

## Materials Needed:

- Volleyball (or similar lightweight ball)
- Access to a wall or rebounder (optional)
- Water bottle
- Comfortable athletic clothing and shoes
- Open space (indoor or outdoor)

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## Introduction: Spike Your Interest in Volleyball! (5 mins)

Welcome! Today, we're diving into the exciting world of volleyball. It's a fast-paced sport that requires skill, teamwork, and strategy. We'll focus on mastering some fundamental skills: the bump, the set, and the serve. Let's get moving!

## Warm-up (10 mins)

Getting your body ready is crucial to prevent injuries and perform your best. Let's warm up:

- **Jogging in place or light cardio:** 3 minutes.
- **Arm Circles:** Forward and backward, 15 seconds each direction.
- **Leg Swings:** Forward/backward and side-to-side, 10 swings per leg each direction.
- **Torso Twists:** Gentle twists side-to-side, 20 repetitions.
- **Wrist and Ankle Rotations:** 15 seconds each.
- **Dynamic Stretches:** High knees, butt kicks, walking lunges - 30 seconds each.

## Skill Development: Foundational Fun! (30 mins)

### 1. The Forearm Pass (Bump)

This is used to receive serves or low balls. The goal is to create a controlled 'bump' upwards towards a teammate (or a target).

- **Technique:** Feet shoulder-width apart, knees bent, body low. Make a platform with your forearms (hands clasped, thumbs parallel). Contact the ball on your forearms, between the wrists and elbows. Extend your legs and shrug your shoulders slightly to direct the ball upwards, don't swing your arms wildly.
- **Drill 1 (Solo Wall Bumps):** Stand a few feet from a wall. Toss the ball gently against the wall and practice bumping it back repeatedly. Focus on control. Aim for 20 consecutive controlled bumps.
- **Drill 2 (Self-Toss Bumps):** Toss the ball up gently in front of you and practice bumping it straight up. Try to bump it high enough to catch it yourself. Repeat 20 times.

### 2. The Overhead Pass (Set)

This is typically the second contact, used to 'set' the ball high for a teammate to spike. It requires soft hands and precision.

- **Technique:** Get under the ball. Feet shoulder-width apart, knees bent. Form a triangle shape with your thumbs and index fingers above your forehead (like looking through a window). Contact the ball with your fingertips (not palms). Extend your arms and legs simultaneously upwards and outwards towards your target.
- **Drill 1 (Wall Sets):** Stand close to the wall. Toss the ball against the wall above your head

and practice setting it back. Focus on soft contact and finger control. Aim for 15 consecutive controlled sets.

- **Drill 2 (Self-Toss Sets):** Toss the ball straight up above your forehead and practice setting it straight up again. Catch it and repeat 20 times.

### 3. The Underhand Serve

A fundamental serve to get the ball into play.

- **Technique:** Stand with your non-hitting foot forward. Hold the ball low, around waist height, in your non-hitting hand. Keep your hitting arm straight and swing it backward like a pendulum. Swing forward and contact the ball with the heel of your hand (fist or open hand). Follow through towards your target.
- **Drill (Serving Practice):** If you have space, mark a target area (or use the wall). Practice serving the ball over a designated line (imaginary net) towards your target. Focus on getting the ball consistently over and into the target area. Perform 20 serves.

## Basic Rules & Strategy Chat (5 mins)

- **Teams:** Typically 6 players per side.
- **Objective:** Score points by grounding the ball on the opponent's court, or when the opponent commits a fault.
- **Contacts:** A team can touch the ball up to three times to return it (bump, set, spike is common). A player cannot hit the ball twice in a row (except after a block).
- **Rotation:** Players rotate positions clockwise after winning a point following the opponent's serve.

## Cool-down & Stretch (10 mins)

Time to slow down and help your muscles recover.

- **Light Walk:** 2 minutes.
- **Static Stretches (Hold each for 20-30 seconds):**
  - Quadriceps Stretch
  - Hamstring Stretch
  - Calf Stretch
  - Triceps Stretch (Overhead)
  - Shoulder Stretch (Across body)
  - Wrist Flexor/Extensor Stretch

## Wrap-up & Reflection (5 mins)

Great job today! Think about which skill felt the most challenging and which felt the most natural. Consistent practice is key in volleyball. What's one thing you want to improve on next time?