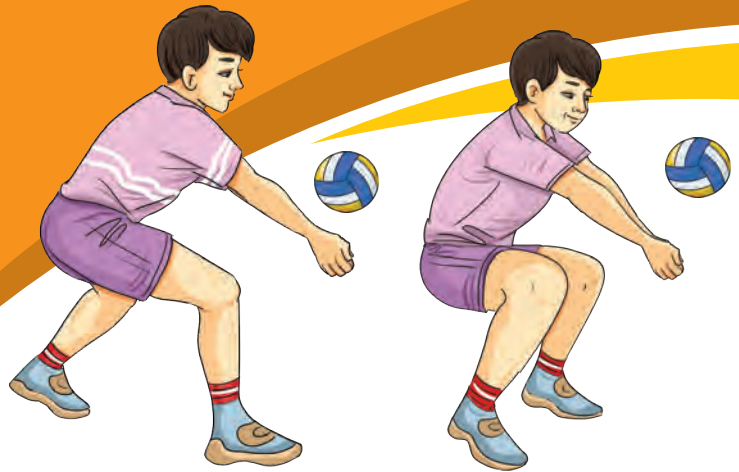




# UNIT 5



## Fundamental Skills of Sports

### Volleyball



Volleyball is a fast-paced, exciting team sport played by two teams on a rectangular court divided by a net. The objective is to score points by sending the ball over the net in a way that it lands on the opponent's court. Each team consists of six players on the court at a time, with specialised roles such as spikers, setters, blockers, and liberos.

Each team has up to three touches to return the ball over the net and the block touch is not counted. In this unit, we will experience and learn basic skills like serving, passing, setting, spiking, blocking and digging.



# Underhand Pass



Warm-up	Skill	Cool-down	Circle time
Side walk, back walk, jogging drills	Underhand Pass	Four floor touch, calf stretch	Basic moves and strategies

## Underhand Pass

The Underhand Pass in volleyball, also known as a bump pass, dig pass or simple pass, is a fundamental skill used to receive and control the ball, typically after a serve or an attacking hit (smash or spike) from the opposing team.

### 1. GRIP AND HAND POSITION

- Bring the hands together by overlapping one hand over the other and creating a semi-closed fist with one hand and covering it with the other. Ensure the thumbs are parallel, pointing forward and slightly down as shown in the figure.



Lock-in the elbows (should not bend), extend the arms in front and bend the wrist downwards.

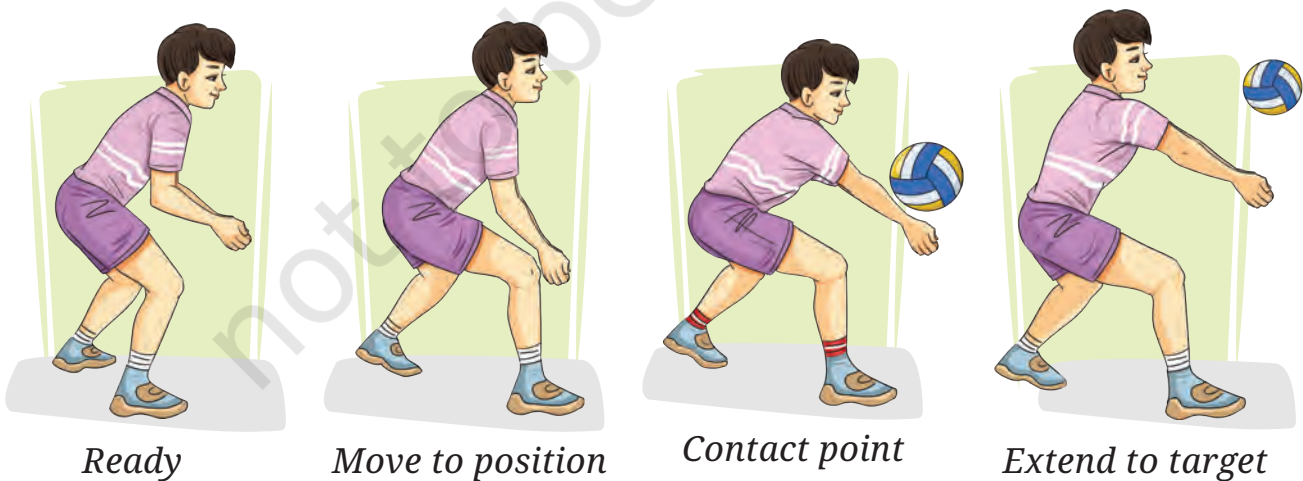
### 2. STANCE

- Keep the feet shoulder-width apart and diagonally to each other.

- Bend the knees slightly, straighten the spine and lean slightly forward.
- Keep the arms relaxed, below the chest yet ready in front of you.
- Maintain a low stance as it gives better control and balance.
- Bring the hands together by creating a semi-closed fist with one hand and overlapping it over the other as shown in the figure. Ensure that the thumbs are parallel, pointing forward and slightly downwards.
- Lock the elbows (should not bend), extend the arms in front and bend the wrist downwards.

### 3. EXECUTION

- Try to put your body in the centre of the falling ball's path.
- Let the forearms make contact with the ball with straight and locked elbows, and upwards swinging arms. Make use of your flexed knees by extending the lower limbs while hitting the ball.
- To direct the ball higher, extend your bent knees and push the forearm with high impact.



### 3. FOLLOW-THROUGH

- Maintain a stable arm stance and once the ball makes contact, follow through in the desired direction of its trajectory.
- Avoid excessive arm motion, since it can interfere with pass accuracy and the opponent may return the ball at any moment of time.

#### Lead-up Activity

- Make two teams and ask them to form a circle. On the blow of the whistle, both the teams will start passing the ball with an underhand pass, making sure that the ball doesn't fall.
- If the ball falls, it will be picked up again and the rally will restart.
- After completion of the stipulated time, the team with the minimum number of falls or the maximum number of returns will be the winner.



#### Circle time – *Basic moves and strategies*

Discuss about the basic moves, shifting of the body weight and how it deflects the ball trajectory.



