Volleyball Season Block Plan

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| ***Class Context***  **Class:**  6th Grade; 13 boys/17 girls; class duration – 50 min.; meets 5 days p. week; 20 classes total; class has completed 2 previous sport education seasons.  **Activity:**  Volleyball; indoors; 6 badminton court-sized courts; net at 6 feet height.  **Equipment:**  Adequate number of “trainer” volleyballs.  **Team format:**  3 teams of 10.  **Competition format:**  Progressive competition – 2 v 2 to 3 v 3 to 4 v 4; Three- and two-level graded competition.  **Team/Specialist Roles:**  Coach, Scorekeeper; Referee; Manager; Statistician; Team Spirit Coordinator; Ball Retriever. |

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| Day | ***Class Activities*** |
| 1 | Introduction to volleyball. Selection of Team Coaches.  Guided and independent practice of passing and setting w. emphasis on control & redirection; dinking w. focus on reading opponents’ court defense. Outline of season’s schedule of competition’s and team’s home base courts and entry routine.  Basic rules introduced. Teacher meets with Team Coaches to form teams with focus on balance. |
| 2 | Announcement of teams/coaches assigned to teams.  Review passing and setting techniques. Teams practice techniques at home base court.  Introduction of blocking using guided practice followed by independent practice.  Introduce 2 v 2 game format w. free-ball start and rally scoring; teams practice playing 2 v 2 at home base courts.  Introduce Duty Team roles and responsibilities.  Teams choose name, color, motto, cheer and mascot (Team Spirit Coordinator) |
| 3 | Teams warm-up / practice at home base courts.  Scorekeeping and officiating introduced using whole class demonstration (i.e., 2 teams play w. rest of class practicing both roles on rotating basis).  Teams decide on player pairing for 2 v 2 competition  Graded Competition: A – level: Beginners; B – level: Advanced Beginners; C – level: Experienced. |
| 4 | Teams warm-up / practice at home base courts.  Whole class introduction to game tactics: court coverage, base position, play the angles, transition from defense to attack and from attack to defense). Teams practice this in 2 v 2 format at home base courts.  Teams practice and present Team Cheer; present their Mascot and Motto. |
| 5 | Teams warm-up / practice at home base courts; followed by 2 v 2 scrimmages used for team rotations and duty team practice. Teacher provides feedback after each timed game on managerial task performance (i.e., management of the competition structure):  Games are 8 minutes on 6 courts; 3 games per game session (9 total) with substitutions at 3 and 6 minutes.  Game Session Teams Duty Teams  1 1 v 2 3  2 1 v 3 2  3 2 v 3 1 |
| 6 | Teams warm up / practice at home base courts, followed by whole class review of scrimmage play with emphasis on technique and tactics. Review any problems w. scorekeeping and officiating from previous day.  Teams continue practice to determine final placement of players on Beginner, Advanced Beginner and Experienced teams for 2 v 2 competition. |
| 7 | Teams warm up / practice at home base courts.  2 v 2 competition day with same game session structure as on day 5.  Games are now 12 minutes in length w. subs at 4th and 8th minutes. |
| 8 | Teams warm up / practice at home base courts.  2 v 2 competition day 2 with same game session structure. Teams can adjust their rosters across competition level. 2 v 2 champion is then determined and announced based on the 4 games played. Tiebreaker based on points scored in games. Team Statisticians compile season statistics for posting by the next class. |
| 9 | Teams warm up / practice at home base courts, followed by whole review of 2 v 2 competition.  Introduction to 3 v 3 competition through guided practice with emphasis on new court coverage and base positions, playing for angles and transitions from offense to defense; reading opponents’ defense.  Teams identify players as passers and setters, and practice.  Teacher decides on possible changes to court size and net height (and any changes in any other rules)  Within-team scrimmages at home base courts. |
| 10 | Teams warm up / practice at home base courts, followed by within-team 3 v 3 scrimmages. Outline new graded competition structure (A and B level – More experience and less experienced).  Last part of class teams can scrimmage 3 v3 informally against other teams. |
| 11 | Teams warm up / practice at home base courts followed by 3 v 3 between-team scrimmages. Schedule is similar to that of day 5.  Games are 12 minutes (subs at 4th and 8th min.) with free-ball starts and rally scoring.  Class closure focus on review of 3 v 3 competition tactics and any Duty Team task issues (e.g., scorekeeping and refereeing). |
| 12 | Teams warm-up / practice at home base courts.  First day of 3 v 3 formal competition, with same team rotation as day 5. Game format as on day 11.  Closure focus on game play during that day’s competition. |
| 13 | Repeat of Day 12. Closure is now led by individual teams’ coaches. |
| 14 | Repeat of Day 13. Based on three day competition champion and runner-ups are announced. Team Statisticians meet to compile total season statistics for posting the next class. |
| 15 | Teams warm up / practice at home base courts.  Class group watches video of elite level 6 v 6 match. Teacher outlines where VB can be played in surrounding communities. Student s then watch a video of a beach VB match. Discussion of differences between court and beach VB. |
| 16 | Teams warm-up / practice at home base courts. Whole class introduction to 4 v 4 volleyball. Teams decide on setters and hitters and conduct within-team scrimmage at home base court. Each team will field an A team (more exp.) and B team (less exp.). |
| 17 | Teams warm-up / practice at home base courts.  4 v 4 scrimmage day within competition level. Game format the same as on Day 5 (but with 2 games per game session). Closure focuses on game performance. |
| 18 | Teams warm-up / practice at home base courts. 4 v 4 competition day. Format as on Day 12 |
| 19 | As day 18: Round 2 of 4 v 4 competition. |
| 20 | Awards ceremony followed by viewing of 4 v 4 games videos |

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