

LESSON 2: REVIEW OF PASS AND INTRODUCTION TO SERVE

Grade-Level Outcomes

Primary Outcomes

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)

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

Embedded Outcome

Accepting feedback: Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. (S4.M3.6)

Lesson Objectives

The learner will:

- perform a forearm pass with a ball tossed predictably and unpredictably, with space adjustment, to a target while varying the force of the pass.
- practice the underhand serve movement pattern.

Equipment and Materials

- Volleyballs: mix of foam, trainer, and regulation volleyballs
- Video recorders
- Cones or poly spots for grid boundaries

Introduction

In our previous class, we learned the most important skill, the forearm pass. We will continue to practice this skill as well as learn the underhand serve today. Make sure that you are not sacrificing skill for performance.

Instructional Task: Review Hand Position, Platform, Body Position, and Contact for a Forearm Pass

■ PRACTICE TASK

Check students' positioning in working pairs, as they toss in sets of 10 to review the forearm pass.

Extension

Using flip videos, students work in groups of three or four to perform a peer evaluation with a checklist.

Refinement

Make sure that students have a flat platform and are not swinging their arms to hit the ball (shoulder shrug).

EMBEDDED OUTCOME: S4.M3.6. Discuss with students the importance of self-responsibility for implementing corrective feedback offered by others to improve their performance. It can be difficult to hear at times, but we all need feedback to improve performance.

Student Choices/Differentiation

Performers may choose foam, trainer, or regulation volleyballs.

What to Look For

- Proper hand, arm, and knee positioning.
- Proper contact with volleyball.

Instructional Task: Forearm Pass in Grids Review**■ PRACTICE TASK**

Using the same grids from the last class, students practice the forearm pass in grids. The task should move from a controlled to an uncontrolled environment.

Call out a command. Students practice the task five times and then switch so that their partners can perform the same command.

Partners must cooperate by making good tosses. Partners also should encourage each other.

First: Toss the volleyball so that your partner can easily bump (shrug) it back to you for five hits.

Second: Toss the volleyball so that your partner has to take a quick step to the right to hit the ball.

Third: Toss the volleyball so that your partner has to take a quick step to the left to hit the ball.

Fourth: Toss the volleyball so that your partner has to take a quick step forward to hit the ball.

Fifth: Toss the volleyball so that your partner has to take a quick step back while still hitting with a forearm pass.

Extension

We now will move into a more game-like, or uncontrolled, setting. The partner tossing now should toss the ball using any of the previous commands, but do not let the hitter know which one you are going to use.

Refinement

Make sure that students are bending their knees and shrugging their shoulders so that they hit the ball back to partners with control.

Student Choices/Differentiation

- Performers can choose foam, trainer, or regulation volleyballs.
- Students might need to start with one tosser, increasing distance of toss gradually as performer learns first to impart force. Tosser then may decrease distance gradually as performer adjusts forearm pass accordingly.

What to Look For

- Performer should be using legs (stepping forward) and arm shrug to add force from near toss to project ball to target.
- Performer should be absorbing force with arms and body from distance toss to control forearm pass to target.

Instructional Task: Introduction to Serve**■ PRACTICE TASK**

- Demonstrate the underhand serve.
- Students mimic the underhand serve.

Extensions

- Peer-assess a partner's striking movement pattern with a checklist and video recorder.
- Have students start exploring serving with a ball in general space.

Refinement

Refine skill by breaking down the movement pattern and stressing critical elements, if needed.

Student Choices/Differentiation

- Students may view a video of the correct movement form.
- Higher-skilled students may show weight transfer.
- Performers may choose foam, trainer, or regulation volleyballs.

What to Look For

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

- Peer checklist with critical elements for the forearm pass.
- Peer assessment: Using a video recorder and checklist, measure critical elements of the underhand serve.

Closure

- Did you feel more comfortable with the forearm pass today?
- Was anyone successful passing the ball without making your partner move?
- Who can name the critical elements of the forearm pass? What about the underhand serve?

Tomorrow, we will practice serving with the ball and how to receive a serve.

Reflection

- Did most of students have success during the forearm pass drill in the controlled environment?
- Did skill level suffer in the uncontrolled environment?
- Are students using the checklist correctly during the peer evaluations?

Homework

If you have a volleyball at home, practice the forearm pass with a family member or friend. To improve your skill, review the critical elements and videos of the forearm pass and underhand serve on 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," "forearm pass volleyball," "volleyball for beginners"