Volleyball & Net Games

10 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

Hoops

SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Serving Striking Accuracy	8	🟢	Markers Net Volleyball or similar

MODIFY IT

- Increase or decrease the size of the co...
- Allow students ... closer to the ...
- Increase or d... amount of h...
- Allow digging ... or overarm ...
- Allow digging ...
- Change the ... the ball

- Split students into teams of 4
- Start the game with students from one team each having a volleyball (or similar) aiming to serve/throw over the net and land a ball in a hoop off the first bounce
- If successful, the students crosses to other side, picks up the hula hoop and removes it from the game
- The opposition team then get a ball each and serve/throw over the trying to do the same, the team that just served head to the back of their side of the court
- The first team to remove all the hoops or the team that has the least when the time expires are the winners

Newcombe Ball

SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Defending Space Creating an attack	8	🟠	Markers Net Volleyball or similar

MODIFY IT

- ☆ Increase or decrease the size of the court
- ☆ Increase or decrease the 3 pass rule
- ☆ Allow students to come out of their zone during play
- ☆ Allow digging and setting
- ☆ Allow blocking but not reaching over the net

- The game starts with one player tossing the ball from the back of the court across the net for an opponent to catch
- Each player must stay within their area
- A maximum of 3 passes can be made between payers before the ball is returned across the net
- Alternate serves and rotate server each time a point is won

ASK STUDENTS

- ☆ How can you avoid too many players in one area?

Stockpile

SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Throwing / Catching	10	🟠	Hoops Balls

MODIFY IT

- ☆ Increase or decrease the size of the court
- ☆ Increase or decrease the amount of players per team
- ☆ Use different shaped balls e.g tennis balls, bouncy balls, shuttles

- ...ents form teams of approx 5 on either side of a volleyball/tennis/ ...minton net
- ...im is to throw a ball over the net and have it hit the floor inside the ...g area
- ...alls that are on the floor can be picked up and thrown back over
- ...am catches a ball, they put it in their 'pile' at the back of the court
- ...opposition throws out of bounds on the full, teams can add that ball to ...pile
- ...am with the most balls in their pile at the end of a designated time is the

ASK STUDENTS

- ☆ How can you make it more difficult for...

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Introduction

Welcome to Powerhouse PE - Volleyball & Net Games!

Inside this resource, you'll get a selection of fun activities you can use with Kindergarten through 8th Grade. Many of the games are volleyball-based, but can be played on any type of court with a net separating competitors. Each activity is explained with simple instructions, equipment lists, diagrams and modifications.

Skill Focus
Each activity will have a skill focus, based on one of the fundamental skills of racket sports.

Group Size
All of these activities are designed to work with smaller or larger groups. A group size is provided, but this is just the minimum number of students you will need for the game to work. For larger groups, you can increase the number of players in the game, or create multiple stations with smaller groups.

Complexity
Each activity is rated on a Complexity scale indicating how difficult the skills are to perform.

  Green - recommended for Kindergarten and up (or with modifications for older children)
  Yellow - recommended for 3rd grade and up (with modifications for younger or older children)
  Red - recommended for 5th grade and up (with modifications for younger or older children)

Modifications
We've also included modifications to make the games easier or harder, for different age levels.

Ask Students
Some games also include review questions you can ask your students - allowing you to reinforce key coaching points, rules or skills.
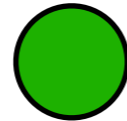
Hoops

