



“The Future Begins Today”

Project KA229 2018-1-PL01-KA229-050749

Lesson Plan

LENGTH OF TIME: 45 min

TOPIC: overhand serve

OBJECTIVES: perform the overhand serve correctly

TEACHING METHODS AND STRATEGIES: description, demonstration and task performance

RULES FOR TEACHING: to interest students into learning and performing this volleyball element

ASSIGNMENTS: individual work, pair work

MATERIALS NEEDED: volleyball balls, volleyball net

PROCEDURE:

Introductory part: warming students up with a 1: 1 volleyball game apex and forearm bounce

The main part: Individual performance of the overhand serve by bouncing the ball against the wall

Serves in pairs at a partner distance of 9 meters

Performing service on the volleyball court over a volleyball net

Final part: A 6: 6 volleyball game with an emphasis on proper performance of the overhand service

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