

**Sports Education Volleyball Unit
Day 1**

- I. Introduction to Volleyball
 - A. What do students know about volleyball?
 - 1. Rules
 - 2. Skills
 - 3. General knowledge
 - 4. History
 - a. Organized in United States, Springfield College, Massachusetts
 - b. Known as YMCA game
 - 5. Vocabulary/Verbal Cues
 - a. platform
 - b. window
 - c. target
 - d. tempo

- II. Equipment knowledge
 - A. Put up net/Take down net
 - B. Care of equipment
 - C. Equipment duty assignments

- III. Unit's schedule and expectations
 - A. Hand out schedule and review
 - 1. Unit divided into four distinct seasons
 - a. Preseason or skill development
 - b. Regular Season – Competitive
 - c. Playoffs-
 - d. Culminating Events
 - B. Expectations of students
 - 1. Dressing for class
 - 2. Participation in class
 - 3. Team duties
 - C. Team Selection
 - 1. Captains selected- Teacher Announces Captains
 - 2. Teams selection
 - a. Lottery
 - b. 5 teams of 7
 - c. Captains meet with teams to select team name
 - 3. Teacher
 - a. distributes contracts
 - b. explains rules and practice plan for next class
 - c. remind students to check board for location in class
 - d. explains goal setting activity

4. Team Members responsibilities
 - a. Captains
 - b. Co-captain
 - c. Equipment Manager
 - d. Referee
 - e. Line Judge
 - f. Exercise Specialist
 - g. Scorekeeper/Stats

IV. Grading (See Appendix 1 for rubrics)

- A. Competent Sports person- demonstrate competence in basic skills needed in game situation
- B. Literate Sports person-Demonstrates responsibility in team roles, cooperation and caring behavior toward peers
- C. Sportsmanship- Character development through sportsmanship- part of grade will reflect students' sportsmanship behavior and ability to work with teammates
- D. Independent Learner- is able to demonstrate responsibility for own progress by goal setting and documenting progress

Sport Education Volleyball Unit
Day 2

- I. Skill Introduction: PASSING
- A. Discuss the underhand pass and the overhand pass. When to use each.
 - B. Vocabulary
 - 1. Platform - area on forearm that ball deflects from; from wrist to six inches up arm.
 - 2. Window - area above head that hands form when readying for ball.
 - C. Body position
 - 1. Feet up approach - start with the base and move up the body, connecting each part to the previous.
- II. Skill Keys: Underhand Pass
- A. Base - feet shoulder width apart and slightly staggered, weight on the balls of the feet and toes slightly pigeon-toed.
 - B. Knees - slightly flexed and out over toes.
 - C. Hips - flexed and buttocks down, not out.
 - D. Shoulders - leaning forward and out over the knees.
 - E. Arms and Hands - hanging comfortably out in front of hips
 - F. Hands - thumbs should be parallel, hands can be cupped together or fingers interlocked, thumbs turned down toward floor.
 - G. Platform - should be out away from body and facing toward the target area.
- III. Skill Keys: Overhand Pass
- A. Base - feet in stride position, right foot forward.
 - B. Knees - slightly flexed.
 - C. Arms and Hands - above forehead at hairline, elbows bent, hands open in ball shape with thumbs turned back toward head.
 - D. Hips and Shoulders - should be facing target area.
- IV. Drill Progression
- A. Knee pass - partner drill; 10feet apart, passer on one knee, ball is tossed by tossed passer platforms arms and passes it back to tossed.
 - ***Drill emphasis on platform only.***
 - B. Over the net pass - partner drill; each stands on the 3meter line on opposite side of net, ball is passed back and forth over the net.
 - ***Drill simulates game like situation***
 - C. Free Ball Drill- Captain initiated drill- two lines on opposite of court as teacher, first passer in each line steps into the court and prepares to pass a ball to a specific target area. Passer becomes target person, target person shags ball to captain and then goes to the end of the line.
 - ***Drill simulates game like movement and is also a conditioning drill, if done continuously and quickly***
 - ***All drills can be used for both of the passing techniques***

**Sport Education Volleyball Unit
Day 2- continued**

V. Modified Game Play

- A. Intra-Squad Scrimmage- (See Appendix 2 for court layout)
 Captain tosses ball into play and each side tries to get three touches on each side

Team(s)	Court	Activity
Team 1	1	3 v 3 intra-squad scrimmage
Team 2	2	3 v 3 intra-squad scrimmage
Team 3	3	3 v 3 intra-squad scrimmage
Team 4	4	3 v 3 intra-squad scrimmage
Team 5	Practice Area	Peer Assessment

