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| **Jc Academy Logo.pngTuesday Lunch time club** Lesson: **Volleyball** | | | |
| Resources: Volleyball/Bibs/Discs/Cones | | | |
| Warm up (15mins):  Time bomb catch – Children will stand in circle with the tennis ball passed around the circle when the coach count to 20 whoever has the ball is OUTTT. | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start too quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Volleyball Around the world- Children will line up on each side of the court when the first player hits the ball they will have to run around the opposite side if you miss or don’t get it over the net you’re OUT!  The children will work on hand position – (How to catch a ball- Throw a ball- Receive a ball and strike a ball) | | | 1 Coaching points:  Co-ordination  Technique  Ball work  2. Safety points:  Sensible Behaviour  Listening Skills  1 Coaching points:  Accuracy  Awareness  Communication  Throwing technique  Footwork  Reaction  Teamwork  2 Safety points:  Sensible behaviour  Listening Skills |
| Cool Down(10mins)  Children will come in talk about the session what they enjoyed and what ABC skills where used and how this will help improve their skills. | | | Safety points:  **watching where you are going.** |
| RED  Amend Session to ensure children are learning | AMBER  Make lesson slightly harder to challenge those children who are excelling | GREEN  The lesson will be progressed to make it harder and more detailed | Outcome of the session:  **Working on the set position and understanding of techniques** |