Name/Title: Volleyball Serve and Catch

Purpose of Event: To practice using correct form while making an underhand serve.

Prerequisites: Ability to make an underhand toss.

Suggested Grade Level: 2-3

Materials Needed: polyspots,hoops, beanbags, lightweight balls (i.e. Gertie ball)

Description of Idea

Place a polyspot 10-15 feet away from a hoop. In the hoop place a beanbag and Gertie ball, and have enough set-ups for every two students.

First, discuss and practice the correct form for making an underhand toss. Send each group of two to a polyspot to use the beanbags to make underhand tosses into the hoop. Walk around to assess each student's form while tossing.

Progress to using that same form to underhand serve the ball. Have students stand on opposite sides of the hoop. Each person takes two giant steps backward. Demonstrate how to hold the ball, using both hands, with arms extended and to the dominant side. Let the ball drop straight down. You may need to remind them not to toss the ball up.

As the ball rebounds, use the same motion as tossing underhand to strike the ball. Serve so that your partner can catch the ball. The partner then repeats the procedure. Have the students start by striking using the whole hand. (Note: Some of the students will be able to strike using just the heel of the hand.)

Students like to be challenged to see how many successful serves (partner catches) they can make in 2 minutes.

Assessment Ideas:

Visual assessment looking for correct form.

Adaptations for Students with Disabilities:

Have a partner drop the ball for students who are having difficulty.

Submitted by **Nina Carter** who teaches at Botetourt Elementary in Gloucester, VA. Thanks for contributing to PE Central! **Posted on PEC: 4/21/2003**.

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