Each team will spend 5 minutes in the practice area completing skills' assessment with teachers assistance (See Appendix 3 for peer assessment/Appendix 7 for individual assessment/Appendix 8 for team assessment)

VI. Team Members responsibilities

- a) Captains- Directs activities
- b) Co-captain- Alternate daily activities with captain
- c) Equipment Manager- Get/Put away equipment (**5 volleyballs per team**)
- d) Referee- No duties
- e) Line Judge- No duties
- f) Exercise Specialist- No duties
- g) Scorekeeper/Stats- is responsible to filing all paper work

VI. Teacher Responsibilities Facilitates activities

- A. Helps to clarify role assignments
- B. Helps with teaching cues and peer assessment skills

Sport Education Volleyball Unit
Day 3

I. Skill Introduction: SERVING

- A. Introduce the different serves.
- B. Vocabulary
 - 1. Top spin
 - 2. Floater
 - 3. Jump serve
- C. Body position
 - 1. Balanced stride position, throwing position.
 - 2. Hips and shoulders facing target area.

II. Skill Keys

- A. Balanced position - feet in comfortable stride position, weight on back foot.
- B. Ball in non-striking hand at shoulder level in front of midline.
- C. Striking hand by face, palm down.
- D. Draw striking hand back to ear, open palm to ball, keeping elbow above shoulder.
- E. Toss/lift ball into air, just slightly higher than reach.
- F. Move striking hand to ball, hand open and striking middle of the ball.

III. Drill Progression

- A. Serving progression Start with short serves from 3meter line. Place partners on opposite sides of net on the 3meter lines. Have them serve back and forth to each other. Work on hitting to partner. Move students back a step when they show success at each distance, until they are serving from endline.
- B. Around the World (- each server must serve a ball into each of the service zones, in order, to win. Game starts with the first serve landing into zone 1. Can play as individual challenge or team challenge.
 - *Review the six service zones on the court and why being able to place serve is important.*

VII. Modified Game Play

- B. Intra-Squad Scrimmage- (See Appendix 2 for court layout)
Each player serves ball into play and each side tries to get three touches on each side

Team(s)	Court	Activity
Team 5	1	3 v 3 intra-squad scrimmage
Team 1	2	3 v 3 intra-squad scrimmage
Team 2	3	3 v 3 intra-squad scrimmage
Team 3	4	3 v 3 intra-squad scrimmage
Team 4	Practice Area	Peer Assessment

Each team will spend 5 minutes in the practice area completing skills' assessment with teachers assistance (See Appendix 4 for peer assessment)

VI. Team Members responsibilities

- h) Captains- Directs activities
- i) Co-captain- Alternate daily activities with captain
- j) Equipment Manager- Get/Put away equipment (**5 volleyballs per team**)
- k) Referee- No duties
- l) Line Judge- No duties
- m) Exercise Specialist- No duties
- n) Scorekeeper/Stats- is responsible to filing all paper work

VIII. Teacher Responsibilities

- A. Facilitates activities
- B. Helps to clarify role assignments
- C. Helps with teaching cues and peer assessment skills

Sport Education Volleyball Unit
Day 4

I. Skill Introduction: SETTING

- A. Review the skill of overhead pass.
- B. Explain the role of the setter in the team concept.
- C. Body position
- D. Vocabulary
 - 1. Double contact - violation in handling the ball overhead, the hands come off the ball at two distinct times.
 - 2. Carry - violation in handling the ball overhead, the ball comes to a rest in the hands.
 - 3. Tempo - the speed the ball travels from the setter to the attacker.
 - 4. Window - the hands in proper position to set the ball. Above forehead, space between the thumbs and index fingers form a triangular window.
 - 5. Target - area at net just right of the middle of the court.

II. Skill Keys

- A. Feet - should be in stride position and balanced. Right foot forward.
- B. Knees - slightly flexed.
- C. Head - up.
- D. Hands - above head, thumbs back, hands open and ball shaped.
- E. Elbows - flexed.
- F. Allow ball to come to hands, then push hands straight up and out.
- G. Extend hands and arms out to target area.
- H. Extend legs at time arms are being extended.

III. Drill Progression

- A. Setting sitting. Partner drill. One partner sits on floor legs crossed, other partner has the ball and is about five-six feet away, partner tosses ball to sitting player's forehead. Sitting player gets window up quickly and sets ball back to partner. Switch after ten sets each.
- B. Partner setting - simply set ball back and forth from different distances (3meter line to net, endline to net or across court).
- C. Triangle drill - see free ball drill in passing lesson. In this drill the target player sets the ball outside to a target hitter after pass is made to him/her. Ball is passed to setter's target and setter sets ball to outside attacker. Same movement of players, follow the ball.