During the game, when you use the underhand pass, let your teammates know you're taking the ball by calling "Mine!" loudly and clearly.

# Overhead Pass



Warm-up	Skill	Cool-down	Circle time
Lower limbs rotations, high knee	Overhead Pass	Torso twist, crossed-leg toe touch	Shapes

## Overhead Pass

The Overhead Pass is either used to set the ball or to receive the ball when the ball comes up to the level of the face.

### 1. HAND POSITION AND BALL CONTACT

- Keep the hands above the forehead and use the thumb, and index finger to form a triangle.
- The ball will make contact with the fingertips, not with the palms, as shown in the figure.



### 2. BODY POSITION

- Stand with the feet shoulder-width apart and one foot slightly ahead of the other to maintain balance.
- The knees should be slightly bent, and torso should be positioned under the ball.

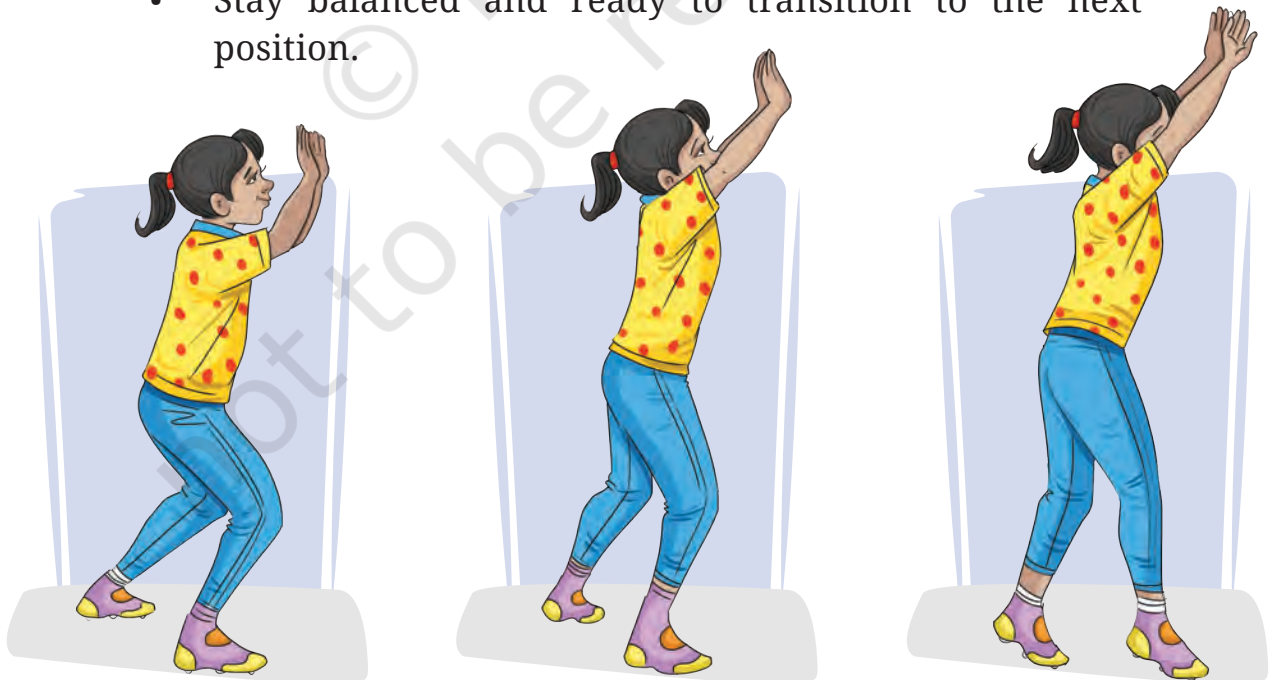
- Bend the elbows slightly and position them outward to create a stable cup-shaped platform for setting the ball.

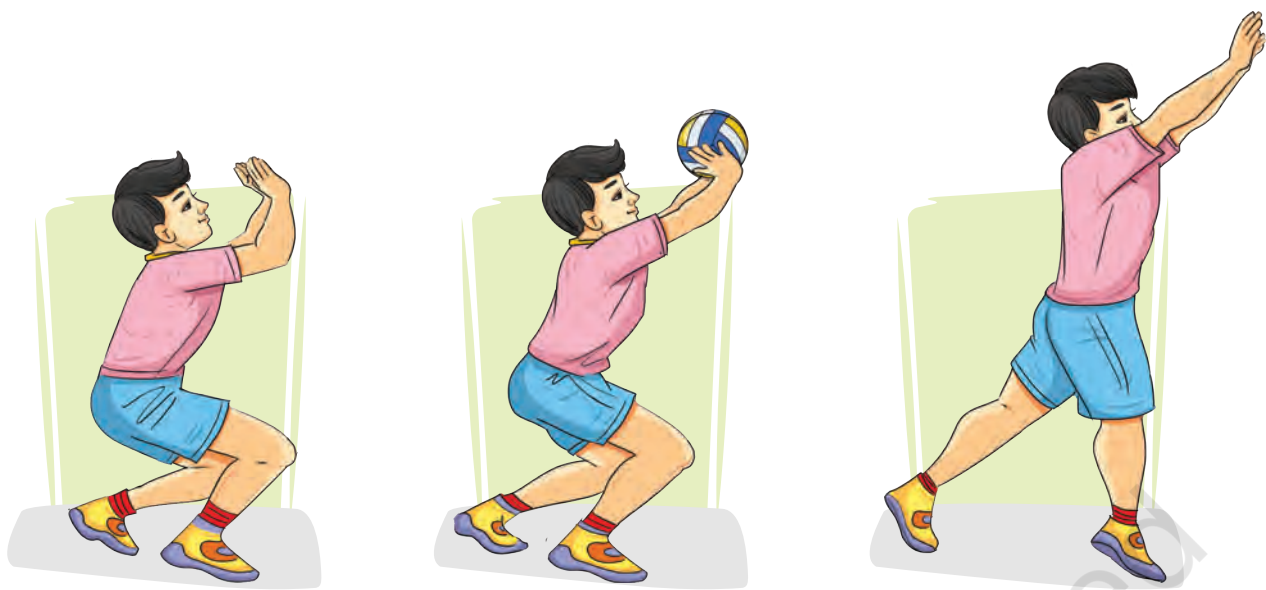
### 3. EXECUTION

- Move quickly to the interception point (midline of the body/ ball above the hairline), maintaining a good body stance; stay behind and under the ball.
- Be balanced and face the direction in which the player wants to return the falling ball.
- Contact the ball above the hairline, or on the midline of the body and push the ball upwards with the force of the palms.
- Straighten the lower legs while pushing the ball for accuracy.

