

## LESSON 3: SERVE AND SERVE RECEIVE

### Grade-Level Outcomes

#### Primary Outcomes

**Serving:** Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball. (S1.M12.6)

**Two-hand volley:** Two-hand-volleys with control in a variety of practice tasks. (S1.M17.6)

**Two-hand volley:** Two-hand-volleys with control in a dynamic environment. (S1.M17.7)

#### Embedded Outcome

**Weight transfer:** Transfers weight with correct timing for the striking pattern. (S1.M15.6)

### Lesson Objectives

The learner will:

- explore the underhand serve.
- demonstrate successful digs (serve receive) from a partner toss.
- combine the serve and serve receive, with a partner, in a modified game.

### Equipment and Materials

- Volleyballs: mix of foam, trainer, and regulation volleyballs
- Nets
- Cones

### Introduction

*A regulation game of volleyball cannot be played without the serve. Many coaches believe that the key to winning the game is effective serving and serve receiving. In today's class, we will explore serving and serve receiving.*

## Instructional Task: Review Underhand Serve Motor Pattern

### ■ PRACTICE TASK

Demonstrate and review the underhand serve.

#### Extension

Have students practice the underhand serve motor pattern without the ball.

#### Student Choices/Differentiation

Students may view video or critical elements provided.

#### What to Look For

- The correct foot is forward.
- Students are swinging arms in a controlled manner.
- Knees are bent.
- Hitting surface is flat.

## Instructional Task: Explore Underhand Serving

### ■ PRACTICE TASK

Divide class in half. One half stands on one side of the gym while the other half stands on the other side. Students practice the underhand serve on their own for 5 minutes.

#### Guiding questions for students:

- Did anyone serve the ball directly where you wanted to?
- What are some possible reasons why the ball did not go where you wanted it to go? (Arm crossing over the body, improper follow-through, not enough strength, etc.)

#### Extension

Choose one of the reasons that students provided for an improper serve and discuss why it is important. Follow the discussion with practice trials focused on the reason discussed.

#### Refinement

Whichever critical feature is being worked on, make sure to stress the element during the task. An example: If students are not following through, have them perform the serve and follow through (point) to the target after contact.

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**EMBEDDED OUTCOME: S1.M15.6.** Discuss with students the importance of weight transfer when serving. Transfer weight with correct timing for the striking pattern.

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#### Extension

Have students practice the serve again while using the concept of weight transfer.

#### Student Choices/Differentiation

- Have different-sized volleyballs available.
- Students may view video or critical elements provided.

#### What to Look For

- Students are exploring serving by varying speeds, weight transfer, and directions.
- Students are working to improve skills through extensions and refinements.

## Instructional Task: Serve Receive

### ■ PRACTICE TASK

In pairs, students stand 4 to 7 yards or meters away from each other. The tosser throws the ball (respectfully) toward a partner with force so that the partner can dig the ball back to the tosser. After five hits, partners switch roles.

#### Extension

After tossers throw the ball, have them keep their hands above the head. Challenge students to dig the ball back to their partners so that the tossers can catch the ball above the head.

#### Refinement

Make sure that students are shrugging shoulders and not swinging arms.

#### Student Choices/Differentiation

- Students may change the distance between tosser and receiver.
- Students may use different-sized volleyballs.

**What to Look For**

- Respectful tosses
- Shoulder shrugs
- Ready position

**Instructional Task: Combining Serve and Serve Receive****■ PRACTICE TASK**

- Pair students.
- One student serves the ball while the other student controls the serve with a dig.
- Students rotate between server and receiver.

**Extension**

- Combine two groups to have groups of four.
- One student is the server, one is the receiver of the serve whose goal is to dig the ball to the passer, one is the passer who passes to the hitter, and the last is the hitter.

**Student Choices/Differentiation**

Students can use a volleyball net, badminton net, or no net during this activity.

**What to Look For**

Students are using proper technique for the serve and serve receive.

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**Formal and Informal Assessments**

- Informal assessments
- Exit slip: What are the critical elements of the underhand serve?

**Closure**

- Who can share one of the problems you had while we were exploring serving? What did you do to fix the problem?
- How is weight transfer important in serving?
- Was any group successful in the last activity (serve, dig, pass, hit)?

*We will continue to practice these skills and others in the upcoming lessons.*

**Reflection**

- What level of success did students have in serving?
- Were they able to self-correct during the extensions and refinements with the serve?
- Are students shrugging their shoulders or swinging their arms during the serve receive activities?

**Homework**

*At home, practice any of the skills that we have learned. Review the critical elements and skill videos that are posted to the school's physical education website.*

**Resources**

McManama, J., Hicks, L., & Urtel, M. (2010). *Physical education activity handbook*. 12th ed. San Francisco: Benjamin Cummings.

Internet keyword search: "underhand serve volleyball," "volleyball digs," "volleyball serve receive," "volleyball for beginners"