• **Drill can also be used for different sets, back and middle attacks.**

D. Cross court, opposite corner sets – captain stands in middle front position, one student in right front position, one in left front position, one in left back and one in right back position. Other students form lines off the court behind left back and right back, ready to come in as soon as the person in front of each sets the ball. Teacher tosses ball to right back, who steps up and sets ball to left front and the assumes that position. The next toss goes to the player in left back, who sets it to right front and then assumes that position. The front row players retrieve

balls that were set to them, feed the teacher and then go to line at the back of the court.

- **Drill works on using all the body to get ball there and is game like. Can be conditioning drill if run uptempo.**

IX. Modified Game Play

Intra-Squad Scrimmage- (See Appendix 2 for court layout) Make all touches overhead passes and/or sets

Team(s)	Court	Activity
Team 3	1	3 v 3 intra-squad scrimmage
Team 4	2	3 v 3 intra-squad scrimmage
Team 5	3	3 v 3 intra-squad scrimmage
Team 1	4	3 v 3 intra-squad scrimmage
Team 2	Practice Area	Peer Assessment

Each team will spend 5 minutes in the practice area completing skills' assessment with teachers assistance (See Appendix 5 for peer assessment)

VI. Team Members responsibilities

- o) Captains- Directs activities
- p) Co-captain- Alternate daily activities with captain
- q) Equipment Manager- Get/Put away equipment (**5 volleyballs per team**)
- r) Referee- No duties
- s) Line Judge- No duties
- t) Exercise Specialist- No duties
- u) Scorekeeper/Stats- is responsible to filing all paper work

X. Teacher Responsibilities

- D. Facilitates activities
- E. Helps to clarify role assignments
- F. Helps with teaching cues and peer assessment skills

Sport Education Volleyball Unit
Day 5

I. Skill Introduction: ATTACKING

- A. Used to terminate the play.
 - 1. Ways to terminate the play.
 - a. hard hit
 - b. roll shot
 - c. tip
 - d. tool the block
- B. Body position
 - 1. Starting position for attack
 - 2. Three step approach
 - 3. Two foot takeoff
 - 4. Ball between net and player
- C. Vocabulary/Verbal cues
 - 1. Slow to fast - start approach slowly and accelerate into plant and arm swing starts slow and explodes through the ball.
 - 2. Small to big - approach starts with small first step and then hops into long last two steps.
 - 3. Shoulder to setter - non hitting arm and shoulder should be open to setter, 45 degree approach.
 - 4. Draw or cock arm - after raising both arms, attacking hand drops behind head, with elbow up.

II. Skill Keys

- A. Feet - starting position is at 3 meter line, right hand attackers should make first step with left foot, left handers with right foot.
- B. Arms - relaxed and at side of body.
- C. Approach - small first step, then long hop step with next foot and last step should be next to second step for takeoff. Arms are back behind hips.
- D. Takeoff - with two feet straight up into the air and behind the ball. Arms swing up to above the head. Draw or cock attacking arm.
- E. Arm swing - attacking arm reaches high and contacts the ball at highest reaching point in top third of ball. Non attacking hand pulls down to abdomen area and then attacking hand starts toward ball. Accelerate hand through the ball and hand should finish at same side hip.
- F. Recovery - land on both feet with knees flexed.

IV. Drill progression

- A. Arm swing warm-up - partners stand across the court from each other and toss ball to self and hit ball across to partner. Ball should hit floor in front of partner.
- B. Self toss attack - have each player toss ball to self and approach and hit it over net. Shag own ball and hit again.
- C. Toss and Catch - have players ready at 3 meter line, teacher tosses ball to high outside position, player makes approach, jumps and catches the ball with both

- hands above and slightly in front of head. Arms should be fully extended.
- D. Teacher toss - have players stand ready at 3 meter line, teacher tosses ball high and outside, player makes approach and attacks ball. Shag own ball and get back in line.
 - E. Triangle drill - add attacker to the triangle drill used in passing and setting lesson. After the attack player shags own ball and feeds teacher, then returns to passing line. Passer, to setter, to attacker.

XI. Modified Game Play

- F. Intra-Squad Scrimmage- (See Appendix 2 for court layout) always try to progress skill into game situation to passing line. Passer, to setter, to attacker.