### 4. FOLLOW-THROUGH

- Extend your arms fully in the direction following the rising ball.
- The motion will end with your hands pointing towards the target.
- Stay balanced and ready to transition to the next position.





### Lead-up Activity

- Make two teams and ask them to form a circle. On the blow of the whistle, both the teams will start passing the ball with an overhand pass, making sure that the ball doesn't fall.
- If the ball falls, it will be picked up again and the rally will restart.
- After completion of the stipulated time, the team with the minimum number of falls or the maximum number of returns will be declared as the winner.

### Circle time – Shapes

Discuss the shapes formed when making a fist and their importance during a pass. Did we create any other shapes in different joints of the body during the overhand and underhand passes?

# Underhand Serve



Warm-up	Skill	Cool-down	Circle time
Leaping and skipping jumps, arm swings	Underhand Serve	Hip and pelvic muscle stretch, shoulder shrug, hamstring stretch	<i>Sense of space</i>

## Underhand Serve

The Underhand Serve is a type of serve in volleyball in which the player strikes the ball with an upwards and forward motion, using an underhand swinging technique to send the ball correctly over the net into the opponent's court.

### 1. STANCE

- Place the non-dominant foot slightly ahead while keeping the toes pointed forward. Hold the ball in the non-dominant hand, slightly cupped to prevent it from swaying or falling out of the hand, bend your knees and upper body while maintaining the balance.
- Move the arm that holds the ball, from the lower side of the body in front of the hitting arm, let the ball reach the height of the upper thigh at the side of the body and in front of the hitting arm.
- As the server, move the shoulders towards the ball and shift the hips back, while keeping the upper back straight.

## 2. EXECUTION

- Swiftly move the arm in a pendulum-like manner. Next, forcefully swing it forward and use a closed fist to strike the ball's bottom.
- The server's non-dominant foot should be in front when the server shifts the weight onto it.



### 3. FOLLOW-THROUGH

- After the server strikes the ball, the server's arm should continue to move in an upwards arc. To ensure an accurate and straight flight path over the net, raise the arm to its maximum height.
- The server's entire body should move forward and upwards to push the ball over the net.

#### Lead-up Activity

- Make pairs among all the players.
- One player will serve and the other will catch the ball. After a few serves, the roles will be changed.
- Start with a six metres distance between the players.
- Eventually increase the distance according to the players' skill.



#### Circle time – *Sense of space*

Does placing the ball in different areas of the court require a change in the passing technique?

# Overhead Serve



Warm-up	Skill	Cool-down	Circle time
Jumping jacks and frog jump, chest and back stretch, quadriceps stretch	Overhead Serve	Pectorals and torso stretch	<i>Potential and kinetic energy</i>

## Overhand Serve

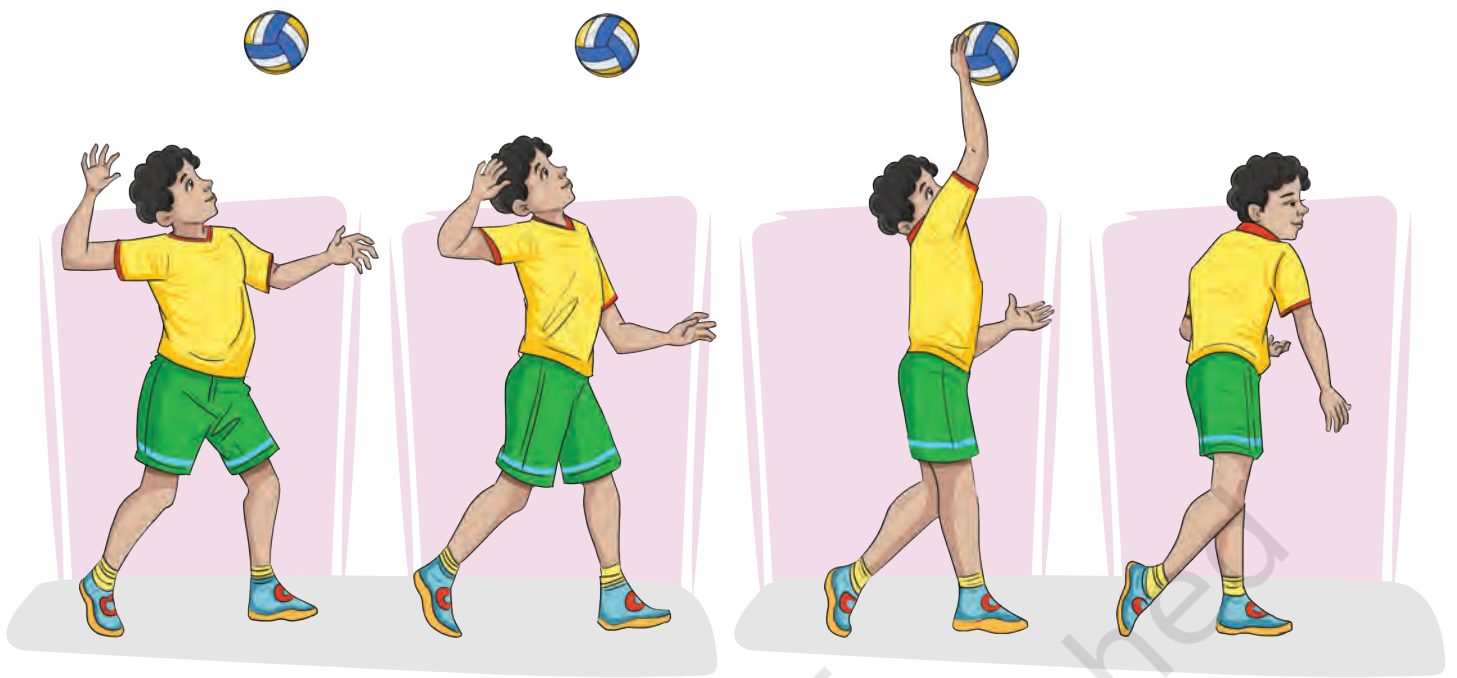
An Overhead Serve in volleyball is a serve in which the player tosses the ball into the air and strikes it with an overhead arm swing.

