

Name/Title: Service Handball (for teaching Volleyball serve)

Purpose of Event: The purpose of the activity is for students to reinforce their skill of the underhand serve in volleyball.

Prerequisites: Students should have already had some skill practice time with the underhand serve.

Suggested Grade Level: 6-8

Materials Needed:

2 goals per game (I use soccer goals but any way of marking the goals works)

1 foam volleyball per game

Jerseys or wristbands for team designation

Description of Idea

Set up your class to have teams of about 3-4. The goal of the team is to pass the ball to teammates using the underhand serve. When a teammate catches the ball, they freeze and can only pivot to make a pass or shot at the goal. If the ball hits the floor, the opposing team gains possession from that spot. I do not allow students to guard the person with the ball. Guarding the ball carrier makes the underhand serve too difficult to perform. To make sure the students have a fair chance at scoring goals, I mark off a goalie box that only the goalie is allowed to occupy.

Variations:

Changing the ball size to increase or decrease the difficulty.

Allowing 2-3 steps with the ball in hand. If the game is going slow, put a time limit on holding the ball.

As a lead up you could do a 3 vs 1 keep away game.

Assessment Ideas:

While students are playing the game, sometimes I use a checklist for the underhand serve. What I have also tried, is a self assessment at the end.

Teaching Suggestions:

Have students come up their own rules for the game as it is being played.

Submitted by **Brandon House** who teaches at Whittier Intermediate School in Blue Island, IL. Thanks for contributing to PE Central! **Posted on PEC: 4/27/2020.**

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