Team(s)	Court	Activity
Team 2	1	3 v 3 intra-squad scrimmage
Team 3	2	3 v 3 intra-squad scrimmage
Team 4	3	3 v 3 intra-squad scrimmage
Team 5	4	3 v 3 intra-squad scrimmage
Team 1	Practice Area	Team Assessment

Each team will spend 5 minutes in the practice area completing team assessment with teachers assistance (See Appendix # for Team assessment)

VI. Team Members responsibilities

- v) Captains- Directs activities- helps team assess strengths and weaknesses
- w) Co-captain- Alternate daily activities with captain
- x) Equipment Manager- Get/Put away equipment (**5 volleyballs per team**)
- y) Referee- No duties
- z) Line Judge- No duties
- aa) Exercise Specialist- No duties
- bb) Scorekeeper/Stats- is responsible to filing all paper work

XII. Teacher Responsibilities

- G. Facilitates activities
- H. Helps to clarify role assignments
- I. Helps with teaching cues and peer assessment skills

Sport Education Volleyball Unit
Day 6

- I. Skill Introduction: BLOCKING
- A. Explain the purposes of the block.
 - 1. Take away a part of the court.
 - 2. Deflect or touch ball to slow it down.
 - 3. Stuff block.
 - B. Body position
 - 1. Stay at net, do not approach block.
 - 2. Balanced base
 - C. Vocabulary/Verbal cues
 - 1. Thumbs up - thumbs should be turned up toward ceiling to prevent injury.
 - 2. Reach for ball - blocker should reach across net to take reduce attackers angles.
 - 3. Read the attacker - look at angle attacker is making to net and adjust where block is set.
 - 4. Break the plane - reaching across the net into opponent's court.
- II. Skill Keys
- A. Feet - square to net, toes pointing into opponents' court.
 - B. Hands - should be at shoulder height, forearms parallel to floor, thumbs up, hands spread open.
 - C. Knees - flexed ready to jump, only want to move one direction, up.
 - D. Body - distance from net should be no farther away from net then player's forearm. If player put elbows at side, extend hands to net, finger tips should brush net.
 - E. Jump - straight up and reach with hands, do not swing arms.
 - F. Block - press with hands and arms, making them very firm.
 - G. Recovery - land on both feet with knees slightly flexed, coiled and ready to go up again.
 - H. Setting block - read attacker and move body in front of attacker. Like taking a charge in basketball, if attacker came through the net.
 - I. Movement - key is to only go up, do not drop lower into crouch and then up
 - J. Timing - can only be accomplished with practice. Jump later if set is off the net, or if attacker does not jump.
- III. Drill Progression
- A. Chair drill - players may not understand the feel. Start blocker on chair and have captain hit into his/her hands to get feel of reaching over and making arms firm
 - B. Captain on chair - reverse roles, teacher stands on chair and tosses ball to hit across net and player must jump and block ball onto captain's side of net.
 - ***Drill can be run by players if they have control.***
 - C. Six on three drill - Captain stands on three player side and tosses a ball over net into play. Six player team must pass, set and attack ball. Three player team is only working on blocking.
 - * ***Drill runs well as wave drill. See class set up for details.***

Sport Education Volleyball Unit
Day 7

- I. Skill Introduction: INDIVIDUAL/TEAM DEFENSE
- A. Individual Defense
1. Body position.
 2. Hands under the ball.
 3. Read opponent.
 - a. Attacking zone
 - b. Attacker's angle
 - c. Ball in relation to attacker's position - off net, behind head, etc.
 4. Stay out of the shadow of the block - position self so that attacker can be seen and defense is not in area that block is taking away.
 5. Base position - starting point on every defensive opportunity.
- B. Team defense
1. Perimeter
 2. Middle up
 3. Rotation
 4. Read
- C. Individual and team defense starts with the blocking scheme and philosophy.
- II. Skill Keys
- A. Defense can be played by anyone with desire.
 - B. Defense is attitude.
 - C. Need to be at a stop position when attack is being made, then go get ball.
 - D. Stay on feet as long as possible.
 - E. Get hands and platform under ball.
 - F. Think "deflect" ball to target.
 - G. Just get the ball up.
- III. Drill Progression
- A. Partner drill - have partner hit ball to other, defense plays ball up. Hitter catches ball and hits again. Switch after ten(10) each. Once defense can pass ball hit to him/her, have ball hit to either side of defense.
 - B. Team defense - captain is attacker in right front position. Place setter in middle front and four other players in other positions. Start with a toss to a defensive player, who passes it to the setter, who sets the teacher to attack the ball back at the defensive players. Challenge is to see how long play can go on. If a player misses a ball someone is there to jump into the position and play continues.
 - **Variation of drill is to use an attacker in each of the front row outside positions and the setter can alternate or mix up sets.**
 - C. Defense with no block - Side A is attackers' line, Side B is defense. Side B as three(3) backrow defensive players that are attempting to play the balls that are being attacked by Side A. Use a time limit or scoring system to keep new defensive players moving through the drill.

