evening Activity

Through the game of volleyball, students will practice such life skills as cooperation and communication. On an outdoor court, students will try variations on the basic game of volleyball as well as strategies to adapt to different kinds of weather and/or team compositions (i.e. numbers of people, abilities of participants, etc.).

**Total time:** 1 1/2 hours (flexible)

**Audience:** 4-30 students, 4th grade through adult

**Activity level:** moderate

**Travel:** none

**Total uphill travel:** 250 feet

## GUIDING PURPOSE

To...

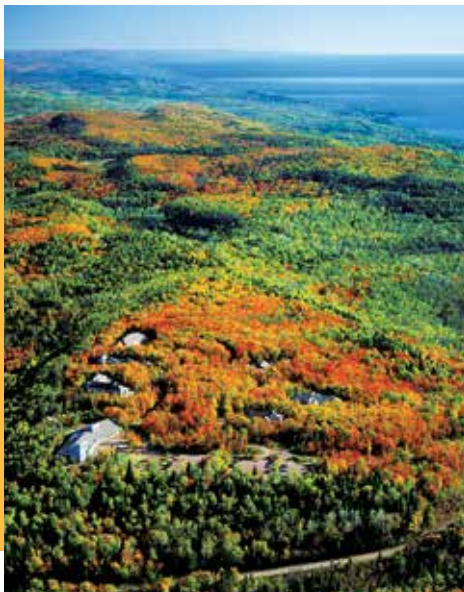
## CONCEPTS

- We all have potential for physical activity and can improve our skills with patience and practice.
- Developing group interaction skills will improve our responses to future life situations.
- How we play today is how we live tomorrow.

## OUTCOMES

Upon completion of the Volleyball activity students will be able to:

1. Demonstrate hand placement for passes, sets and serves.
2. Explain how various members of team use different skills to make the team better.
3. Describe the effect of etiquette on the quality of team sport activity.



**Our mission** is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

6282 Cranberry Road | Finland, MN 55603-9700 | [www.wolf-ridge.org](http://www.wolf-ridge.org)

*Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.*



## Equipment

- 2 volleyballs (1 for play, 1 for practicing)
- 1 volleyball net

## Appendices

- Glossary
- Additional Information
- Optional Activities
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

## Set-up (10 min.)

- Classroom/class prep description
- Safety Management

### I. Introduction (5 min.)

- A. Observation as a Core Practice
- B. Question Generating
- C. Making Connections
- D. Evidence-based Explanation
- E. Uncovering Mystery

### II. Basic Volleyball Skills (15 min.)

- A. Pass, Serve, Set
- B. Traditional Rules
- C. Choosing Teams

### III. Play Ball (60 min.)

### IV. Closing (5 min.)

## Clean-up (5 min.)

## INSTRUCTOR NOTE:

*Before you begin the class make sure you have a volleyball, that you know which volleyball court you are scheduled for, and that the net is properly attached and tightened. The West volleyball court is located near the West Dorm, by the recycling station. The East volleyball court is behind the Education Building near the East Dorm. (See map in appendices.)*

## INSTRUCTOR NOTE:

*As they arrive, make sure they are dressed appropriately to be outside for the entire time. Volleyball can be played outside regardless of weather. Playing in Sorel boots and mittens in the winter is not only fine, it is highly encouraged. If students are prepared to be warm and dry, they'll most likely have more fun. Watch to make sure students do not get too warm or cold during play.*

## Set-up (10 min.)

### Classroom/class prep description

Before you begin the class make sure you have a volleyball, that you know which volleyball court you are scheduled for, and that the net is properly attached and tightened. The West volleyball court is located near the West Dorm, by the recycling station. The East volleyball court is behind the Education Building near the East Dorm. (See map in appendices.)

If it is dark, or you anticipate it will be dark during your class, use the lights at the courts. The lights for the courts are located on lampposts (see map). Because they are mercury vapor lights, they will take 10 minutes or so to fully brighten. Be patient; they will go on.

