

Age: 5 - 7		Sport: Volleyball	
Duration: 55 mins	Physical Skills: Bumping, setting, hitting	Social Skill: Communication	Stickers: Volleyball, Communication

Instructions	Language
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Welcome!	Equipment: N/A
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<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> 1. Introduce the sport - holding out volleyball 2. Talk about the actions we do in volleyball. 3. Introduce the social skill. 3. Talk about what communication is and how we use it. 	<p>Has anyone seen this ball before?</p> <p>Today we are playing... Volleyball!!! In volleyball, we have to try to keep the ball UP (point up).</p> <p>We do this by using our elephant trunks to BUMP the ball UP (show arms as elephant trunk).</p> <p>We don't only do this by ourselves, we also work with others to keep the ball up.</p> <p>It is important to practice communication when we work with others!</p> <p>Today we are going to work on our communication.</p> <p>Communication is a BIG word. But it involves talking using our mouths (point to mouth), or listening using our ears (point to ears), or even using our bodies!</p> <p>Which are all things we know!</p>
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<p>Note:</p> <ol style="list-style-type: none"> 1. Start the lesson by setting up the circle of cones/pylons for everyone to meet at. 2. Complete 2-3 warm-up actions. 3. Then, always move into the second warm-up again after.

Warm-Up: Get Moving! ~ 5 - 10 mins	Equipment: Cones
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<p>Set up a circle of cones in the middle of the playspace and have everyone find a spot.</p> <p>Start by talking about why we always warm-up.</p> <p>Try to ask some kids in the group if they have a movement they want to share.</p> <p>If they do, try to all complete that movement.</p> <p>Some examples: - Reach high to the sky - Jumping jacks - Reach low to the ground - Arm circles - Running on the spot - High knees</p>	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Does anyone in the group have a warm up action that they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's try!</p> <p>Or</p> <p>Who wants to know coach's favourite ways to warm up?!</p> <p>I think we should do.... (use examples)</p>
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Would You Rather	Equipment: Hula hoops/cones
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<p>Put either two different coloured hula hoops or cones on either side of the play space.</p> <p>Have all of the GoPlayers! stand in between the two hoops or cones, or just in the middle of the playspace.</p> <p>Coach is going to call out two options, pointing to one side with each option.</p> <p>After coach has called out both options, the kiddos have to run to the side that answers the would you rather for them!</p>	<p>We are going to practice our communication and keep warming up our bodies!</p> <p>Is everyone ready? Listening ears ON! We also need to be using our EYES to know which side to go to!</p> <p>Would you rather...</p> <ul style="list-style-type: none"> - Chocolate or Vanilla? - Elephants or Giraffes? - Blue or Green?
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	<p>Good job communicating GoPlayers!</p> <p>Does everyone feel nice and warm now??</p> <p>Let's play some Volleyball!</p>
<p>Physical Skills ~ 15 - 20 mins Elephant Trunk Bumps Equipment: Volleyballs, hula hoops</p>	
<p>Demonstrate elephant trunk arms to the group again. Have everyone practice.</p> <p>Then, have the kids get into 1-2 lines depending on the amount of kids in the group.</p> <p>The coach is going to throw the balloon to the first kid in line who will bump it back to the coach and then go to the back of the line.</p> <p>After they have tried with the balloon for a few rounds, do the same thing with the volleyball.</p> <p>Level up by holding a hula hoop that the player has to try to bump the ball into.</p>	<p>Remember how we talked about keeping the ball UP in volleyball?</p> <p>We are going to practice this now!</p> <p>GoPlayers!, we all need to have our hands together like a big elephant trunk.</p> <p>We want to push the ball UP with our elephant trunks.</p> <p>If we are not keeping hands together and just catching - make sure your elephant trunk is strong by keeping your arms out straight!</p>
<p>Hi-Five Hitting Equipment: Hula hoops, volleyballs</p>	
<p>Kiddos will still be in their lines.</p> <p>Coach will now be holding the ball between their hands, out in front of their kiddo.</p> <p>Kids are going to try to HIT the ball out of the hands like a volleyball spike.</p> <p>Kiddos will want to be strong and hi-five the balloon to the ground.</p>	<p>Now, let's try another skill in volleyball.</p> <p>We are going to give the ball in coach's hands a BIG hi-five right into the floor!</p> <p>Let's see your best hi-fives on the balls!</p>
<p>Cone Setting Equipment: Pylons, small balls (like pickleballs)</p>	
<p>This activity is going to work on their setting.</p> <p>Put the kiddos into pairs.</p> <p>Each pair will get one pylon and one small ball.</p> <p>One partner is going to be holding the pylon upside down (so the pointy part is facing down), with their hands holding it in a setting position.</p> <p>The other partner is going to be tossing the small ball up in the air (above their partner's head), and they have to try to catch the ball in the bottom of the pylon, in a setting position.</p> <p>Set a certain amount of throws each person will have before they switch roles.</p> <p>Make sure to demo this to the group first.</p> <p>Example</p>	<p>Now that we have worked on our bumps and hits, we are also going to practice setting.</p> <p>Setting is when we push the ball up in the air above our heads, using our fingers.</p> <p>Can I see everyone create a triangle between our hands by connecting our pointer fingers and thumbs? Now if we keep them in that position and put them up by our head, we are ready to set the ball!</p> <p>We are going to work on this position using pylons.</p> <p>Let's practice with our partners, but first coach will show you!</p>
<p>Social Skill ~ 10 - 15 mins Cone Knockdown Equipment: Ball, cone/pylon</p>	
<p>Have all of the kids start at one end of the play space.</p> <p>Put a cone at the other end of the play space.</p> <p>To start the game, coach will throw the ball to one player. They will catch it and then they have to stay where they are and can only pivot.</p>	<p>Okay GoPlayers!, we are all going to go to this side of the play space.</p> <p>The goal of this game is to pass the ball all the way down and knock over that cone (point to cone).</p> <p>But... if you are the one with the ball, your feet are GLUED to the ground and you can only pivot to pass the ball to the next person.</p>

