SECONDARY INSTRUCTION SEQUENCE – 7th GRADE VOLLEYBALL

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	Day 5
1	FOREARM PASS -Task Analysis -Passing Progression (kness, standing, L/R) -Partner Passing 4 critical points, history, class expectations	Review Forearm, play Keep It Up OVERHEAD PASS -TA -Passing Progression (kness, standing, L/R) -Partner Passing 4 critical points, rules	Review Overhead Pass, play Keep It Up – setting only, then combine with forearm pass - Passing only game - rules	UNDERHAND SERVE, TA Serve practice Serve Receive Game Rules	OVERHAND SERVE TA Toss Drill Serve Drill progression Choose serve and practice
2	BLOCKING, TA Practice at net APPROACH, TA -form w/o ball practice -Stand and hit at wall warm-up with partner - approach and hit with partner	ATTACK, TA Review Approach Practice to a partner Practice at the net	Rotation, Rules, scoring 3 min. pass warm up 3 min serve warm up Play game	3 min. pass warm up 3 min serve warm up Play game	Review 3 min. pass warm up 3 min serve warm up Play game