The nets are hanging on the wooden standards at each court. There is one net per court. Take it off the hooks and stretch it across the court using the carabiners and hook to attach it to the opposite wooden standard. If you see a tear or problem with the net, please contact a Wolf Ridge staff member so we can take care of it.

The volleyballs are located in the "kit room" in the Education Building on the floor, underneath the first set of shelves is a cardboard box full of volleyballs. There are enough for 2 at each court. If your ball needs air, carefully inflate it with the pump that is also in the box. (Wet the needle and carefully insert it into the hole on the ball. Make sure the needle goes in straight or it will bend and won't work properly. Pump until the ball feels full, about 8 lbs. of pressure. Carefully remove the needle from the ball.)

Return to meet your class in the classroom to which you have been assigned.

### photo of class set up

## Safety Management

Adhere to and be familiar with all general safety practices designated by Wolf Ridge. Be aware of any student's special needs (medical, etc.) and adjust the activities as needed to maintain safety.

- First aid kit is located in the buildings.



## I. Introduction (10 min.)

"Welcome to Volleyball!" Most likely the students will already be excited to go outside and play. A little extra excitement and enthusiasm doesn't hurt. As soon as the students walk into the room, learn their names and set the tone for the class. Find out who has played volleyball before, in what types of settings (on a team, in a park, informally, formally, etc). Assess the skill of your students. This information will help you know where you need to start teaching skills, who may need more help, and who can assist you in teaching. This is also a good time to set behavior guidelines.

Explain, or get your students to help you explain, the need for respect and courtesy for one another during the game. Often team sports elicit competition. Challenge your students to play competitively in terms of trying hard, yet to enjoy the game and encourage one another regardless of who is on what team. It is, after all, only a game!

**Assess Learner Level** (Outcome 3): Describe the effect of etiquette on the quality of team sport activity.

Lead students outside to your reserved court.

## II. Basic Volleyball Skills (15 min.)

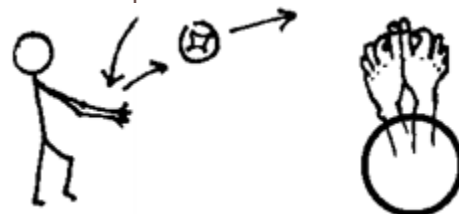
This portion of class is best done outside. You may be able to skip it entirely if the class has had previous experience playing volleyball. Most likely, this will be the case. But if not, the three helpful volleyball skills to know are the pass, set, and serve.

### A. Pass, Set, Serve

#### 1. Pass

To pass, clasp your hands together so your forearms and elbows make a flat surface. To pass the ball, let the ball land on the surface of your forearms. As the ball hits, push your arms up and toward the direction you want the ball to go.

Practice passing the ball back and forth between partners or in a circle.



#### 2. Set

The goal of setting is to lightly push the ball up in the air. To do this the person setting needs to get under the ball (not lying down, but standing!) and with their fingers forming the shape of a triangle (see diagram) gently push the ball straight in the air. With setting, you can direct it over the net or to another person on your team.

Practice setting to yourself to work on control and light sets and then set between partners or in a circle.



#### 3. Serve

There are two types of serves: the overhand and the underhand. The underhand is usually a good beginning serve; it's easy to learn and gets the ball in play more lightly than the faster, more aggressive overhand.

To do the overhand serve (pictured), throw the ball straight up in the air, similar to tossing a tennis ball in order to serve in tennis. Instead of having a tennis racket to hit the ball, you use your arm and hand. Your hand should hit the ball when your arm is fully extended straight above your head.



Practice first tossing the ball straight up in the air and letting it fall at your feet in order to develop a good toss. Add the arm and work on hitting the ball so it travels straight from where you hit it, not at the ground and not 50 feet high.

Do a demonstration of these skills (or have knowledgeable students help teach) and practice with the ball for a few minutes. If you have already split into teams, the teams can practice amongst themselves. Gaining some proficiency in moving the ball to other teammates as well as over the net will alleviate some frustration during play.

