

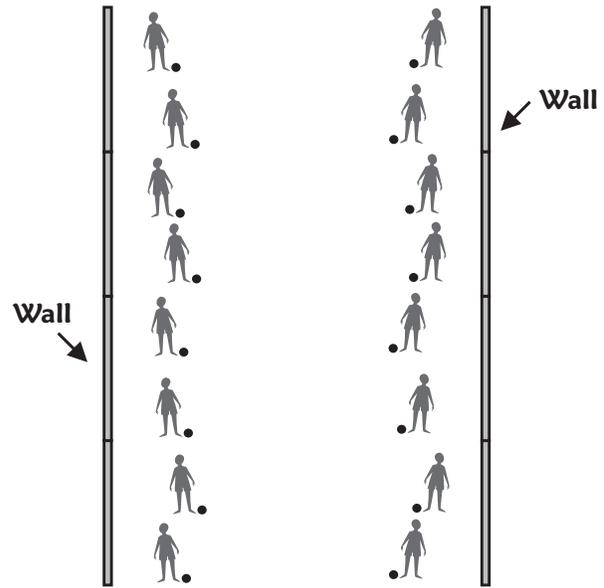


## Prep

- Wall space (enough for all students to have 5 paces each)
- 1 ball per student (soft volley trainer or foam ball)

## Set

- Scatter students along wall; each with ball on floor nearby.



## Teach

1. Today you will learn and practice the underhand serve. Serving is the way to start every rally in volleyball. The underhand serve, while not the most powerful, can be very accurate and consistent.
2. First, practice without the ball (shadowing). Add a ball when you show good technique.
3. **Underhand Serve**
  - Square hips and shoulders to your target and step forward with the foot opposite your striking hand.
  - Hold ball on palm of non-serving hand, in front of serving side hip.
  - Bring serving arm back to about 4 o'clock, then swing your serving hand forward.
  - Contact the ball with the heel of an open hand just under the mid-line of the ball. Transfer weight from back foot to front foot as you strike ball.
  - Follow-through with your arm to shoulder height.
4. **Step Back**
  - On signal, serve your ball to the wall, trying to catch the rebound. When you have caught 3 in a row, take a step back. Keep serving until the signal.
5. **Cues**
  - Move serving arm like a pendulum.
  - Hit ball off your hand; don't toss it.
  - Add distance by taking a bigger backswing.
6. **Challenges**
  - How far from the wall can you get before the signal?
7. **Think About...**
  - What are some principles you can use to increase the force applied to your serve?

# UNDERHAND SERVE

## EXTENSIONS

### **Through the Hoop**

*(Need 1 hoop and 1 ball per 3 students.)*

One student holds hoop vertically overhead; the other 2 face off with hoop in the middle. Serve back and forth trying to serve the ball through hoop. Score a point each time ball goes through hoop. After 6 serves, switch holder.

### **Target Practice**

*(Need wall space. Tape 1 3' "X" target per 5 students to the wall.)* Use your best technique to serve at targets. Score a point for each hit. How many points can you score before the signal?



## WELLNESS INTEGRATION

Procrastination, or the act of putting off tasks to a later time, is believed to be a stress-related coping strategy. It's also a very bad habit. Contrary to what your brain may believe, procrastination often results in stress, guilt, and even personal crisis. So, don't put off to tomorrow what you can do today. Get off your gluteus and get it done!



## STANDARDS ADDRESSED

### **National PE Standards**

#### **Movement/Skills:**

Underhand serve, principles of rebound

#### **Personal/Social:**

Accepting challenges

**Your State** (Write in here)

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## TEACHING TIPS

- Monitor safety (e.g., balls being hit too hard, students moving in front of servers, etc.).
- If wall space is limited, use stations. Some students practice forearm pass, others set, and others serve. Rotate every few minutes.

### NOTES

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