

## WEEK THREE: VOLLEYS

### STAGE 1: BALL SKILLS

(5mins)

**Exercise 1:** Hit ups.

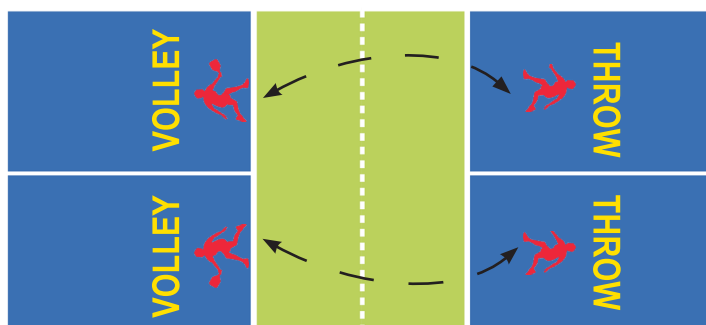
**Exercise 2:** Tap Downs.

**Exercise 3:** Hammer ups . Holding the paddle in a continental grip, children try to keep the ball up with the edge of the paddle.

### STAGE 2: VOLLEYS

(15mins)

**Exercise 1:** One side stands just behind the kitchen line with their paddle raised in a 'high five' position. Their partner throws the ball to them underarm. With little or no swing the volleyer taps it back over the net. Swap every 10 volleys (diagram).



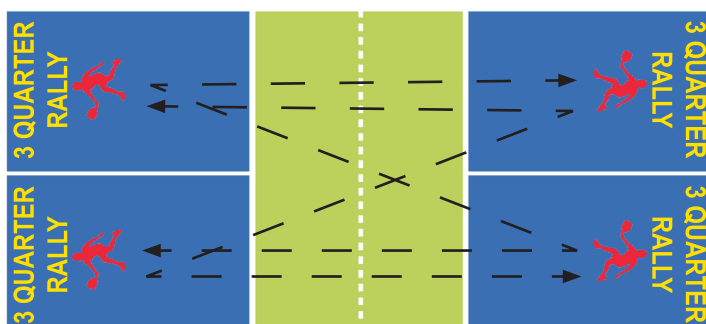
**Exercise 2:** Friendly competition. Now the children can race to see who can get 20 volleys over the net, swapping every 10 volleys.

*Note: When volleying you are not allowed to step on or over the kitchen line so it may be a good time to mention this. A marker can be put down between the kitchen line and baseline which the student has to run and touch after every volley, this encourages them to see the kitchen line and stop behind it to volley.*

### STAGE 3: THREE QUARTER COURT RALLY

(10mins)

**Exercise 1:** Children stand halfway between the kitchen line and baseline and try to hold a rally. This can be done in pairs on half court or in fours on the whole court. Let the students enjoy free play.

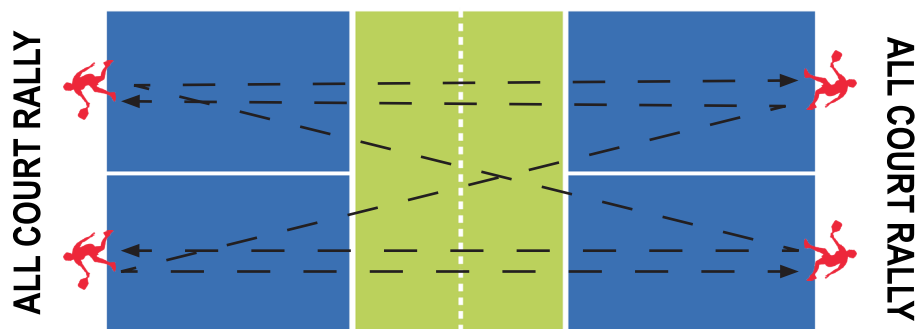




## STAGE 4: ALL COURT PLAY AND FRIENDLY POINTS

(15mins)

**Exercise 1:** All four children on one court can now play a friendly point and try to keep score. Anyone can start and the children can be encouraged to volley at the net (diagram).



*Note: Encourage rather than enforce rules such as one bounce only and no volleying in the kitchen.*

**END LESSON.**