**Assess Learner Level** (Outcome 1): Demonstrate hand placement for passes, sets and serves.

## B. Traditional Rules for the Game

The goal of the volleyball game is to keep the ball in the air, going over the net from team to team. Each team can hit the ball three times before passing it over the net, but the ball cannot touch the ground. If it touches the ground, the other teams gets to serve.

The game is played until one team scores 15 points. The serving team earns a point when the other team cannot return the ball to the serving team's court (either the ball hits the ground in the other teams court, or the other team hits it outside of the boundaries). The serving team maintains possession of the ball, meaning they get to serve each round, until the ball lands inside their court or they hit it outside the other team's boundaries. A team only scores when they are serving. A team needs to win by 2 points.

When serving, the server must be behind the back boundary line and the ball must clear the net and land behind the first line on the other team's side.

Volleyball is usually played with 6 people per side, three in a front row and three in a back row. When the ball changes possession and goes to the other team, players rotate. If there are more than 6 players on the team, the extras wait outside the court lines and the new person comes in as the server and the front row player on the right side steps off the court.

At Wolf Ridge we often play with odd numbers on a team. Below are diagrams of possible placement and rotation.

## C. Choosing Teams

It really doesn't matter who's on what team. Random team selection (i.e. picking two flavors of ice cream and assigning a chocolate chip team and a rocky road team, separating by odd and even month birthdays, names that start in the beginning or the end of the alphabet) may prevent that old horrible elementary school nightmare of getting picked last. Make it a fun experience; have the teams

## III. Play Ball!

Whew, finally it's time to play. If the traditional game doesn't work for you or you don't want to be traditional...hooray! Below are some suggestions to adapt the traditional game of volleyball. Some of the variations help reduce competitiveness, take the focus away from scores and winning and emphasize the fun, and include people of all abilities. Give them a try.

### A. Rotation Ball

Play by standard rules, but rotate players (after both have served) from one side to the other rather than within each team. It's sort of like playing against yourself in order for either team to score you've got to give 100% for whatever team you're on!

## B. Volley-volley ball

In this game the scoring system changes dramatically. A team can score from one to three points depending on how many people touch the ball before it goes over the net. If one person hits it, the team gets one point. If all three hits are used, the team gets three points. Ball-hogging doesn't pay off in this version! A game goes to 35 points, or whatever you like.

## C. Hackey-Volley ball

Now, before the ball goes over the net EVERY member of the team must touch the ball, at least once. This is harder, requires more patience, a fair amount of skill, and works best with fewer players. Play to whatever score you'd like!

## D. Infinity ball

The same rules apply as for standard volleyball. The score, kept track of by both teams chanting in unison, is the number of times the ball is hit over the net to the other side without hitting the ground. Any score over fifty is good, 100 is extraordinary! Both teams always win.

## E. Any other variation you can think of!

## V. Closing

Take a few minutes to gather the class together and debrief the game. Ask questions such as: "What did you like/dislike?" "What worked well/ didn't work?" "Describe characteristics that make a good team member. "What does it take in order for a team to win?"

Encourage students to relate the skills they used as a team member to other situations in their lives. (For example, when is it important to let every one get a chance to try something? What affect does encouragement have on other people?)

**Assess Learner Level** (Outcome 2): *Explain how various members of team use different skills to make the team better.* Describe the effect of etiquette on the quality of team sport activity.

## Clean Up (5 min.)

Gather the balls. They may have been rocketed into the surrounding woods so look carefully for them! Take the net down and hang it neatly on the hook on one of the wooden standards. Oneside of the net can stay attached to the posts. (If the net is left up or sits on the ground it will become worn and ripped and need to be replaced.) Turn the court lights off. Please bring the balls back to the education building and back to their home, the cardboard box in the equipment room.

## Appendices

### Glossary

### References

- *The New Games Boole*, ed. Andrew Fluegelman. Dolphin Books: Garden City, NY (1976)