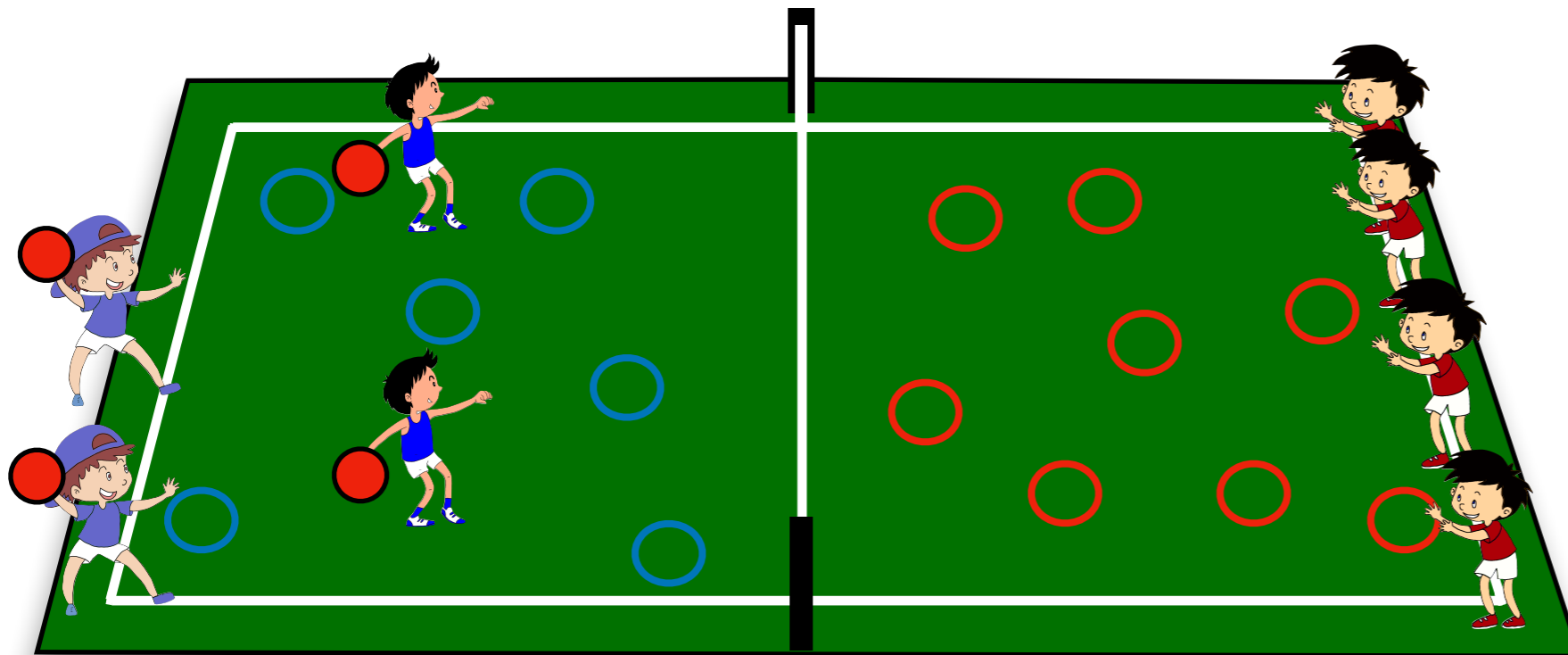| SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Serving Striking Accuracy	8	🟢	Markers Net Volleyball or similar

- Split students into teams of 4
- Start the game with students from one team each having a volleyball (or similar) aiming to serve/throw over the net and land a ball in a hoop off of the first bounce
- If successful, the students crosses to other side, picks up the hula hoop and removes it from the game
- The opposition team then get a ball each and serve/throw over the trying to do the same, the team that just served head to the back of their side of the court
- The first team to remove all the hoops or the team that has the least when the time expires are the winners

MODIFY IT

- ⭐ Increase or decrease the size of the court
- ⭐ Allow students to serve from closer to the net
- ⭐ Increase or decrease amount of hoops
- ⭐ Allow students to underarm or overarm throw/serve
- ⭐ Allow digging and setting
- ⭐ Change the size/shape of the ball

ASK STUDENTS

- ⭐ Why is serving important in net and court games?
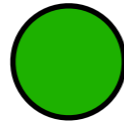- ⭐ How can you improve the accuracy of your serve/throw?

Rebound Ball

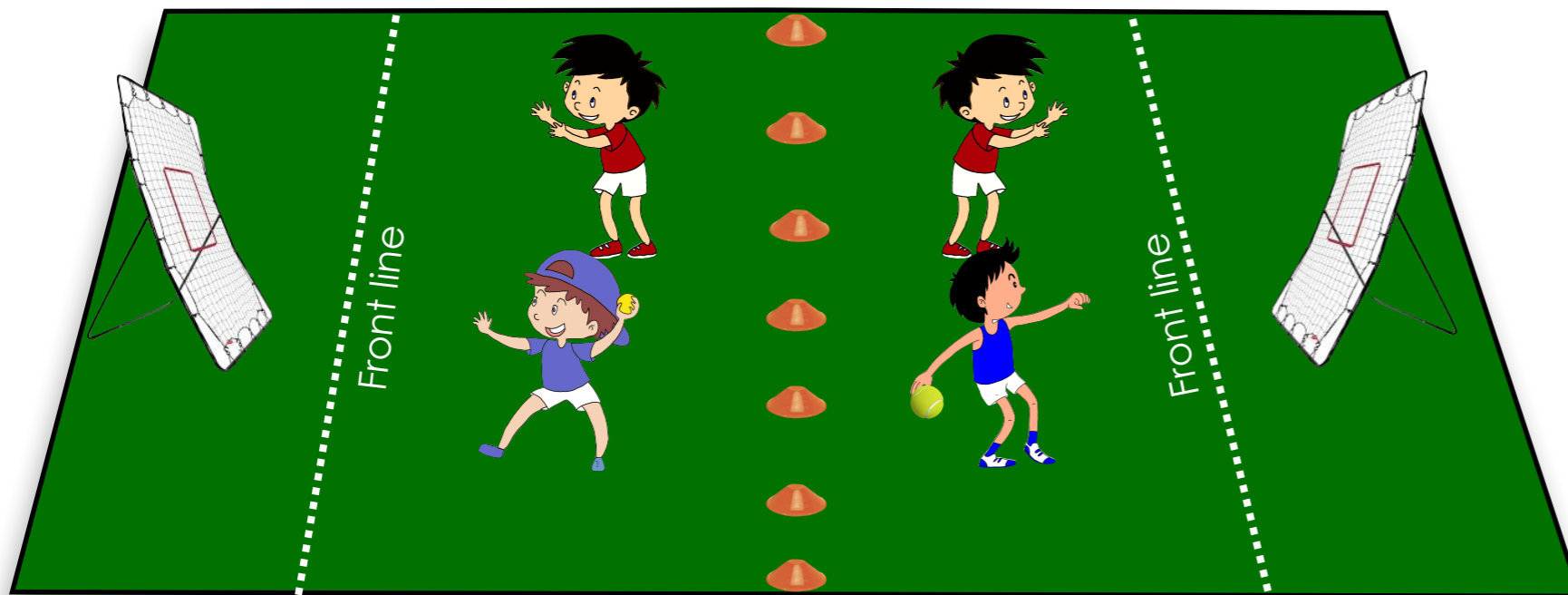| SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Defending Space Creating an attack	2	🟢	Rebound Nets Markers Balls