### 1. STANCE

- Stand behind the baseline with feet shoulder-width apart and keep one foot in front of the other opposite to the hitting hand.

### 2. EXECUTION

- Toss the ball with your non-dominant hand. The toss should be near vertical and high enough for a full arm swing while the fall of the ball remains as per the desired path.
- Step forward with the foot opposite to the serving hand.
- Swing the serving arm back, next to the head.



- To bring the dominant hand forward, take the lead with the elbow.
- Use the heel or the base of the palm to smash the ball.



### 3. FOLLOW-THROUGH

- Transfer your weight from the back to the front. After contact, your hand should drop naturally down by the thigh.

#### Lead-up Activity

- Queue up the players.
- Draw a pentagon on the centre of the opponent's court with its edges touching the end and the sidelines of the court.
- Every player will do ten overhead serves.
- Players will get the scores on the basis of correct overhead serves which land in the marked area.
- If the ball is landing outside the court, zero points will be awarded. The player with the maximum score will be the winner.



#### **Circle time** – *Potential and kinetic energy*

Discuss how the human body used potential and kinetic energy while serving during this activity.

# Setting



Warm-up	Skill	Cool-down	Circle time
Jumping jacks and frog jump, chest and back stretch, quadriceps stretch	Setting	Arm shaking and wrist muscles stretch	<i>Technique</i>

## Setting

In volleyball setting the ball for spiking is an important skill which ensures unexpected movement of the ball to spike and score a point. Setting is also known as boosting.

### 1. STANCE

- While keeping an eye on the path of the ball, the setter prepares the body to receive and return the ball so that it goes through a high or low toss near the net helping the spiker to spike comfortably.
- Bend the elbows slightly and position them outwards near the forehead to create a stable cup-shaped platform for setting the ball.



## 2. EXECUTION

- On the basis of the fall, the setter will receive and return the ball by an overhand pass and set the ball high or low in the air near the net in a forward or backward direction.

## 3. FOLLOW-THROUGH

- Follow the path and direction of the ball. Complete the action by extending the upper limbs in the direction of the ball.

### Lead-up Activity

- Keep a raised table near the net pole and keep a bucket above it.
- One feeder will pass the ball to a setter five times.
- The setter has to set the ball in a way that after crossing the net height by at least 1 feet, it lands in the bucket. If the ball lands in the bucket without going higher than the net height, then the point will not be counted.
- The player with the maximum score shall be the winner.

### Circle time – *Technique*

- Discuss how to determine the spiker who can convert the rally into a point.
- Discuss how to dodge the blockers of the opponent's team by setting the volley.

# Spike



Warm-up	Skill	Cool-down	Circle time
Neck stretch, neck rotation, overhead arm stretch	Spike	Deep breathing exercises and forward bending	<i>Introspection</i>

## Spike

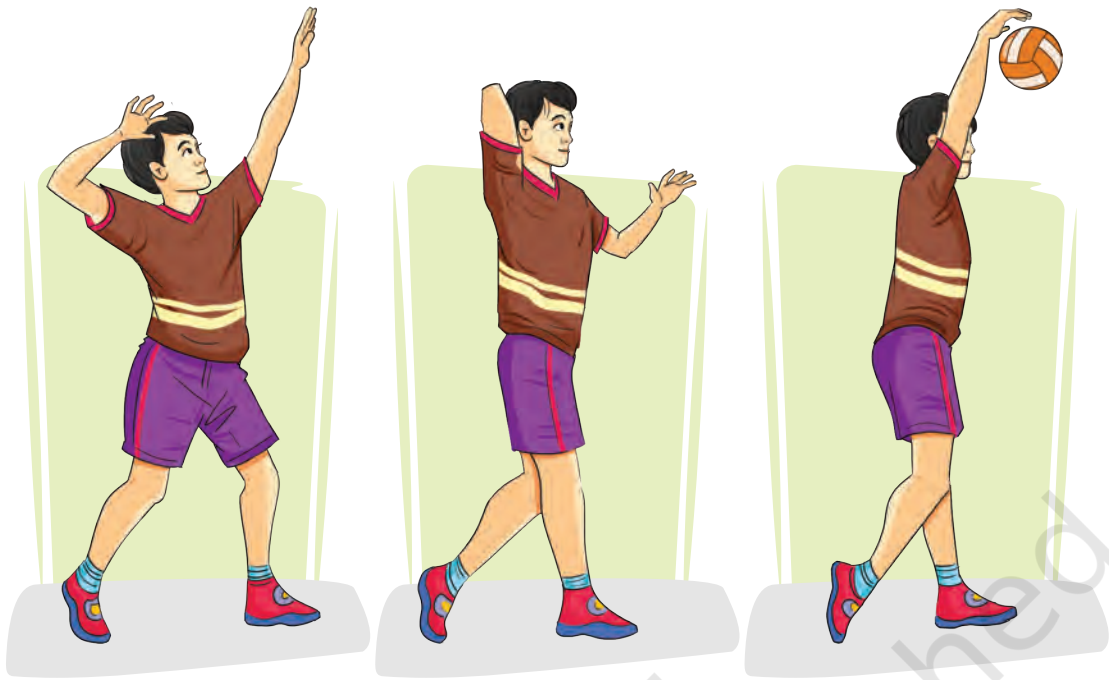
Spiking a volleyball entails forcefully striking the ball over the net towards the floor of the opponent's court.

