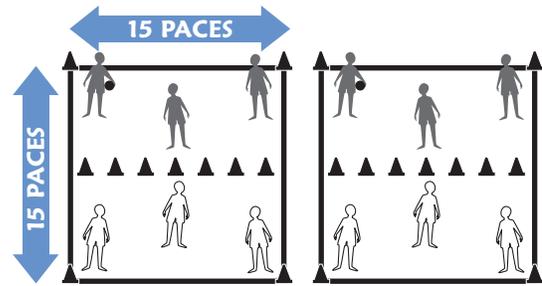




## Prep

- 4 cones or spot markers per 6 students (to create courts)
- 4-8 cones per 6 students (to create midlines)
- 1 ball per 6 students



## Set

- Create medium court (15X15 paces) per group of 6. Create a midline for each court with cones.
- Form groups of 3; 2 groups and 1 ball per court.

## Teach

1. In *Volley Tennis* you will practice your volleyball skills with a 3V3 mini-game.
2. The object of *Volley Tennis* is to have each player in your group hit the ball before sending it to the other group's court.
3. Position 1 player in the front-center, 3-5 paces from the midline. The other 2 players split the backcourt (R and L).
4. **The Rules**
  - Play begins with a serve from the R-back player, behind the baseline (back line).
  - The ball can bounce 1X between hits.
  - Receiving group is allowed 3 hits to get the ball back to the other side of the court.
  - A point is scored if the receiving group hits the ball out of bounds, allows the ball to bounce more than once, or allows the same player to hit twice. If the serving group scores a point, they continue serving. If the serving group makes an error, it is a side-out and the other group wins the serve.
  - On a side-out, rotate positions. Rotation is clockwise (Server moves to L Back, to Center Front, to Server.)
5. **Cues**
  - Communicate with group members by calling "Mine!" before hitting.
6. **Challenges**
  - Can you keep the ball in play without letting it bounce?
7. **Think About...**
  - What was each individual's role in the game?
  - What might be the result if players do not carry out their roles?

# VOLLEY TENNIS

## EXTENSIONS

### **No Bounce**

You must hit the ball before it touches the ground.

### **Bump, Set, Return**

A serve must be played using a forearm pass (bump), followed by an overhead pass (set), then either a bump, set or spike to return it over the net.



## MULTICULTURAL INTEGRATION

Just like *Volley Tennis* is a mix of two very different sports, modern *sushi* is often a mix of Japanese cuisine with regional culture. Don't be afraid, *sushi* does not mean, "raw fish", that is *sashimi*. In fact, there are many types of *sushi* that don't include fish at all. The California Roll is a great example of multicultural *sushi*. It's made with avocado and cucumber along with traditional *sushi* rice and wraps. Yum!



## STANDARDS ADDRESSED

### **National PE Standards**

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

Volleyball passes, serves

#### **Fitness:**

Aerobic capacity

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

Cooperation, accepting challenges

**Your State** (Write in here)

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## TEACHING TIPS

- Allow additional bounces per side to decrease the difficulty level.
- Reduce time spent giving instruction by stating the desired outcome first, then 1 or 2 steps to achieve it.

### NOTES

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