



EduTrend Contents

W4C · TEAM SPORTS · MIDDLE SCHOOL

Volleyball Teamwork

Communicate and rotate as a team

Ages 12–14

Level: Intermediate

60 minutes

Teams of 6 · up to 30

Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Volleyball Teamwork

Students learn the dig, set and attack sequence, practise calling for the ball and covering teammates, and learn how rotation works. In mini-games they track communication and touches, then evaluate how roles and talk improved the team.

Learning outcomes

By the end of the session students can:

- perform a dig and set with control;
- use the three-touch system in a game;
- communicate clearly by calling for the ball;
- explain rotation and team roles.

KEY WORDS

volleyball · dig · set · spike · three touches · rotation · call · cover · rally

CURRICULUM LINKS

PE: net and wall games. PSHE: communication and teamwork. Maths: rotation and sequences.

1**WARM UP**

Raise, mobilise, prepare

2**LEARN**

Skill or idea

3**PRACTISE**

Drills and small games

4**PLAY**

Apply in a game

5**REFLECT**

What worked?

6**COOL DOWN**

Recover and review

Equipment

- Soft volleyballs (1 per 2–3 students)
- Nets or ropes at an appropriate height
- Cones to mark courts
- Worksheets 1, 2 and 3

Before the session

- Set up small courts.
- Lower nets for beginners.
- Prepare a rotation diagram.
- Plan mixed teams.

SAFETY

Use soft balls for beginners. Warm up wrists and shoulders. Keep clear of net posts; do not touch the net.

ACTIVITY 04 · SESSION PLAN

Step by step

Make “calling” compulsory: a point is only won if the player who touched the ball called for it.

Time	What happens	Say or ask
0–10 min Warm-up	Ball-handling games and shoulder mobility.	<i>“How do your wrists feel?”</i>
10–25 min Skills	Practise dig and set in pairs and threes.	<i>“Where should your platform point?”</i>
25–35 min Three touches	Groups practise dig, set, attack over the net.	<i>“Why use all three touches?”</i>
35–50 min Mini-games	3 v 3 games with calling rule and rotation after each point won.	<i>“Who is covering?”</i>
50–60 min Review	Compare communication tallies and discuss.	<i>“How did talking change the rally?”</i>

CHALLENGE CARD (print or copy onto the board)

Play a mini-game in which your team uses all three touches in at least five rallies, with every touch called.

ACTIVITY 04 · FACILITATOR NOTES

The sport science in brief

In volleyball each team may touch the ball up to three times before it must cross the net, usually as a dig, a set and an attack. A full team has six players on court, who rotate one position clockwise when they win the right to serve.

Because the ball cannot be held, players have very little time to decide who plays it. Calling for the ball prevents collisions and gaps, and covering means teammates move to support the player playing the ball. Research on team sports shows that clear communication and shared understanding of roles improve coordination.

Common ideas to listen for

- “The best player should play every ball.” Using all three touches builds better attacks.
- “Silence helps concentration.” Calling reduces errors.
- “Rotation is just moving around.” It shares roles and keeps the game fair.

Adapting the activity

Support

Allow a catch and throw on the second touch.

Stretch

Introduce specialised roles such as setter and plan a serve-receive formation.

WORKSHEET 1

Skill check

Name: _____

Class: _____ Date: _____

Rate your skills.

Skills

Skill	Key point	Rating 1–5
Dig		
Set		
Attack		
Serve		

WORKSHEET 2

Communication tally

Tally during a game.

Tally

Rally	Calls made	Touches used	Point won?
1			
2			
3			
4			
5			

WORKSHEET 3

Team evaluation

Reflect as a team.

How communication helped

Rotation: what I learned

One team target

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Performs dig and set	Uses three touches	Communicates clearly

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Volleyball Teamwork is a sample activity from the EduTrend Contents W4C Team Sports programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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