### 1. STANCE

- Stand with the feet shoulder-width apart for balance. Position yourself under or slightly behind the ball.
- Raise the dominant arm, with its elbow bent, slightly behind the head. This results in a powerful angle for the spike.
- Monitor the ball continuously to anticipate its fall.
- Maintain constant focus on the ball, especially as it approaches the spiking zone.

### 2. EXECUTION

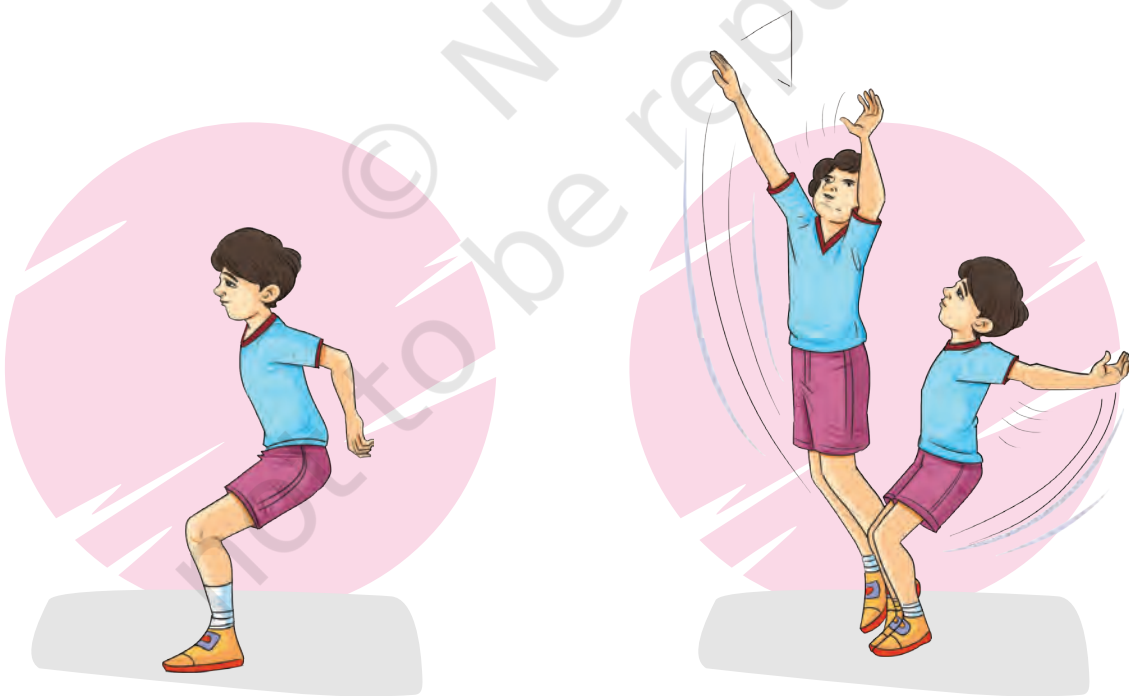
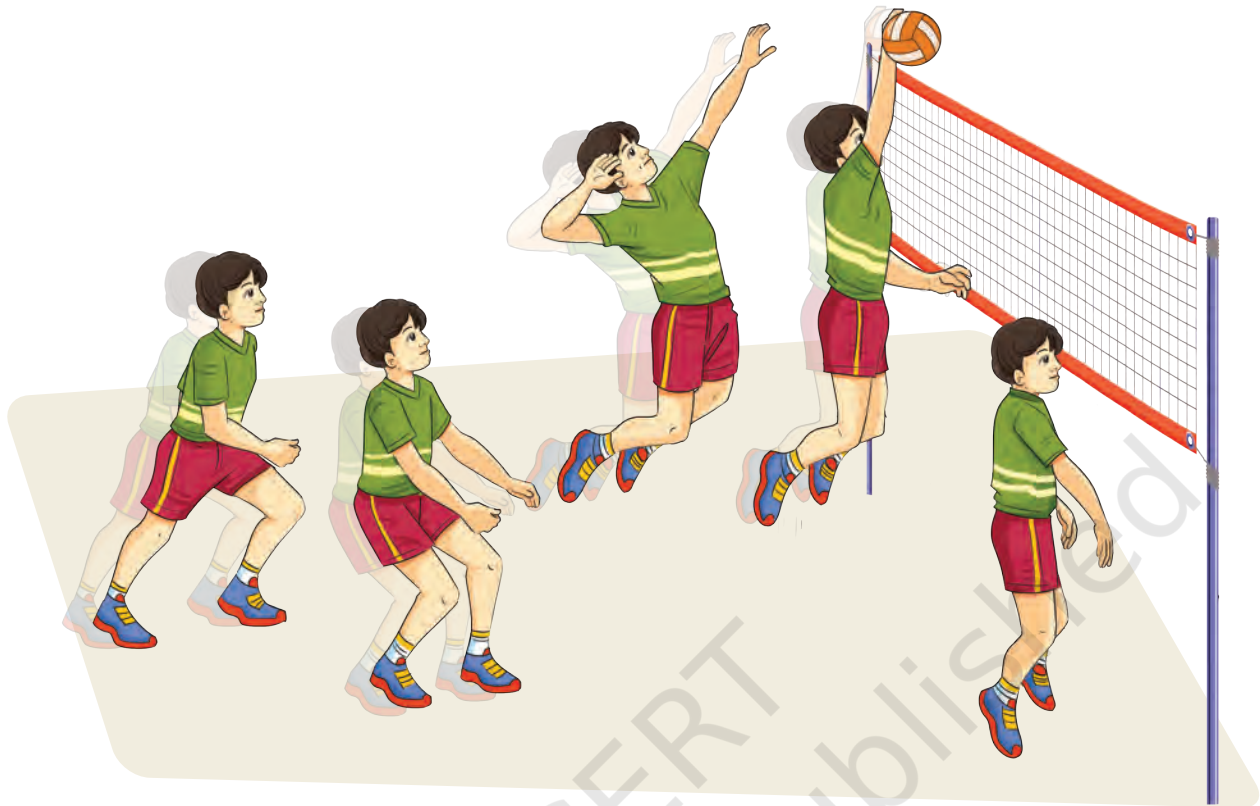
- Extend the non-dominant hand upwards while tilting the torso inline in the falling ball's path.
- Bring the dominant arm down forcefully, making contact with the ball at its highest point.