- Students form groups of 2 and play in area approx 5 metres x 5 metres
- The aim of the to throw the ball against the rebound net and have the ball hit the ground before your opponents can catch it
- Players can use either an underarm or overarm throw
- If the ball lands out out bounds on the full a point is awarded to the non thrower
- Players must throw and move out of the way, if the thrower is in the way of their opponent, players replay the point
- If the throwers ball lands before the front line or misses the net, then a point is awarded to the catcher
- Play to 11 points or a set time period

MODIFY IT

- ⭐ The ball can bounce once or more before catching
- ⭐ Students can use different balls e.g gator ball, dodgeball, tennis ball etc
- ⭐ Increase or decrease the size of the paying area
- ⭐ Play as doubles

ASK STUDENTS

- ⭐ What strategy did you use to score points?
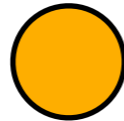- ⭐ Why is it important to move your opponent around in net and court games?

Dot Ball

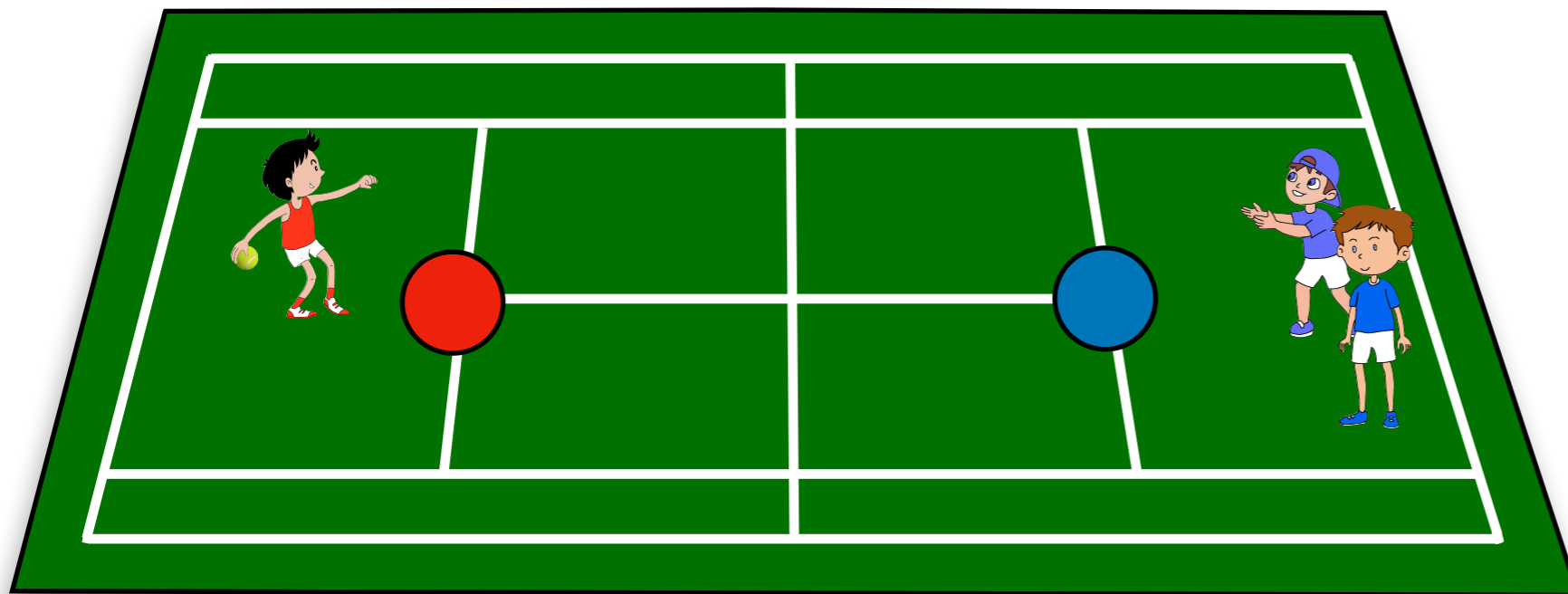| SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Defending Space Creating an attack	2	🟠	Volleyballs Markers/Polyspots

- Students pair up and play in an area the size of a small volleyball court or badminton court
- The game starts with a player serving (underhand throwing) the ball over the net higher than the opponents height landing inside the court
- Points are won by: having the ball bounce twice in your opponent's court before they can catch it, hitting the dot/ spot/marker on your opponents side, opponent throwing the ball out of bounds

MODIFY IT

- ⭐ Serve the ball using an underhand or overhand serve
- ⭐ Add more players and play 2 v2, 3v3 etc.
- ⭐ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ⭐ Ball can only bounce once

ASK STUDENTS

- ⭐ How can you make it more difficult for your opponent to receive the ball?
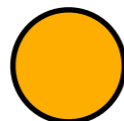- ⭐ How can you prevent your opponent from scoring a point?