Sport Education Volleyball Unit
Day 8

- I. Skill Introduction: TRANSITION DEFENSE
 - A. When to move to defense.
 - B. How to move to defense.
 - C. Where to go on defense.

- II. Skill Keys
 - A. Move to a base defensive position as soon as the ball enters your opponent's court. Base defensive position is a starting point on the court, front row players are now blockers and base is at the net. Backrow players base depends on the scheme that the team is running.
 - C. Movement must be quick and in a low, level position.
 - D. Avoid becoming stationary and heavy footed in position.

- III. Drill Progression
 - A. Free ball drill - teacher puts ball into play and it is played out. Watch the movement to defense as ball goes over. If ball is down, quickly put another into play. Keep drill uptempo.
 - B. Play - use game situations with the teacher's attention on movement to defense. Award points for proper defensive movement.

Sport Education Volleyball Unit
Day 9

I. Skill Introduction: TRANSITION OFFENSE

- A. Score vs. side-out offense
- B. Tempo of the offense
- C. Free ball vs. attacked ball
- D. Transition to offense
 - 1. When to move to offense from defense.
 - 2. How to get into offensive position.
 - a. setter's movement critical to offense
 - b. attackers' getting to a position to be effective offensive options.
 - 3. Communication to each other.

II. Skill Keys

- A. Quick feet to get into position to make approach.
- B. Two(2) separate movements, one to get to position to approach, the other the approach to attack.
- C. Setter must be at target as soon as possible. If backrow setter, move to target when setter knows the ball is not hit to his/her defensive zone.
- D. Phrase "turn and burn" is used. Meaning turn and get to position as quickly as possible.
- E. Define what tempo offense will be run and at what time. Different offenses for free ball and attacked ball.
- F. Identify "hot" attacker and go to that person in critical situations.
- G. Offensive philosophy for side out attack vs. point attack.
- H. Communications between attackers and setter during dead ball and during rally.

III. Drill Progression

- A. Split court attacking - split court down the middle. Form two(2) groups, each group needs a setter. Each group will use both sides of the net. Side A (opposite sides of net for each group) has a passer, setter and attacker(at the net). Side B has a blocker and a tosser. Tossers send ball to passer(P), ball is passed to setter(S), attacker(A) has transitioned off net and receives set and attacks. Each person gets ten(10) balls to attack. Both groups run drill at same time. Have attackers hit down the line to avoid injury.
 - ***Variation of drill - have attacker transition and make the first pass, then get into position to attack.***
- B. Zero - helps attackers understand what sets can be terminated and what sets are best to take a zero, keep in play. Have three players line up in outside attack position and compete against each other. Each attacker gets a set and must make the best decision. +1 point for a kill, -1 point for attacking error and 0 for a ball that stays in play.
- C. Continuous pepper over the net - Put five(5) players on each side of net, outside attacker, setter in right front and moves on and setter moves off court.

- **As drill progresses, let attackers be more aggressive. Emphasize that drill's goal is to keep ball in play as long as possible. A block can also be added, by the setter's position.**

IV. Test review

- A. Give each team member a study guide and have them use class period to answer it as a team, each member then has a guide to study with. This may help team captain to know more about his/her team and make assignments more effectively.

**Sport Education Volleyball Unit
Day 10**

I. OFFICIATING CLINIC

A. Rules

1. Ball handling
2. Net/Centerline violations
3. Service rotation
4. Line-ups/Substitution
5. Scoring

B. Officials' duties

1. Up referee
2. Down referee
3. Scorekeeper
4. Line judges

- **Team Referee and Line Judges assists teacher with officiating clinic**

Sport Education Volleyball Unit
Day 11-13

- I. Inter-Squad Scrimmage
 - A. Teams will scrimmage each other for determined time and teacher will make corrections and suggestions to teams.
 - 1. Work on line-ups and substitutions.
 - 2. Practice game.
 - B. Teams will get an opportunity to officiate for grade points.
 - 1. This will give a player with less skill a chance to improve grade with officiating.

