

Age: 3-5 / 5-7		Sport: Volleyball	
Duration: 60 mins	Physical Skills: Bump, Set, Hit	Social Skill: Communication	Stickers: Volleyball, Communication

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

Welcome!

1. Introduce the sport - holding out volleyball
2. Talk about the actions we do in volleyball
3. Introduce the social skill
3. Talk about what [communication](#) is and how we use it

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

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.

Physical Literacy Skill	<p>★ Running</p> <ul style="list-style-type: none"> • Eyes forward - look where you are going • Arms bent - make an "L" with your arms • Opposite arm, opposite leg - right arm with left leg, left arm with right leg • Swing your arms - forward and back (not across your body) • Light feet - run quietly on your toes • Quick steps - short, fast steps
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Switch!

Equipment	<input type="checkbox"/> Cones, spot markers
Key Points	<hr/> <ul style="list-style-type: none"> → Create a large square court using 4 cones to mark each corner - place 1 cone in the centre of the square → On one side of the square, create a line using spot markers for players to line up at (ensure the line starts a few feet back from the square) → 5 players will start in the square, each at a cone → The rest of the players will line up on the spot markers outside of the square → The first person in line is the "caller" and calls out the signal "switch" → On the signal, everyone in the square must run and find a new corner → If you don't find a corner (person at the middle cone), you go to the back of the line → Players must stay on their feet (sliding or falling down = automatically to the back of the line) → If players tie, the player with their foot on the corner wins (rock paper scissors if needed too) → After each round, the caller steps into the middle to start the next round and next in line becomes caller <hr/>
Adaptation	<ul style="list-style-type: none"> • If a large group, create 2 different square games to play simultaneously • Simplify: Follow the same rules outlined above but rather than a square, set up ~6 tall cones throughout the space at random with one flat cone or hula hoop in the centre. Create a line of spot markers a few feet away from the playing space. This can be helpful for younger ages and larger groups.

PHYSICAL SKILLS

Elephant Trunk Bumps!

Equipment

Cones, volleyballs

Key Points

- Create a line of spot markers - each player will find a spot, standing to face the coach
- Players will stand in their ready position with their elephant trunk ready to bump the ball
- The coach will have a ball and will move down the line, tossing the ball to each player twice before moving on to the next
- The players will bump the ball back to the coach
- If two coaches, one coach should start on either side of the line, making their way toward the centre
- Focus on keeping arms together and successful bumps
- Coaches should rotate through the line multiple times and ensure each player gets multiple turns

High Five Hitting!

Equipment

Cones, volleyballs

Key Points

- Create a line of spot markers - each player will find a spot, standing to face the coach
- Players will stand in their ready position with their high-five hand extended and ready to spike the ball
 - ◆ Players will make a big high-five with their hand with their arm extended above them
- The coach will have a ball and will move down the line, tossing the ball to each player twice before moving on to the next
- The coach will toss the ball high, above head-height and to the players hand, for the players to spike the ball down to the ground
 - ◆ The coach should ask the player to wave their high-five hand high in the air to show they are ready
- Focus on keeping arm straight (not bent), eyes on the ball and hitting the ball strong with their palm
- Coaches should rotate through the line multiple times and ensure each player gets multiple turns

SOCIAL SKILLS

Underhand Serve!

Equipment

Cones, hula hoops

Key Points

- Create a wide line using cones - this will be the service line
- Players will spread out behind the service line, each with a ball (players will leave the ball on the ground in front of them to start)
- Begin by practicing the motions of the underhand serve first - [EXAMPLE](#)
 - ◆ Serve stance - Standing with their right foot back and left foot forward
 - ◆ Weight transfer - Practice rocking back and forth in the serve stance
 - ◆ Ghost ball serve - Hold out a ghost ball in front of the body with the left hand and swing the arm up on the rock forward
 - ◆ Weight transfer with ball - Practice rocking back and forth, and swinging the arm with the ball, without actually hitting the ball yet to practice movement without dropping the ball
- When the coach says GO, players will practice an underhand serve all at once
- All players retrieve their balls together and reset behind the service line
- To emphasize **communication** - explain that when playing volleyball, the player serving will shout "Service!" before serving the ball to **communicate** to all of the other players that the ball is coming

Adaptation

- **Progression:** Place hula hoops on the ground throughout the space as targets for players to aim their serves towards as a group
- **Progression:** Divide players off into partners to continue practicing underhand serves. Each pair will have one ball and will try to serve / bump the ball high and far to their partner

FUN ACTIVITY

Fire and Ice Tag!

Equipment

- Cones, volleyballs

Key Points

- Create a large boundary using cones that players must stay within
- Choose 1-2 players who will be IT - they are the “freezers” and have “ice powers”
- Choose another 1-2 players (can be coaches) who have the fireball to unfreeze players
- Players with the fireball cannot be frozen
- If you are frozen, players with the fireball can toss you the ball and if you catch it you are unfrozen
- If the fireball is not caught when tossed, it must be re-tossed until it is caught successfully

Adaptation

- Instead of making a successful catch - players have to bump the ball back to the coach
- **Progression:** If the fireball is dropped it is dead and cannot be picked up again. OR, the fireball is no longer invincible and can be frozen by the ice - if frozen, it can still be unfrozen by another fireball if they make a successful catch (must have 2 players with fireballs).

WRAP UP

Huddle & Review!

Review

- Who can tell me what actions we practiced in volleyball today (i.e.bump, set, spike, serve)?
- What social skill did we work on today?
- Yes, **communication**! Can I hear everyone say “**communication**”?

Cheer

- The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY!
- Be as LOUD as you can!

Stickers

- ★ Hand out Volleyball and **Communication** stickers