Stockpile

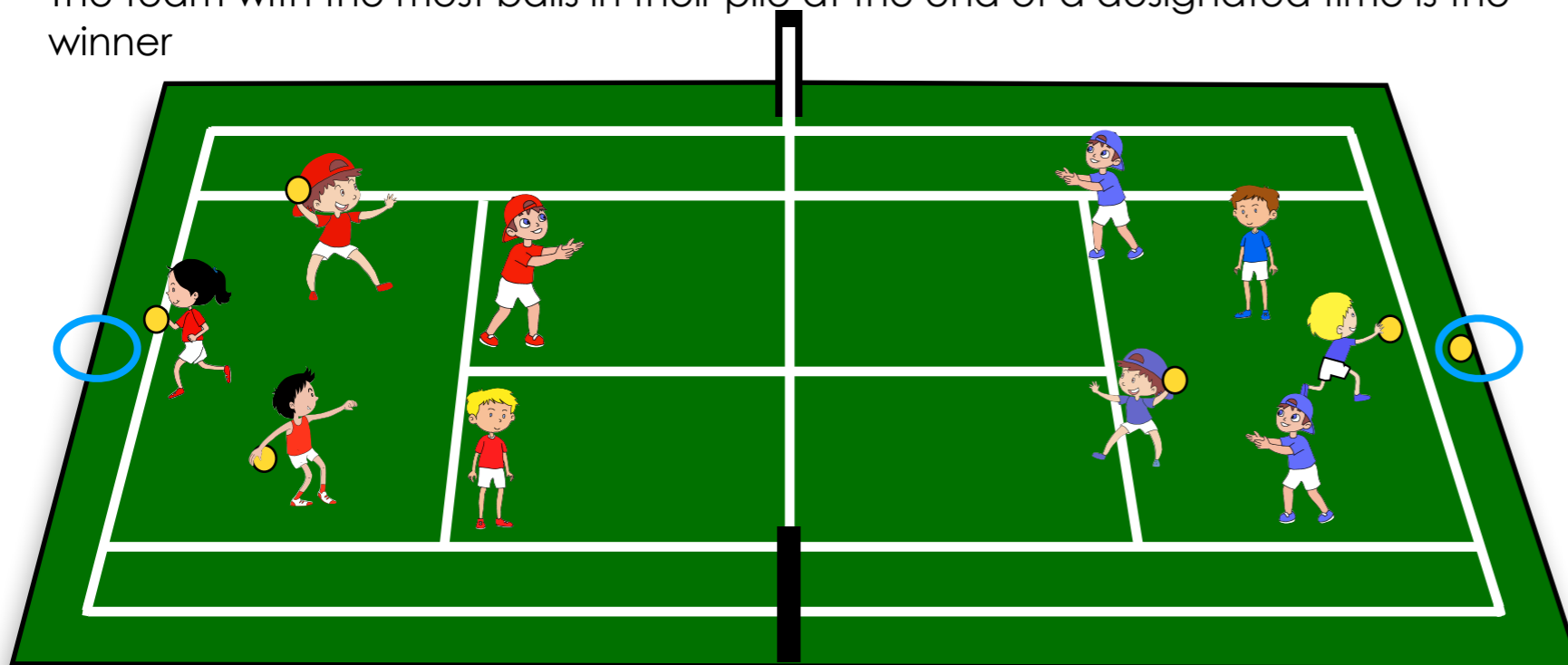| SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Throwing / Catching	10	🟠	Hoops Balls

- Students form teams of approx 5 on either side of a volleyball/tennis/ badminton net
- The aim is to throw a ball over the net and have it hit the floor inside the playing area
- Any balls that are on the floor can be picked up and thrown back over
- If a team catches a ball, they put it in their 'pile' at the back of the court
- If the opposition throws out of bounds on the full, teams can add that ball to their pile
- The team with the most balls in their pile at the end of a designated time is the winner

MODIFY IT

- ⭐ Increase or decrease the size of the court
- ⭐ Increase or decrease the amount of players per team
- ⭐ Use different shaped balls e.g tennis balls, bouncy balls, shuttles

ASK STUDENTS

- ⭐ How can you make it more difficult for your opponent to receive the ball?
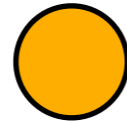- ⭐ How can you prevent your opponent from catching a ball?

