Name/Title: Plus One Volleyball

Purpose of Event: For students to move towards the ball while maintaining a body position that permits them to pass the ball to their team mates.

Prerequisites: Students need to have some skill in executing the forearm pass(bumping) and the volley. Students should also be able to under hand serve.

Suggested Grade Level: 9-12

Materials Needed:

- One volleyball net for every 8-12 students
- One volleyball for each net

Description of Idea

Divide the class into teams of 4 to 6. Arrange teams in formation on each side of the net, two groups at each net. A player serves the ball over the net. The receiving team must now play the ball twice before they may return the ball. The serving team must now play the ball three times before they are allowed to return the ball over the net. Play continues as each team forces the other side to "plus one" the previous achievement. Only the serving team scores points and players may not play the ball twice in succession. Players must take turns serving the ball.

Teaching Suggestions:

Emphasize moving the feet and getting the body at a low level.

Observe whether student are moving towards the ball while maintaining a body position that permits them to pass the ball to their team mates.

If students cannot pass the ball more than twice, see the adaptions below.

Adaptations for Students with Disabilities:

Have students move closer to the net when serving.

Allow students to catch the ball instead of using the volley/bump.

Allow the ball to bounce in between passes.

Lower the net.

Use a beachball.

Submitted by **Evert TenBruggencate** who teaches at Immanuel Christian School, Aylmer, Ontario Thanks for contributing to PE Central! **Posted on PEC: 10/1/2001**.

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