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| ***Class: Elmwood*** |
| ***Lesson: Volleyball 2*** |
| ***Lesson Objective:***  Playing the Dig Shot |
| ***Resources:***    Volleyball, Net, Cones |

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| ***Warm Up:***  Children In a circle with one ball if the ball goes between your legs you are out the ball has to stay on the floot  **Coaching Points**:  Soft hands  Eyes focusing on the ball  Still head  ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  *Dig Shot –* Get children in pairs to hold their hands together and hit the ball in the air the aim is to pass to other team mate with control, aim is to hit the ball with your thumbs together  Play a match allow the ball to bounce    **Coaching points:**  Hands together    ***Safety Points:***   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Warm Down*:**  Rally – see how many times the children can rally for  **Coaching Points:**   * Support and develop the ideas children create.   ***Safety Points*:**   * Make sure area is completely risk free of any spills, equipment etc. |
| ***Plenary:*** |

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| RED: |
| AMBER: |
| GREEN: |