<p>The rest of the GoPlayers can move and are trying to progress across the play space.</p> <p>The goal is to pass the ball all the way down and then knock the cone over.</p>	<p>Does anyone know what pivot means?</p> <p>Let me show you! (Demonstrate)</p> <p>Can you all show me how to pivot now.</p> <p>Awesome!</p> <p>If you do NOT have the ball, you can move so that we can get to the cone!</p> <p>In order to make it all the way to the other side, we need to be communicating. We need to be using our voices to tell our friend who has the ball that we are ready for them to pass!</p>
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<p>Game/Fun Activity ~ 10 - 15 mins Elephant Ball</p>	<p>Equipment: Volleyball</p>
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<p>Players will stand in a circle facing inward, with their legs spread a little more than shoulder width apart, and feet resting against those of the players to either side.</p> <p>Players will hit the ball with both hands clasped with the goal of knocking it through the legs of another player and trying to prevent it from going through their own legs.</p> <p>Try it like this for a few rounds and then level up: each time the ball is scored through a player's legs, they lose one arm.</p> <p>When both arms are out, they only remain standing with their legs wide and become a "Black Hole", so that if other players accidentally score, they lose one arm.</p> <p>Note: if you have a larger group and have two coaches, split the class into two so you can have two games going and the kids get to play more!</p>	<p>Okay GoPlayers!, let's keep using our elephant trunks to play another game!</p> <p>We are going to get in a circle and make sure our feet are just touching.</p> <p>Instead of having the ball up in the air, we are going to practice keeping our arms together in our trunk positions and hit the ball on the ground.</p> <p>Let's see if we can get it through our friends' legs!</p>
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<p>Volleyball Game</p>	<p>Equipment: Cones/pylons, ball</p>
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<p>Set up a line of cones/pylons to represent the "net".</p> <p>Split the kids into two teams.</p> <p>Don't focus too much on positions but if the class size is large, you could set up two games or have a couple more kiddos on each side so that no one is waiting.</p> <p>Encourage them to hit the ball over the "net" on the 3rd bump/hit.</p> <p>If you need to make it more basic. Start by having the kids just catching and releasing the ball while counting out loud. This will allow for them to get a hang of 3 hits.</p>	<p>Who wants to try a real game of volleyball??</p> <p>Let's do it! We are going to practice all of the skills we have worked on.</p> <p>In volleyball, you play with a net. Today, our net are the cones/pylons lined up. This means that on the 3rd pass you need to get it over the line!</p>
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<p>Clean-Up</p>	<p>Equipment: N/A</p>
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<p>Have the kids help with clean up.</p> <p>Countdown from 3 and have the kids run as fast they can to grab all of the balls and bring to coach.</p> <p>Count down again and do the same for any other equipment.</p> <p>Give out high fives as they bring the equipment to you!</p> <p>Make sure to say thank you ____, using the kiddos names as much as you can.</p>	<p>Let's see you quickly you can bring all of the balls to me!</p> <p>Now let's do it again for ____!</p>
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<p>Review!</p>	<p>Equipment: Volleyballs</p>
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<p>Hold out the volleyball to the kids.</p>	<p>Can anyone remember what the sport we played today is called?</p>
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	<p>Yes, volleyball!</p> <p>Can I hear everyone say “volleyball”?</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced communication!</p> <p>I know it is a big word, but can I hear everyone say “communication”!</p>
<p>Cheer! Equipment: N/A</p>	
<p>GO! PLAY! GO! PLAY! Have the coach yell ‘GO’ and the kids yell ‘PLAY’</p>	<p>Be as LOUD as you can!</p> <p>I can’t hear you!</p> <p>Again, louder!!</p>
<p>Stickers Equipment: Sticker boxes</p>	
<p>Hand out Volleyball and Communication stickers</p>	<p>Good job ____! Thanks for a great class ____!</p>