- II. Team Members responsibilities
 - A. Captains- hands in agenda created in previous lesson
 - B. Co-captain- hands in agenda created in previous lesson
 - C. Equipment Manager- secure necessary equipment (volleyball, pinnies, etc)
 - D. Referee- rules "expert" helps teammates become familiar with rules
 - E. Line Judge- rules "expert" helps teammates become familiar with rules as it relates to this position
 - F. Exercise Specialist- leads team in warm-up activity
 - G. Scorekeeper/Stats- collects forms and places in proper team/individual files

- III. Teacher responsibilities
 - A. Monitors on-task behavior
 - B. Assist teams in skill development, strategy sessions,

Sport Education Volleyball Unit
Day 14 - 17

- I. Round Robin Tournament
- A. Tournament format can be two games to 15 points, two ten minute games or whatever teacher chooses best for class time.
 - B. Each match in round robin will have an officiating team so that everyone is involved.
 - C. Round robin tournament will be used to seed teams for the single elimination tournament.
- *If teacher does not want a classroom champion, he/she can opt to run round robin tournament for a longer period or have the winner come from a round robin format, it may allow for more play.*
- II. WRITTEN TEST
- A. Test on rules, skills and game concepts that were presented in class.

Sport Education Volleyball Unit
Day 18-19

- I. Single Elimination Tournament
 - A. Teams seeded from the results of the round robin tournament.
 - B. Even number of teams, play 1 vs. 4 and 2 vs. 3 and have the higher seed referee the other match.
 - C. Semi Finals played this day, with Finals to follow