- Aim to spike the ball with your palm.
- To create a spin and a sharp downwards trajectory, spike the ball at the centre or top centre, then lead it downwards with a snapping motion of the wrist.
- While swinging the arm, rotate the torso slightly to generate more power from the core. The power for the spike is generated by the movement of the upper extremities, torso, pelvic and the lower extremities.
- Right-handed players step with their left foot first, then their right foot, and finally their left foot for balance and power. Left-handed players reverse the sequence.

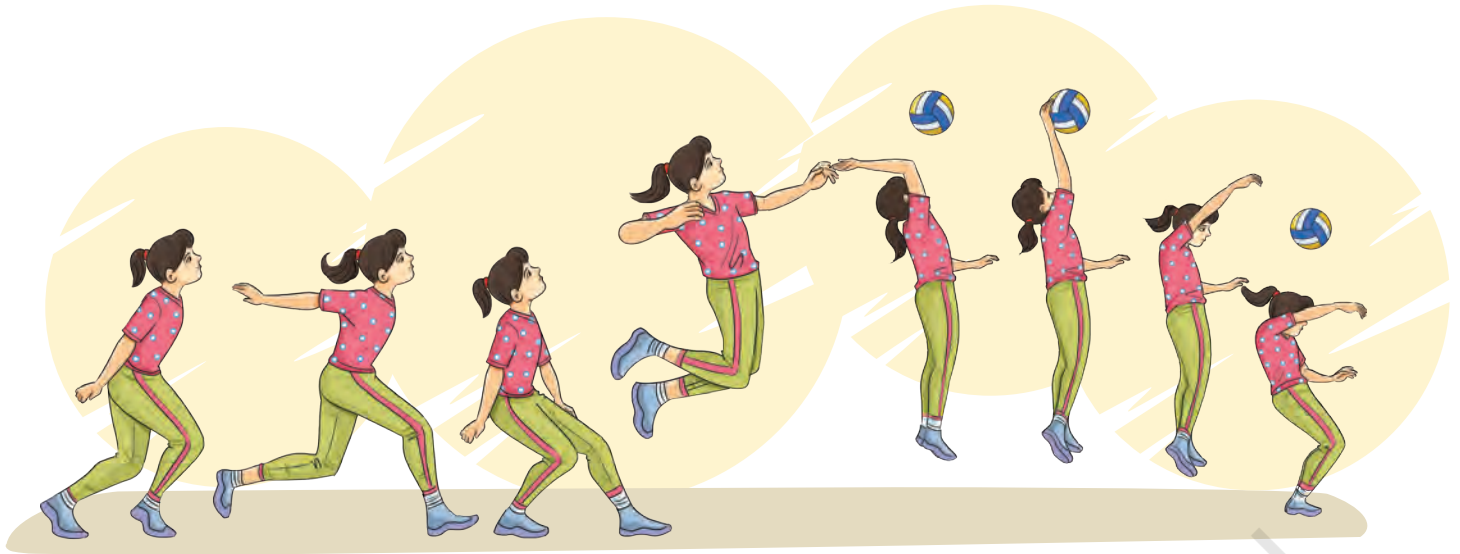
### 3. FOLLOW-THROUGH

- After making contact, the motion continues with the arm moving downwards and forward. As the movement finishes, the wrist snaps to direct the ball to the opposite side of the court.



*Best angle*

*Movement of the Arm Swing*



### Lead-up Activity

Make pairs in which one player will be the feeder and the other will be the spiker. The spiker will pass the volleyball to the feeder. The feeder will boost the ball high in the air and the spiker will then spike it across the net. After 5 attempts the roles will be changed. The pair with the maximum number of successful spikes across the net will be the winner.

### Circle time – *Introspection*

- Discuss the impacts of claiming more than the actual successful spikes. Will it help you or hold you back from learning the skill?
- Is it more fruitful to resolve conflicts by discussing among two players or is asking for mediation more helpful?
- Discuss which defenders used the right method to catch and hold as suggested in the body position and execution parts above.



Aim to use the whole body to serve: The role of potential and kinetic energy. To generate a powerful and effective serve, it is important to use the whole body, applying both types of energy. Potential Energy is stored in the body when a player bends their knees, loads their arm, and prepares to serve. This energy builds up before the movement. Kinetic Energy is released when the player extends their legs, swings their arm, and makes contact with the ball, converting stored energy into motion for a strong serve.

Spiking is also known as smash which can be done from any place of the court but smashing near the net helps more in scoring a point.

Extremities refer to the limbs of the body.

- Upper Extremities: These include the arms, from the shoulder to the hands.
- Lower Extremities: These include the legs, from the hip to the toes.

While performing any activity, spatial attributes describe movement such as distance, while temporal attributes relate to time.

# Block



Warm-up	Skill	Cool-down	Circle time
Leaping and skipping jumps, hip and pelvic muscle stretch	Block	Chest stretch, shoulder circles, cross body shoulder stretch	<i>Anticipate</i>

## Block

Blocking is a skill which is performed close to the net to intercept the ball spiked from the opponent. It is a defensive move in which defenders try to stop or deflect the ball back to the opponent's side. A block can be executed either solo or with another blocker.