Newcombe Ball

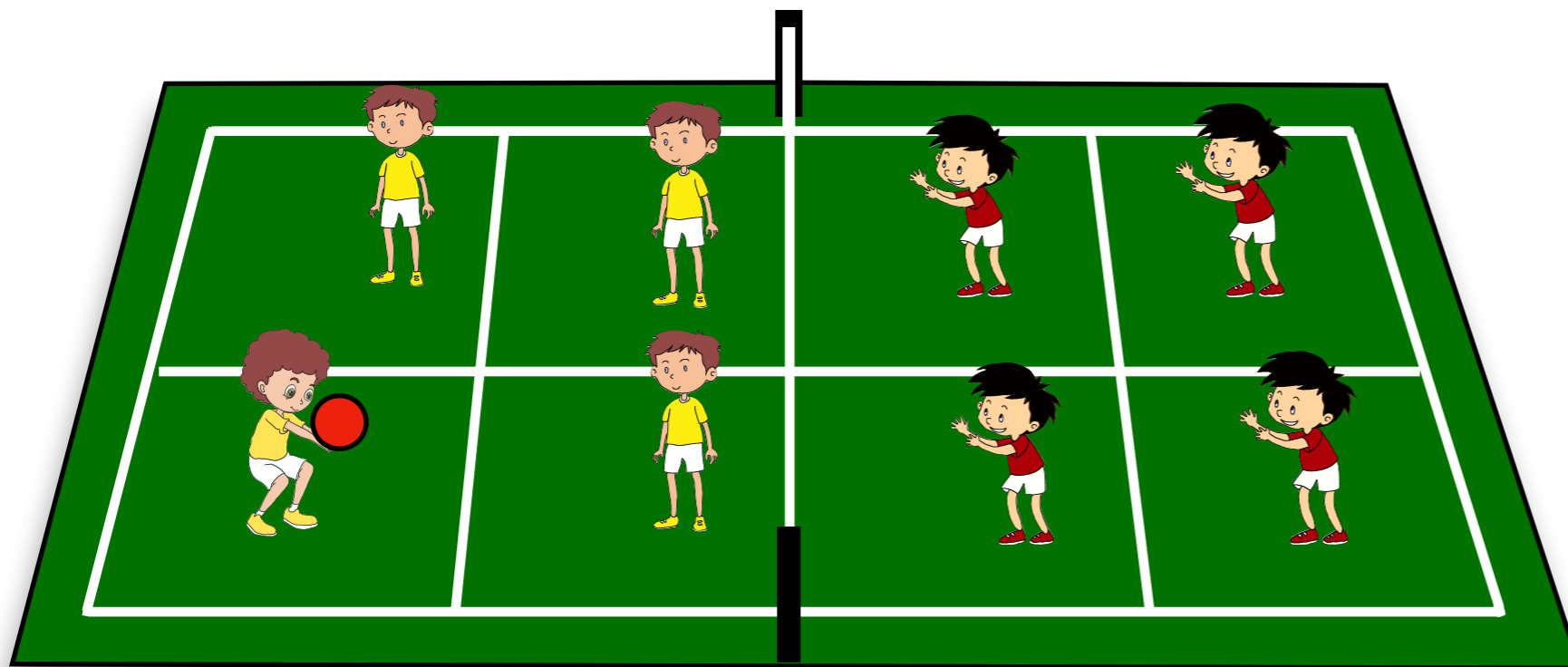| SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Defending Space Creating an attack	8	🟠	Markers Net Volleyball or similar

- The game starts with one player tossing the ball from the back of the court across the net for an opponent to catch
- Each player must stay within their area
- A maximum of 3 passes can be made between payers before the ball is returned across the net
- Alternate serves and rotate server each time a point is won

MODIFY IT

- ⭐ Increase or decrease the size of the court
- ⭐ Increase or decrease the 3 pass rule
- ⭐ Allow students to come out of their zone during play
- ⭐ Allow digging and setting
- ⭐ Allow blocking but not reaching over the net

ASK STUDENTS

- ⭐ How can you avoid too many players in one area?
- ⭐ Where might you throw/hit the ball to make it harder for your opponents?
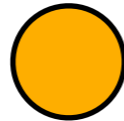
Bound Ball

