

Teacher: **Chris Seward**

Grade/subject: **High School**

Time available:

Lesson title/topic: **Bump, Set, Serve**

Lesson date:

STANDARDS/BENCHMARKS/GLCE/HSCE addressed in this lesson:

M.1.MS.4 Apply all elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and implements in dynamic settings.

K.2.MS.2 Apply knowledge of the critical elements of movement concepts while performing locomotor skills during participation in target, net/wall, invasion, and striking/fielding modified games in dynamic settings.

K.2.NG.1 Analyze game play, synthesize skills or tactical problems of the game, or evaluate player performance of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified (e.g., 1 vs. 1, 2 vs. 2, or 6 vs. 6) net/wall games (e.g., compare/contrast volleyball and floor tennis).

B.6.FB.1 Apply internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in dynamic settings.

OBJECTIVES:

Psychomotor: Students will be able to perform a bump, set, and underhand or overhand serve using TA from 3 of 4 times.

Cognitive: Students will be able to recognize the TA points of bump, set, and underhand or overhand serve.

Personal Social: Students will be able to demonstrate these skills 3 of 4 times with a partner during the drills

INSTRUCTIONAL ACTIVITIES:

Time: **Anticipatory Set: Does anybody watch the Olympics and see the Men's beach volleyball team, or the womens?**

Movement Preparation (Warm Up)

Centrally Located Position: In front of the students while they are in four lines on the baseline prepared to do short drills for warm ups.

Dry Run: (demonstration/explanation): Students will be doing a series of drills to warm up. On the call by the teacher the students will perform the skills from the baseline to the free throw line and then once the last person reaches the free throw line they will do it back.

- 1. High Knees**
 - 2. Butt Kickers**
 - 3. Karaoke**
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4. High Skips

Challenge: Try to do these skills correctly to warm you up and decrease the chance for injury.

Safety: Be aware of your surroundings, if you are feeling tired slow down.

Questions to Check Understanding: Where do you perform the skill to? When do you go back?

Transition: When I call out the first skill go.

Teaching Forearm Pass

Teacher Model 4 Critical Points: Bump

- 1. Ready**
- 2. Elbows straight**
- 3. Platform**
- 4. Shrug**

Transition: when I say go everybody stand up and show me the critical points on my command.

Student Response (without equipment): students will stand and work on the TA points while the teacher supervises and calls out the 4 points.

Transition to end SR: freeze. Now when I say go everybody have a seat. Go

Questions to Check for Understanding: What does the ready position look like? How should you finish the pass?

Practice/Drill

Centrally Located Position: in front of students who are sitting on the baseline.

Dry Run: (demonstration/explanation): Students will be in teams of three and the object of the drill will be to keep the ball volleyed by way of forearm pass. The way it works is group member #1 would be standing about five feet away from the other two partners who are lined up one behind the other. Partner #2 in the front will bump it to the other partner #1 and then run and switch positions to be behind partner #1. The partner retrieving it will then bump it back to the partner #3 standing there who will bump it to Partner #2 that funneled into the position number 1 was in.

Challenge: Keep the ball off of the ground for as long as you can.

Safety: be careful when running back not to run into one another.

Questions to Check Understanding: What does partner #2 do after hitting the ball to partner #1?

Transition: When I say go I would like everybody to get into groups of three, two partners on the serve line and 1 facing them about 5 feet out. Go

Students Practice

Transition: freeze. When I say go whoever has the ball bring it back to the bag and the rest sit down along the baseline. Go

Teaching Set

Teacher Model 4 Critical Points: set

- 1. Ready**
- 2. diamond**
- 3. Arms up**
- 4. Extend Fingers**

Transition: when I say go everybody stand up and show me the critical points on my command.

Student Response (without equipment): students will stand and work on the TA points while the teacher supervises and calls out the 4 points.

Transition to end SR: freeze. Now when I say go everybody have a seat. Go

Questions to Check for Understanding: What does the ready position look like? How should your hands look before setting?

Practice/Drill

Centrally Located Position: in front of students who are standing on the baseline.

Dry Run: (demonstration/explanation): Students will be in groups of two and the object of the drill is to work on contacting the ball with the fingertips and focusing on the skill of the set. Students will get into two's and one person will set the ball to themselves as the walk down the basketball court and back, then the other partner will go. After each person does this three times the next part of the drill is to work on partner setting, start with each partner getting three sets and then after each partner has three sets each, partners will try to set the ball back and forth without letting the ball fall to the ground.

Challenge: Keep the ball close to your body while setting and walking. Try to keep the set up as long as you can with a partner.

Safety: be careful when walking and setting for the other students walking too.

Questions to Check Understanding: What do you do after each partner has walked down and back three times? After partner hitting?

Transition: When I say go I would like everybody to get into groups of two and start their drills.

Students Practice

Transition: freeze. When I say go whoever has the ball bring it back to the bag and the rest sit down along the baseline. Go

Teaching Serve (uh)

(oh)

Teacher Model 4 Critical Points: (uh) serve

- 1. Ready**
- 2. Ball in non-dominant hand**
- 3. Swing**
- 4. contact and follow through**

- 1. Ready**
- 2. Toss**
- 3. Arm back**
- 4. Swing and follow through**

Transition: when I say go everybody stand up and show me the critical points on my command.

Student Response (without equipment): students will stand and work on the TA points while the teacher supervises and calls out the 4 points.

Transition to end SR: freeze. Now when I say go everybody have a seat. Go

Questions to Check for Understanding: How high should the toss be? Where should you make contact with the ball at?

Practice/Drill

Centrally Located Position: in front of students who are standing on the baseline.

Dry Run: (demonstration/explanation): Students will be working in partners, one partner on each side of the net. The goal of this drill is to work on serving, one ball per partner one person will serve and then the other partner will serve it back. First do three overhand serves and if you do not feel comfortable then you can move onto underhand serve. Students will work on serving until it looks like they are ready to move on. Hula hoops will be placed on each side to aim at.

Challenge: Try to hit the ball to one of the hula hoops. Work on getting the ball over the net with the overhead serve

Safety: be careful when walking and getting the balls for other serves and the hula hoops.

Questions to Check Understanding: What are the hula hoops for? How many overhead serves before you can do an underhand serve?

Transition: When I say go I would like everybody to get into groups of two, one get a

ball and the other go to one side of the net one with the ball to the other.

Students Practice

Transition: freeze. When I say go whoever has the ball bring it back to the bag and the rest come to the middle of the gym.

RESOURCES/MATERIALS and CLASSROOM SET UP needs:

Volleyball nets, volleyballs, radio or stereo, whistle, hula hoops.