

<b>Age: 1.5 - 3</b>		<b>Sport: Volleyball</b>	
<b>Duration:</b> 45 mins	<b>Physical Skills:</b> Bumping, hitting, setting	<b>Social Skill:</b> <b>Communication</b>	<b>Stickers:</b> Volleyball, <b>Communication</b>

**Review Volleyball Sport Resources Alongside Lesson Plan [HERE](#)**

**Welcome!**

1. Introduce the sport - holding out soccer ball
2. Talk about the actions we do in soccer
3. Introduce the social skill
3. Talk about what **communication** is and how we use it

<b>Social Skill</b>	<ul style="list-style-type: none"> <li>• <b>Communication</b> helps the team play better together - good teammates <b>talk to each other</b> while they play!</li> <li>• What does good <b>communication</b> look like? <ul style="list-style-type: none"> <li>○ Calling for the ball: "I got it!"</li> <li>○ Asking for the ball: "Pass here!"</li> <li>○ Letting teammates know: "I'm open!"</li> <li>○ Encouraging others: "Good job!"</li> </ul> </li> </ul>
<b>Intro</b>	

**WARM UP**

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

<b>Physical Literacy Skill</b>	<ul style="list-style-type: none"> <li>★ <b>Balance</b></li> <li>• Balance means staying steady and not falling</li> <li>• When standing normally, we are balancing on two feet</li> <li>• Explore static balance - try to balance in different still positions: <ul style="list-style-type: none"> <li>○ Stand up on the tips of your toes, arms stretched straight overhead (giraffe pose)</li> <li>○ Standing on one foot only (flamingo pose)</li> <li>○ Stand on one leg, arms out sideways like wings, bend forward at the waist and lift rear leg (airplane pose)</li> <li>○ Stand on all fours, head down, and bum to the sky (downward dog pose)</li> <li>○ Stand on all fours, head down, and hold one leg in the air (eiffel tower pose)</li> </ul> </li> <li>• Introduce dynamic balance - try to balance while moving: <ul style="list-style-type: none"> <li>○ Walking along a line (create two parallel lines of cones, leaving foot-wide distance between them so players can walk in the narrow middle space)</li> <li>○ Heel-to-toe walking (forward and backwards)</li> <li>○ Jumping over an object and landing still</li> </ul> </li> </ul>
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**Colour Run!**

<b>Equipment</b>	<input type="checkbox"/> <b>Hula hoops</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Space out all hula hoops around the play area</li> <li>→ Players and parents will run freely around the space</li> <li>→ When the coach yells out a colour, everyone runs to a hoop of that color and puts one foot inside the hoop</li> <li>→ Players then resume running around the space until the next color is called</li> </ul>

## PHYSICAL SKILLS

### Elephant Trunk Bumps!

<b>Equipment</b>	<input type="checkbox"/> <b>Volleyballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Players and parents spread out around the play space. Each pair will have a volleyball.</li><li>→ Demonstrate elephant trunk arms to the group</li><li>→ Parents will toss the ball gently and the player will try to bump the volleyball using their elephant trunk.</li><li>→ If the player is struggling to bump the ball, have them keep their arms out to catch the ball and throw it back up again</li></ul>

### High 5 Hitting!

<b>Equipment</b>	<input type="checkbox"/> <b>Volleyballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Players and parents spread out around the play space. Each pair will have a volleyball.</li><li>→ There are 2 options depending on how advanced the group is:<ul style="list-style-type: none"><li>◆ a) Parents hold the ball between their hands out in front of their child. Players hit the ball out of their parents using a big, strong high five hand to spike the ball.</li><li>◆ b) Players hold their arm up straight in the air with their hand open like a big high five. Parents toss the volleyball high enough into the air (around head-height) and players spike the ball down to the ground.</li></ul></li></ul>

### Sky High Setting!

<b>Equipment</b>	<input type="checkbox"/> <b>Volleyballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Each player will have a volleyball.</li><li>→ Before using the ball, demonstrate the setting position:<ul style="list-style-type: none"><li>◆ Make a triangle with your hands and keep your hands at forehead level</li><li>◆ Squat down, then explode up using both arms and legs to launch the ball</li></ul></li><li>→ Practice this motion a few times without the ball first.</li><li>→ Then, practice as a group with the ball. Direct the group through the steps to hold the ball in their triangle at forehead level, squat down, and explode up to launch the ball</li></ul>

## SOCIAL SKILLS

### Coach Says!

<b>Equipment</b>	<input type="checkbox"/> <b>Volleyballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Players and parents spread out around the play space, but close enough to the coach to hear</li><li>→ Each player will have a volleyball.</li><li>→ Call out different volleyball actions to get players practicing the movements, and add some silly actions as well. For example:<ul style="list-style-type: none"><li>◆ Elephant trunk BUMP your ball, put your ball on your head, tap your ball on another player's ball, SET your ball high into the sky, etc.</li></ul></li><li>→ Be creative! You don't have to limit your actions to just stationary things</li><li>→ Make sure that you are clearly demonstrating the action</li><li>→ Emphasize <b>communication</b> by reminding players to have their <b>listening ears on</b> and their <b>eyes on the coach</b> so they know what actions to do</li></ul>

## FUN ACTIVITY

### Fire and Ice Tag!