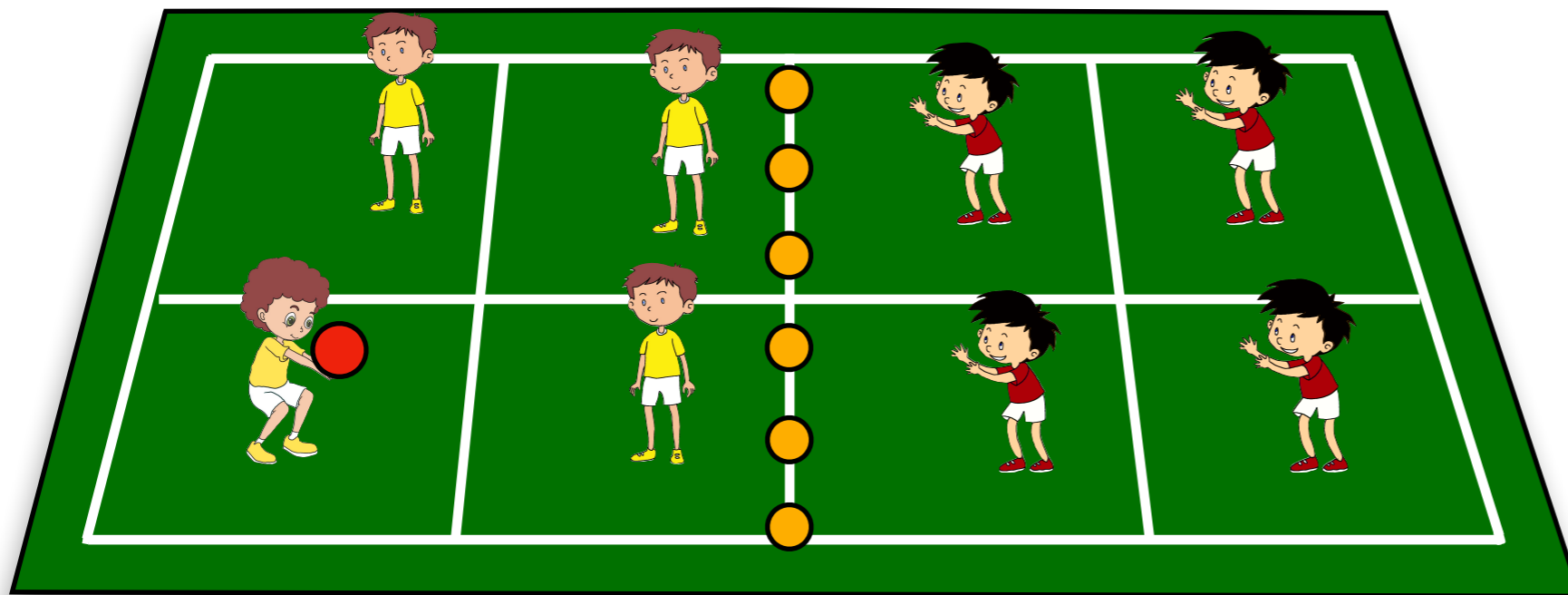| SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Defending Space Creating an attack	8	🟠	Polyspots Volleyball or similar

- Split students in to teams of 4 and play without a net (use markers or poly spots as the net)
- The game starts with one player underhand serving the ball from the back of the court
- Students must let the ball bounce once before attempting to dig, set or spike.
- When passing to a team mate, the ball must also bounce once
- Teams have a maximum of 3 hits before the ball must be hit over the dividing line
- If the ball bounces twice, an opponent hits the ball on the full or the ball is played out of bounds a point is awarded to the other team
- Play to 11 points or a set time limit

MODIFY IT

- ⭐ Increase or decrease the size of the court
- ⭐ Increase or decrease the 3 pass rule
- ⭐ Allow students to come out of their zone during play
- ⭐ Allow catching after one bounce
- ⭐ Allow more than one bounce

ASK STUDENTS

- ⭐ How can you avoid too many players in one area?
- ⭐ Where might you throw/hit the ball to make it harder for your opponents?
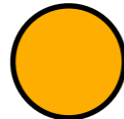
1 vs 1 Volleyball

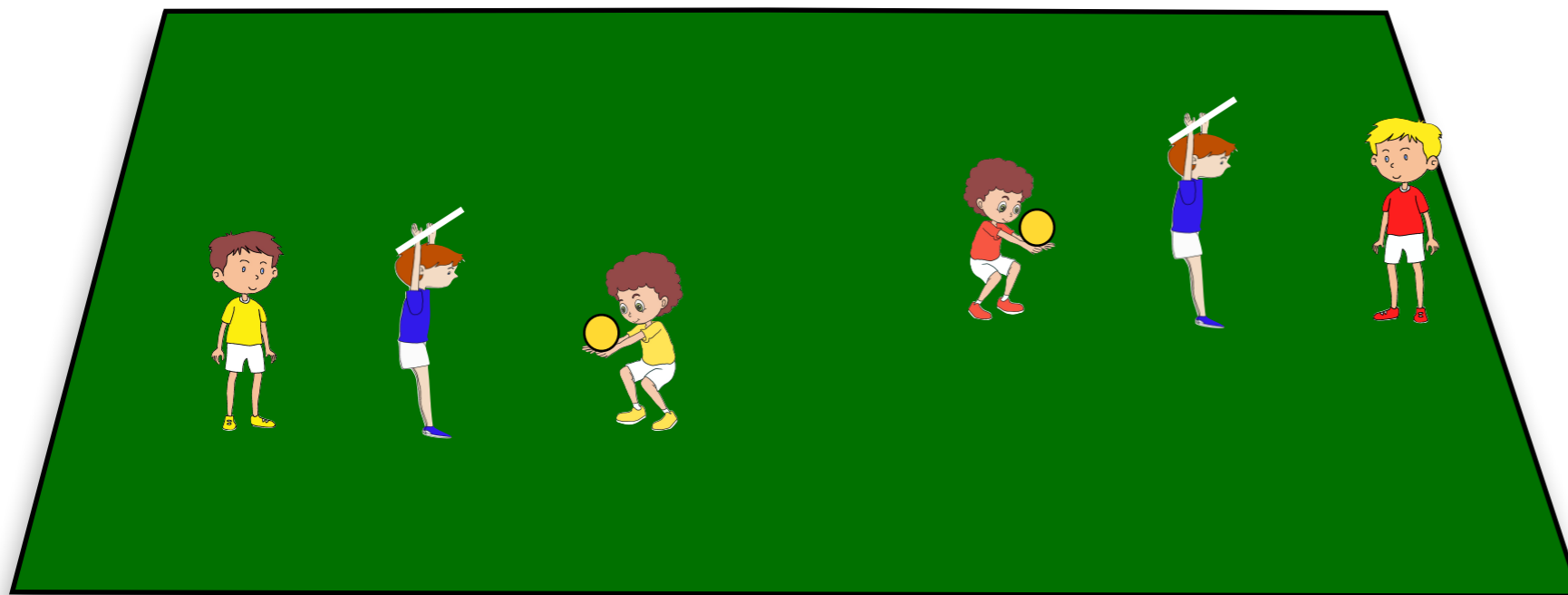| SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Throwing / Catching	3	🟠	Hoops Balls

