

### Content outline

This activity aims to refine and develop the over-arm serve in Volleyball.

- Correct technique
- Accurate ball toss
- Contact point with the ball
- Accuracy



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### Space

- Increase the distance from the target (to make the task more difficult)
- Decrease the distance from the target (to make the task easier)
- Use markers to act as a service line (such as items of clothing)



### Task

- Break down the skill into smaller sections to make the task easier (start with the ball toss on its own)
- Increase the distance you are serving from the target as you get more confident
- Change the size / distance from targets – can you create a scoring system?



### Equipment

- Change size of ball
- Use different household items (Eg. Change from a cushion, to a smaller soft toy, toilet roll)
- Change the size of the targets you are aiming at (use smaller targets to increase difficulty)



### People

- If you have another person in your house, ask them to work with you
- Can you teach someone else in your household this skill?
- Challenge a friend to an online competition

### Learning intention

#### Physical:

- To develop the technique of over-arm serve in Volleyball

#### Personal:

- Personal challenge
- Consequences

#### Learning questions:

- What are the consequences of not keeping your non-dominant hand low?
- Why do you need to rotate your shoulders?
- When were you most successful? And why?
- What coaching points would you identify from this activity?