

# BENDIGO VOLLEYBALL ASSOCIATION INC.

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## Spikezone Clinic Lesson Plan (45mins)

5 min	Start – Introduce yourself and ask students about Volleyball Knowledge. Hands up who has watched a game? Who can name a skill. After discussing skill names intro the first one.
2 min	Discuss Setting Skill – 3 Main Points: Make a Diamond Shape with your thumbs and forefingers, keep your hands above your forehead, push with your legs. (Demo)
10 min	Worm Setting – Students lay on the ground on their stomachs 3m from a partner. Hold the ball in front of their forehead, push the ball to the partner. Chest Passing – Students stand up and chest pass (netball style) using an even 2 hand spread to their partner. Catch and Throw – Same as chest passing, except ball starts in front of forehead, travels upwards (as a set should) to partner who catches it and sets it back. From here gauge the ability levels of the group and they can set to each other or throw it up to themselves and set to their partner.
2 min	Discuss Digging Skill – 3 Main Points: Hands are together, arms are straight, use your legs to pass. (Demo)
10 Min	If a bench or seat is nearby use it, if not get students to crouch down. Along 1 long line move along and throw the ball to students who stand up as they pass it to reinforce using legs while passing. After 2-3 practises move to partner digging. Begin partner digging with 1 student digging, while the other throws the ball then catches the return. Move onto attempting to dig to each other continuously.
5 min	Create a line either side of the net diagonally opposite. Coach throws the ball up and students take turns running in to spike the ball over. Stress open hands and a 2 foot take off. After spiking students go under the net, collect their ball and line up at the other end.
10 min	Game Time – Depending on the size of the court, have 2 rows (front and back) of students. Larger court may fit 2 rows of 5, smaller courts 2 rows of 3. Spare students stand along the side waiting to rotate onto the court. Explain serving is like handballing and each team is allowed to have 3 hits. Start playing with players rotating in a clockwise direction when the team wins back a point. 3 Serves per player, players rotate off the back of the court for a rest then back onto the frontcourt. Rally point scoring.
1 min	Thank students and promote the Bendigo Volleyball Assoc Spikezone Comp with dates etc.