- Students for groups of 3. Two players and one who holds a skipping rope above the head to act as a 'net'
- Students work cooperatively to try and perform as many digs or sets over the 'net' as possible, students can perform digs/sets to themselves before hitting the ball over.
- Rotate every 2 minutes or when the 'net holder' needs a break.
- No spiking is allowed

MODIFY IT

- ⭐ The ball can bounce once or more before hitting the ball over
- ⭐ 3 hits to get the ball over the 'net'
- ⭐ Have groups of 4 and have 2 students hold the rope at each end and adjust the height to suit

ASK STUDENTS

- ⭐ What are the key points of the dig/set?
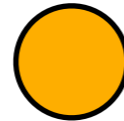- ⭐ How can you work cooperatively with your partner to build a higher score?

Planet Ball

SKILL FOCUS
Court Position
Defending Space
Creating an attack

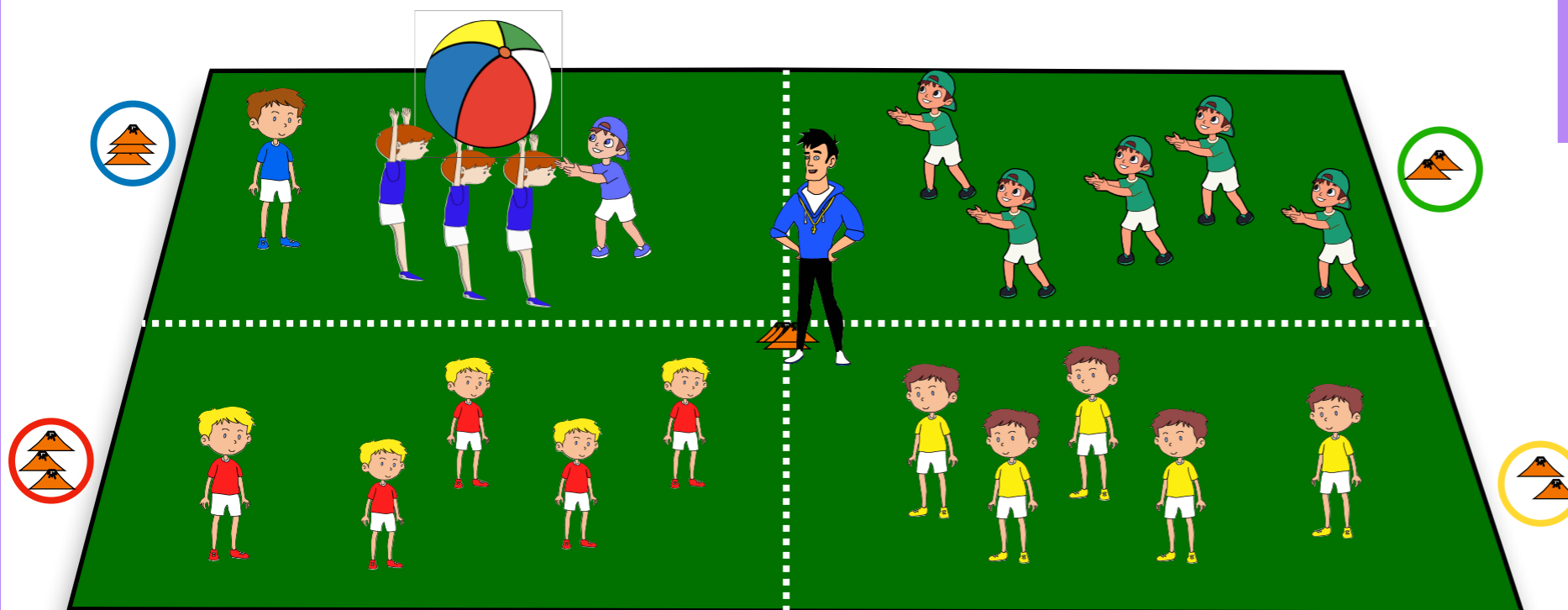## GROUP SIZE
Whole Class

COMPLEXITY

EQUIPMENT
Beachball
Hoops
Markers

- Split class into four even groups
- The aim of the game is to work with your team mates to push the beachball (meteorite) over the net, in to another teams zone (planet)
- If the beachball hits the floor in your zone (planet) then the coach/teacher throws a marker (comet) into your area (frisbee style), if you catch it you put it back in the coach pile, if it hits the floor you place it in your teams hula hoop (space station)
- The team with the least amount of markers (comets) in their space station is the winner

