

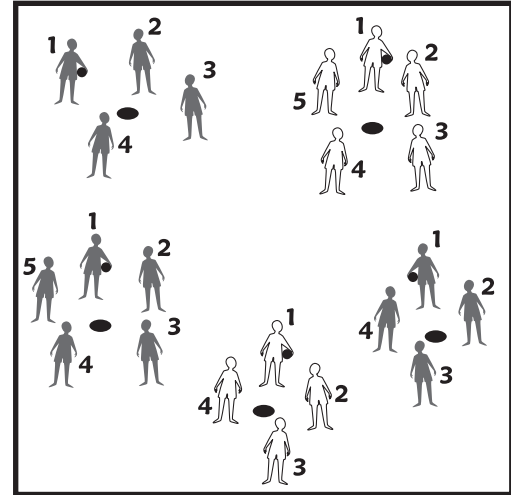


Ready...

- 1 spot marker per 4-5 students
- 1 ball per 4-5 students

Set...

- Group 4-5 students in a circle; 1 spot marker in the center of each circle.
- Circles spread in area.
- 1 ball per circle.



GO!

1. The object is to complete a “countdown.” Start using either bump or set, and making sure everyone in your group has a turn.
2. Number yourselves 1 through 4.
3. Number 1s begin with the ball, and stand on the spot (in the center).
4. On signal, #1 tosses the ball into the air, calls “countdown,” and quickly moves out of the center.
5. Number 4 moves into the circle and bumps or sets the ball up, followed by #3 who bumps/sets and #2 who bumps/sets. The sequence is complete when #1 bumps/sets.
6. One bounce between each pass is allowed.
7. Score 1 “countdown” point for each successful rotation.
8. If the ball bounces more than once, start a new “countdown.” The last player in the circle becomes the new #1.
9. Everyone gets a new number after each countdown round.

CHALLENGES

- ★ Can you volley (bump or set) the ball up straight and not out of your circle?
- ★ How quickly can you move into the circle to volley then move back to your position on the circle?

CUES

- ★ Call “Mine!” when it is your turn.
- ★ Move quickly to get your body under the ball.

★ Alternate Bump and Set

Play *Countdown* and alternate between bumping and setting.

★ No-Bounce Countdown

Start again if the ball bounces at all. Remember, the last player in the circle starts as the new #1, with a toss.

★ Name Call

Each time a player volleys the ball, they call out a name of the next player who must enter the circle. (*Start with 1 player in the center of the circle who tosses the ball up and calls out the first name.*) Players determine if a bump or set is the most appropriate.



HOME

There are about 200,000 family reunions each year in the United States, with approximately 8 million people attending. Volleyball is the most common game played at these reunions. We hear Grandma has a mean serve, and Grandpa has a wicked spike. Get your family together, and teach them to play.

● STANDARDS ADDRESSED

NASPE

#1, 2 Forearm pass, overhead set, moving into and out of position

● #5, 6 Group practice

● #2, 6 Challenge completion

Your State (Write in here)

TONY'S TIPS

- Emphasize teamwork and encouragement.
- Switch groups often. For example, have the #2s rotate 1 group clockwise, and the #4s rotate 1 group counterclockwise.

NOTES

