

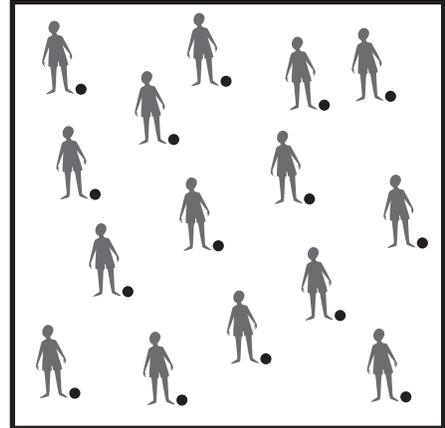


Prep

- 1 ball per student (soft volley trainer or foam ball)

Set

- Scatter students in area; each with a ball on floor nearby.



Teach

1. Today you will learn and practice the forearm pass, sometimes called the “bump.”
The forearm pass is used to start a rally after the serve. It helps take speed and spin off the ball, making it easier to set. It can be used to pass any ball and should be contacted below the waist.
2. First, practice without the ball (shadowing). Add a ball when you show good technique.
3. **Ready Position**
 - Place feet shoulder width apart with toes pointed straight ahead. Place 1 foot slightly forward, bend your knees, and get low.
 - Stretch your arms out in front; elbows straight. Make a fist with 1 hand and wrap it with the other. Place thumbs side-by-side, pointing slightly down.
 - Create a flat platform with forearms.
4. **Execution**
 - Position yourself in front of the incoming ball so you can step into the pass.
 - Watch as the ball contacts your forearms.
 - As the ball makes contact, straighten knees, shrug shoulders, and move arms up slightly to pass.
5. On signal, self-toss your ball up, use the forearm pass to bump it straight up, then catch it.
6. When you catch 3 in a row, toss and bump it 2X before catching. Build up to continuously bumping to yourself under control.
7. **Cues**
 - Lock your elbows to make a flat platform.
 - Contact ball with both arms at the same time.
 - Shrug your shoulders and straighten your knees.
8. **Challenges**
 - How many forearm passes can you do in a row?
 - Can you toss and pass back and forth with a partner?
9. **Think About...**
 - What role do your legs play in executing the forearm pass? Your shoulders? Your forearms?

FOREARM PASS

EXTENSIONS

Hoop-to-Hoop

(Need 2 hoops and 1 ball per pair.) Stand 5 paces from your partner, standing in different hoops. Partner tosses ball high to you, then forearm pass the ball back to your partner. Partner tries to stay in the hoop and catch it. Earn 1 point for a catch. Switch after 3 catches. Increase the distance to increase the challenge.

Target Practice

(Need wall space. Tape 1 3' "X" target per 5 students to the wall.) Use forearm passes to hit targets. Score 1 point for each hit. How many points can you score before the signal?



HOME INTEGRATION

Practice forearm passing (aka – bumping) at home with a balloon. Concentrate on proper form, having fun, setting new records with each attempt. Add more of a challenge by adding a tiny bit of water to the balloon (so it falls faster). Watch out for things you might bump into as you bump. Breaking household items is not a part of the game.



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Ready position, forearm pass

Personal/Social:

Accepting challenges

Your State (Write in here)



TEACHING TIPS

- Hard balls sting forearms. Use foam balls or volley trainers instead. If you don't have any, let some air out of volleyballs.
- A good toss from a partner is critical to skill development. Allow pairs to practice tosses before practicing the forearm pass.

NOTES