### 1. STANCE

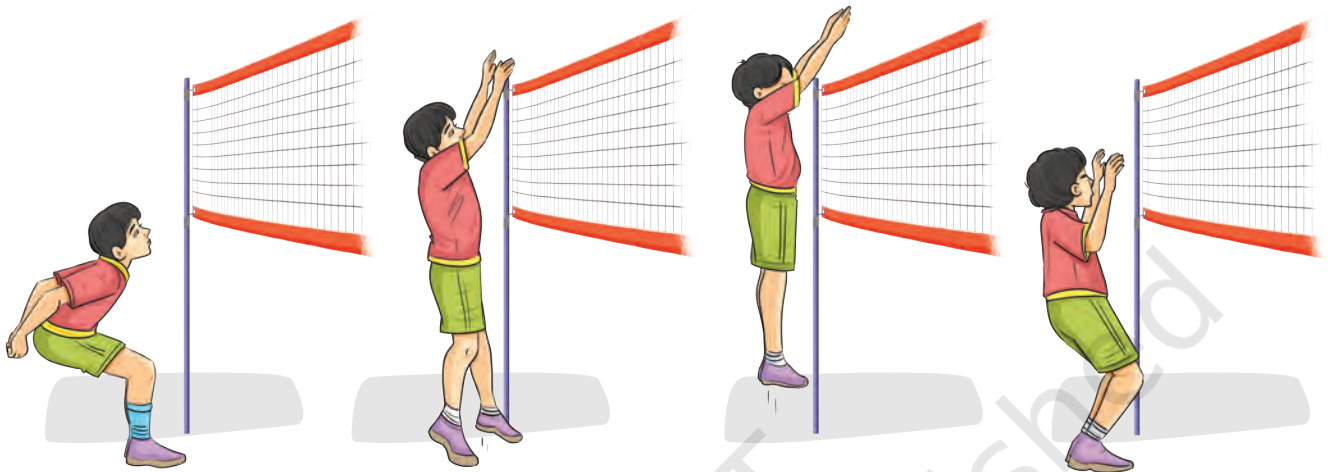
- Standing near the net, with the knees slightly bent and the arms raised, the blocker will be on their toes and ready to move in any direction.

### 2. EXECUTION

- Extend the hands over the net to face the opponent, the blocker will rise and reach the ball just in front of the spiker in order to block the ball over the net.
- To direct the ball to the opposing team's court, keep the fingers spread and angle the hands downwards.

### 3. FOLLOW-THROUGH (LANDING)

- To minimise the body's impact at the time of the landing, keep the knees bent so that the feet absorb the impact and prepare the body for the next move.



#### Lead-up Activity

Make multiple players stand in a queue across the net. Every pair will be given a duration of 30 seconds in which they have to jump together and clap each other's palms above the net. At the same time, they have to keep on moving towards the far-side sideline. After 30 seconds, there will be another blow of the whistle and then the blocker has to stop. Now, new pair will start doing the same. While clapping each other's hands, if a player touches the net, the clap will not be counted. The pair with the maximum number of claps will be the winner.

#### Circle time – Anticipate

- Discuss how to anticipate the real spiker and distractor.
- Discuss how to focus on the correct foot movements of spikers during take off for blocking.

# Dig



Warm-up	Skill	Cool-down	Circle time
Leaping and skipping jumps, hip and pelvic muscle stretch	Dig	Chest stretch, shoulder circles, cross body shoulder stretch	<i>Concentration</i>

## Dig

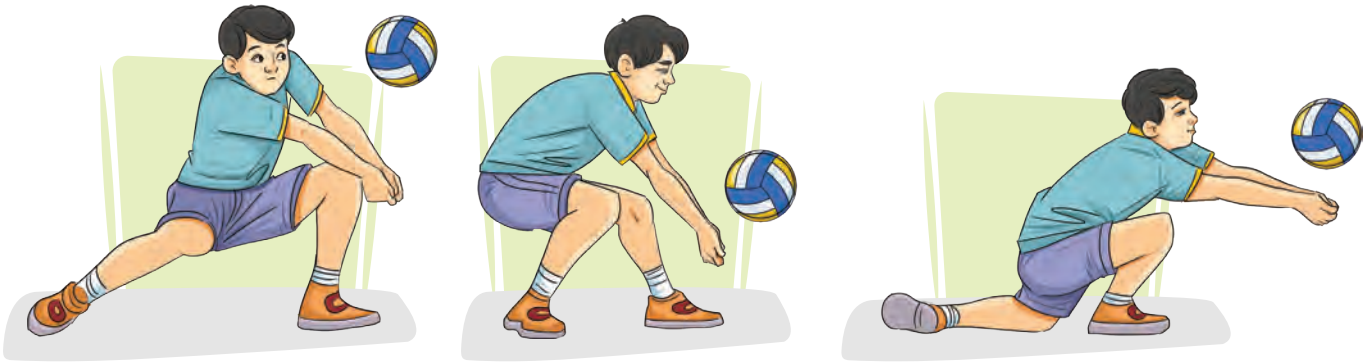
Dig is a defensive skill used to prevent the ball from touching the ground after an opponent's spike or drop near the net. It involves using the forearms or hands to control and redirect the ball upwards, allowing the team to continue the play.

### 1. STANCE

- Keep the feet shoulder-width apart, knees bent, and body low.
- Weight should be balanced on the balls of the feet for quick movement.
- The arms must be extended and the hands must be kept together, forming a strong platform.
- Diggers must bend their knees to stay low towards the ground and position their hands in front for quick reactions.

### 2. EXECUTION

- Move quickly to get under the ball.
- Keep your arms straight and use the forearm to absorb the impact.



- Angle the forearm to direct the ball towards the setter.
- Use Both Hands: Whenever possible, a dig should be performed with both hands together, forming a contact point to control the ball's direction and prevent it from going out of bounds.
- Avoid Swinging the Arms: Instead of swinging, absorb the ball's impact using the legs and a firm forearm.

### 3. FOLLOW-THROUGH

- Maintain control and balance after contact.
- In case of a dive, roll the body to neutralise the impact.