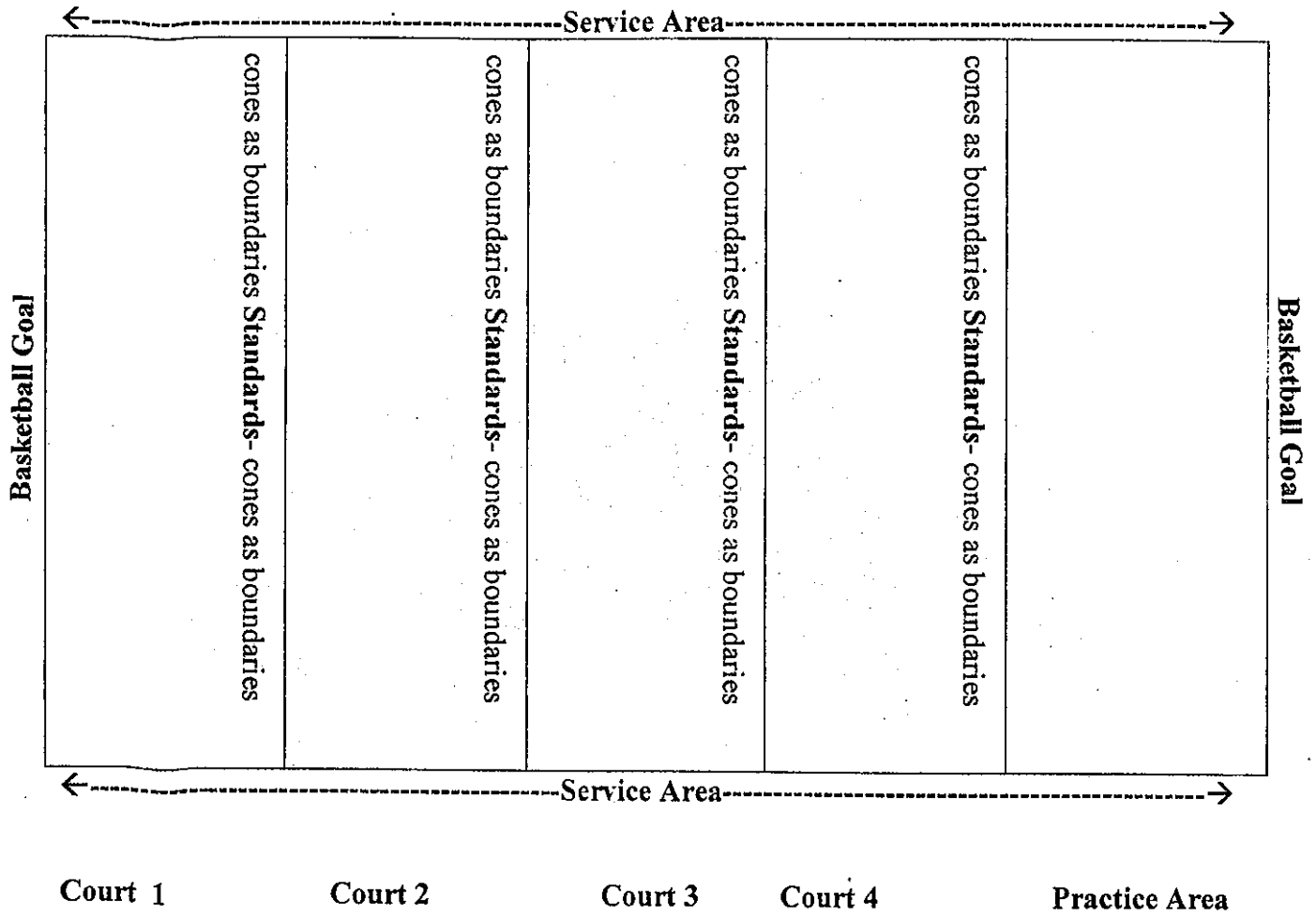
Sports Education Volleyball Unit
Day 20

- I. Culminating Activity- Volleyball Marathon
- A. Each team will play 5 minute matches-
 - B. The team with the most points at the end of each 5 minutes stays on the court- While teams with the least points rotate right
 - C. Teams on Court 4 rotate to officiating duties
 - D. Points are accumulated thorough out the Marathon
 - E. One point is awarded each game for sportsmanship- based on official rating
 - F. The final game places the two teams with the most points to complete for first and second place- while the two teams with the least points vie for 3rd and 4th place
 - G. The team with the least points has officiating duties. Each team will have the option of "borrowing" team member from the officiating team

Volleyball Sport Education Unit Grading System

Learning Outcomes	Weight	Criteria	Measurements
Competent sports person	40%	<ul style="list-style-type: none"> • Sufficient skill performance • Strategy execution • Knowledgeable game player 	<ul style="list-style-type: none"> • Team Stats • Games Stats • Skills Checklists
Literate	25	<ul style="list-style-type: none"> • Demonstrates knowledge of team roles • demonstrates knowledge of games • demonstrates problem solving skills 	<ul style="list-style-type: none"> • Officiating duties • Role Assessment • Written Test
Sportsmanship	25%	<ul style="list-style-type: none"> • Demonstrates fair play • shows respect for all peers • seeks to involve all in task 	<ul style="list-style-type: none"> • Participation logs • Sportsmanship assessment
Independent Learner	10%	<ul style="list-style-type: none"> • Demonstrates improvement in skills 	<ul style="list-style-type: none"> • Goal setting and maintenance

Sports Education Volleyball Unit
Modified Court/Playing Area Diagram



Forearm Pass Skills Assessment

Name _____

PEER ASSESSMENT: Have the passer pass as many times as it takes you to check all aspects of his/her form. Place a check for correct form and a x for incorrect form.

Name of passer _____

Preparation Phase

_____ Feet are should-width apart in a staggered (heel-toe) position

_____ Body weight is forward

_____ Heels slightly off the floor

_____ Knees are flexed about 90 degrees

_____ Upper body is in a front leaning position

Execution Phase

_____ Hands are connected by pressing the pads of both thumbs together, hands extended downward

_____ Arms straight, elbows rotate inward

_____ Ball contact fleshy part of forearm

_____ Force is applied with a slight bunt

Follow-through

_____ Extension of legs

_____ Forward lean toward target

SELF-ASSESSMENT – five passes for each assessment

_____ # of passes returned directly to the passer from a toss (**passer should not have to move**)

_____ # of passes returned directly to the passer from a forearm pass

_____ # of passes returned directly to the chair from a toss (form a triangle with passer, tosser, chair)

_____ # of passes returned directly to the chair from a forearm pass

_____ # of passes with a partner without losing control-(20 max)

Setting Skills Assessment

Name _____

PEER ASSESSMENT: Have the shooter shoot as many times as it takes for you to check all aspects of his/her form. Place a check for correct form and an x for incorrect form.

Name of passer _____

- A. Peer Assessment
- A. Working in groups of three's, use the peer assessment sheet to assess your partner's form for the forearm pass.
- B. Have the person pass as many times as necessary until you have looked at all points on the checklist.
- C. Switch Tossers, Passers and Assessors

Complete all drills from 10 feet apart

_____ Head in line with oncoming ball

_____ Fingers form a window in front of face

_____ Arms horizontal

_____ Wrist cocked

_____ Contact the ball in the inner surface of thumb and fingers

_____ Synchronized springing action of fingers, wrist, arms and extension of legs

**Sport Education Volleyball Unit
Self- Assessment**

Name _____ Date _____

Season (check one) _____ training camp _____ preseason _____ competitive _____ playoff/postseason

