

SECONDARY INSTRUCTION SEQUENCE – 6<sup>th</sup> GRADE VOLLEYBALL

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	Day 5
1	<p>FOREARM PASS</p> <ul style="list-style-type: none"> <li>-Task Analysis</li> <li>-Passing Progression (kness, standing, L/R)</li> <li>-Partner Passing</li> </ul> <p>4 critical points, history, class expectations</p>	<p>Review Forearm, play Keep It Up</p> <p>OVERHEAD PASS</p> <ul style="list-style-type: none"> <li>-TA</li> <li>-Passing Progression (kness, standing, L/R)</li> <li>-Partner Passing</li> </ul> <p>4 critical points, rules</p>	<p>Review Overhead Pass, play Keep It Up</p> <p>– setting only, then combine with forearm pass</p> <ul style="list-style-type: none"> <li>- Passing only game</li> <li>- rules</li> </ul>	<p>UNDERHAND SERVE, TA</p> <p>Serve practice</p> <p>Serve Receive Game</p> <p>Rules</p>	<p>OVERHAND SERVE</p> <p>TA</p> <p>Toss Drill</p> <p>Serve Drill progression</p> <p>Choose serve and practice</p>
2	<p>Movement Drills and Fitness Activities</p>	<p>Skills Stations:</p> <ol style="list-style-type: none"> <li>1- Forearm pass</li> <li>2- Overhead Set</li> <li>3- Underhand Serve</li> <li>4- Overhand Serve</li> </ol>	<p>Movement Drills and Fitness Activities</p>	<p>Rotation, Rules, scoring</p> <p>3 in. pass warm up</p> <p>3 min serve warm up</p> <p>Play game</p>	<p>Review</p> <p>3 in. pass warm up</p> <p>3 min serve warm up</p> <p>Play game</p>