MODIFY IT

- ⭐ After a lost point, students collect a marker (comet) from the coach pile and place it in the teams space station
- ⭐ Set a hit limit to get the ball over the net
- ⭐ Add another beachball (meteorite)

ASK STUDENTS

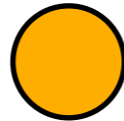- ⭐ How can you work cooperatively with your team to play effectively?

4 Square Volleyball

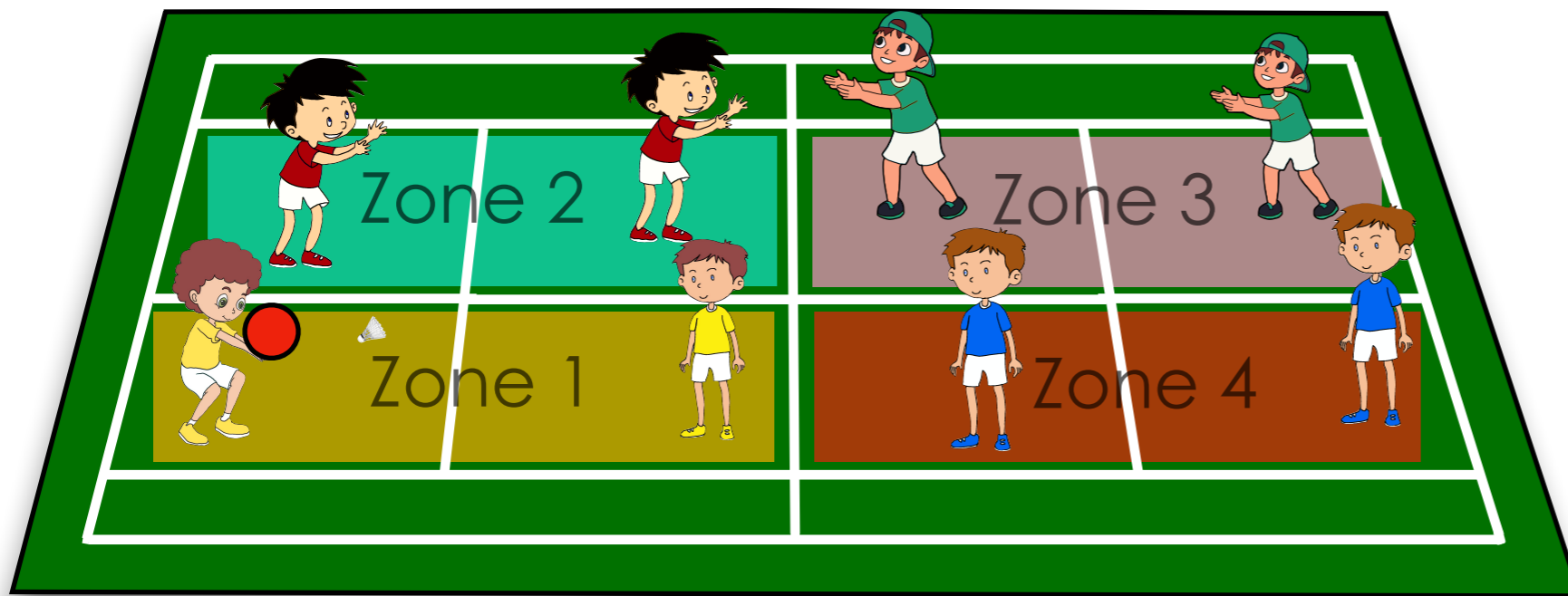| SKILL FOCUS	GROUP SIZE	COMPLEXITY	EQUIPMENT
Court Position Defending Space Creating an attack	8	🟠	Balls Cones

- Students partner up to form a group of two as shown below
- Split the court into 4 zones separated by either 2 nets or Cones
- The game starts with the team in zone 1 performing a serve into any other zone
- Teams can hit the ball into any zone
- If the ball hits the ground in a teams zone, they move to zone 4.
- Everybody else moves up a zone.

MODIFY IT

- ⭐ Use different striking instruments e.g hand, different racket etc
- ⭐ Use different shaped balls e.g tennis balls, bouncy balls, shuttles
- ⭐ Teams score a point for every rally they win in Zone 1. The team with the most points wins

ASK STUDENTS

- ⭐ How do you hit the ball away from your opponent?
- ⭐ Where can you put the ball so it is difficult fro your opponent to get it back?