

LEVEL	UNIT	LESSON Number 3	EQUIPMENT
Second Grade	Volleyball	Setting	Volleyball Play balls, Volleyball Nets and Poles

Objectives

1. Have fun.
2. Verbally answer the questions about setting.
3. Physically demonstrate the points to setting a ball.
4. Set a ball to self at least two times consecutively.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm up	10	Clean up your backyard. Use striking the ball with hands and or arms to get the ball over to the other side.	
Part 2 Setting	15	<p>[AT] Throw the ball up to yourself. While it is still above your head, use the pads of your fingers on both hands to hit it back up again. Be sure to use both hands.</p> <ol style="list-style-type: none"> 1. Where do your eyes look when you are hitting the ball up? (At the ball) 2. What is the most comfortable way to hold your hands and still be able to hit the ball up before it drops below your head? (Palms up, fingers pointing back.) 3. To gain the most control, how should your fingers be positioned? (Fingers straight, hand slightly cupped, fingers spread apart.) 4. In order to be able to push the ball back up into the air, what position should your arms be in when you hit the ball? (Bent at the elbows, ready to straighten as they push the ball back up into the air.) 5. Where in relation to the ball should you be when you hit it back up? (Under the ball) 6. What position should your legs be in to help give you the best balance? (Knees bent, forward stride, ready position) 	
Part 3	5	Practice. How many times can you hit the ball up without missing? The net is 8 feet high, so your sets need to be high. How high can you set the ball and still stay in your own space to hit it back up? Can you set it up from just outside your hoop, and have it land inside your hoop? If you have a net up, have them set from one side of the net and try to get it to land inside a hoop. Hoops should be just over the net. Setters can set back and forth from both sides. Have the setters stand behind the hoops.	
Closure	1	I will ask them the questions verbally that were discussed in part two.	