Skill Development – rate areas on scale of 1-5

- 1- very low level of skill,
- 2- needs improvement,
- 3- average,
- 4- very good,
- 5 – high skill level

_____ Passing

_____ Serve

_____ Setting

_____ Attacking

_____ Blocking

- List areas that need improvement

Team Work

Sportsmanship – rate on a scale of 1-5(1 being the lowest; 5 the highest)

_____ showed respect for teammates

_____ showed respect for officials

_____ showed respect for opponents

_____ showed respect for authority

Team Name:
Period:

Name of Player

Palms up	Yes	No
Elbows Bent	Yes	No
Fingertips contact ball	Yes	No
Straighten Elbows during contact	Yes	No



Name of Player

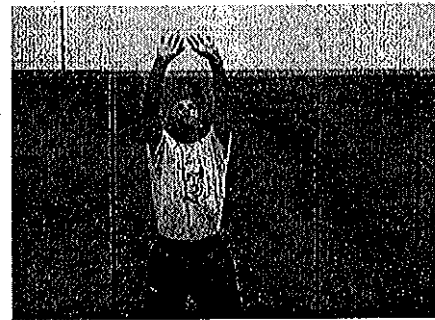
Palms up	Yes	No
Elbows Bent	Yes	No
Fingertips contact ball	Yes	No
Straighten Elbows during contact	Yes	No

Name of Player

Palms up	Yes	No
Elbows Bent	Yes	No
Fingertips contact ball	Yes	No
Straighten Elbows during contact	Yes	No

Name of Player

Palms up	Yes	No
Elbows Bent	Yes	No
Fingertips contact ball	Yes	No
Straighten Elbows during contact	Yes	No



Name of Player

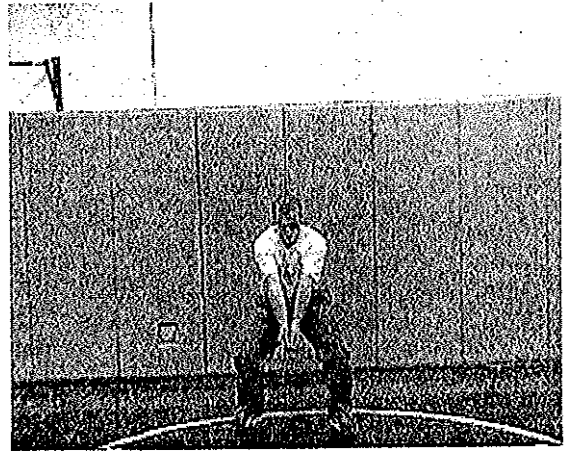
Palms up	Yes	No
Elbows Bent	Yes	No
Fingertips contact ball	Yes	No
Straighten Elbows during contact	Yes	No

Team Name:

Period:

Name of Player

Knees Bent	Yes	No
Hands Together	Yes	No
Forearms up	Yes	No
Straightens Knees after hit	Yes	No
Rises to ball of feet during hit	Yes	No

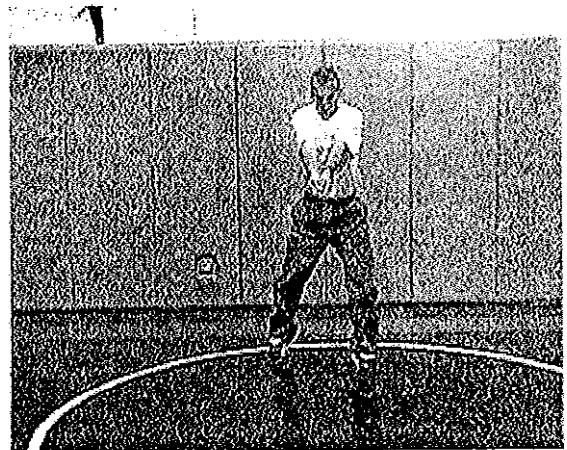


Name of Player

Knees Bent	Yes	No
Hands Together	Yes	No
Forearms up	Yes	No
Straightens Knees after hit	Yes	No
Rises to ball of feet during hit	Yes	No

Name of Player

Knees Bent	Yes	No
Hands Together	Yes	No
Forearms up	Yes	No
Straightens Knees after hit	Yes	No
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Hands Together	Yes	No
Forearms up	Yes	No
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Knees Bent	Yes	No
Hands Together	Yes	No
Forearms up	Yes	No
Straightens Knees after hit	Yes	No
Rises to ball of feet during hit	Yes	No