### Lead-up Activity

A feeder stands four feet ahead of a digger, holding one soft sponge ball in each hand. The digger starts in a squat position with hands joined in a ready stance. The feeder randomly drops one of the balls, and the digger must react quickly to reach, get below the ball, and catch it before it hits the ground. Each digger gets 10 attempts, and the player with the most successful catches is the winner of the drill.

### Circle time – Concentration

Discuss how the dig helps in the development of concentration.

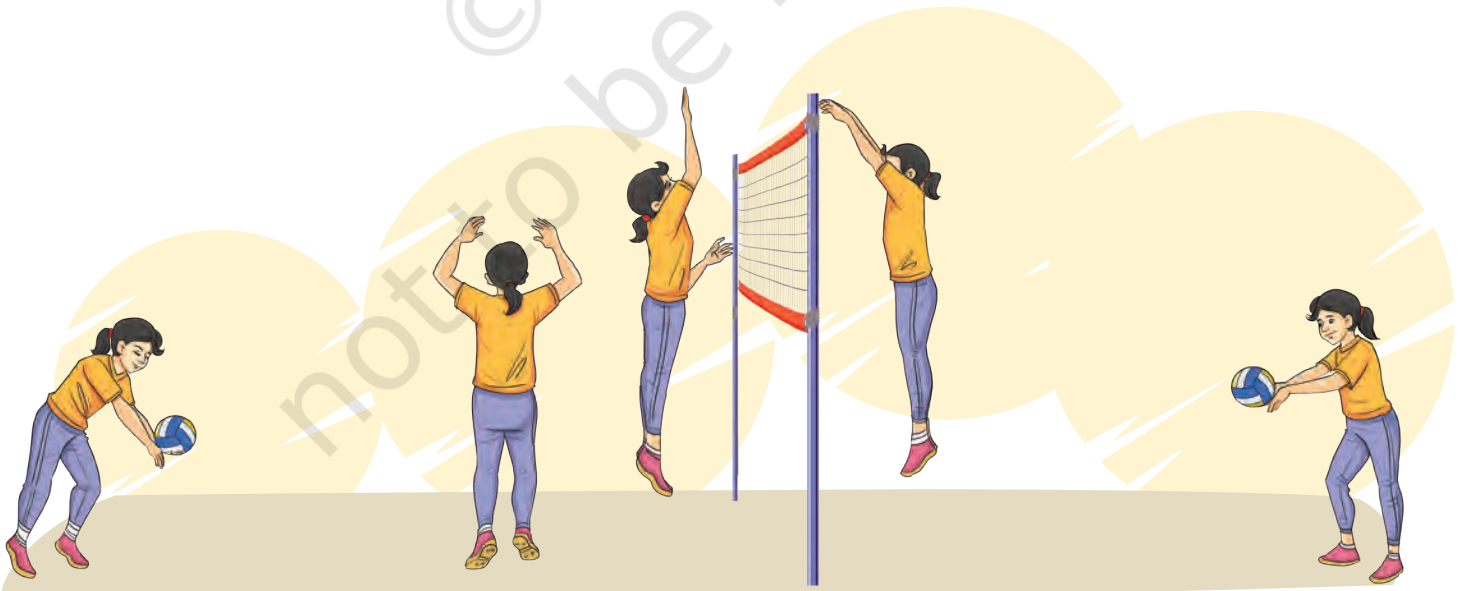
# Ball Rotation Activity



Warm-up	Activity	Cool-down	Circle time
Leaping and skipping jumps, hip and pelvic muscle stretch	Ball Rotation Activity	Arm swinging, shoulder shrug, hamstring stretch, calf stretch	<i>Safety measures</i>

## Ball Rotation Activity

- Divide the players into 3 groups, 'Blocker,' 'Spiker,' and 'Setter.'
- From each group, one player will perform the drill.
- The Setter will set the ball for the spiker.
- The Spiker will hit the ball, and the Blocker will block it from the other side of the net.



- The activity will continue until everyone gets a chance to block, spike and set the ball.

### Lead-up Activity

Make two teams. Line up both the teams facing each other on opposing sides at a distance of approximately 6 metres. One player from each team will come in the centre and they will lock elbows with each other. Both players will sing one or two lines of any folk song while moving in a circle. As the first round ends, both the players will try to pull each other towards their own side. The player that successfully pulls the other player towards their side earns one point. Repeat the process until everyone gets their turn.



### Circle time – Safety measures

- Discuss how you feel when you help an injured player.
- Discuss how you can ensure your own safety and safety of others.
- Identify and report distress signals like facial expressions to your teacher. Also report physical injuries, including, discomfort in movement, bruises and rashes, blood, intense pain and others.

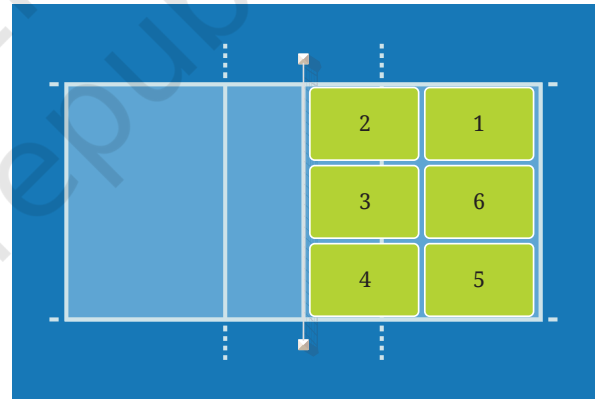
# Ace Accuracy Contest



Warm-up	Activity	Cool-down	Circle time
Sliding and galloping, knee hug	Ace Accuracy Contest	Forward lunges and backward lunges, lower limbs rotations	<i>Eye-hand coordination</i>

## Ace Accuracy Contest

- Make two teams.
- Line them up at the serving line.
- Each player will serve the ball one at a time, trying to get it over the net and if a player serves the ball into the designated target area they will earn an extra point.
- The team with the maximum points wins.



### Circle time – *Eye-hand coordination*

Discuss drills to improve eye-hand coordination and listening to the instructions.

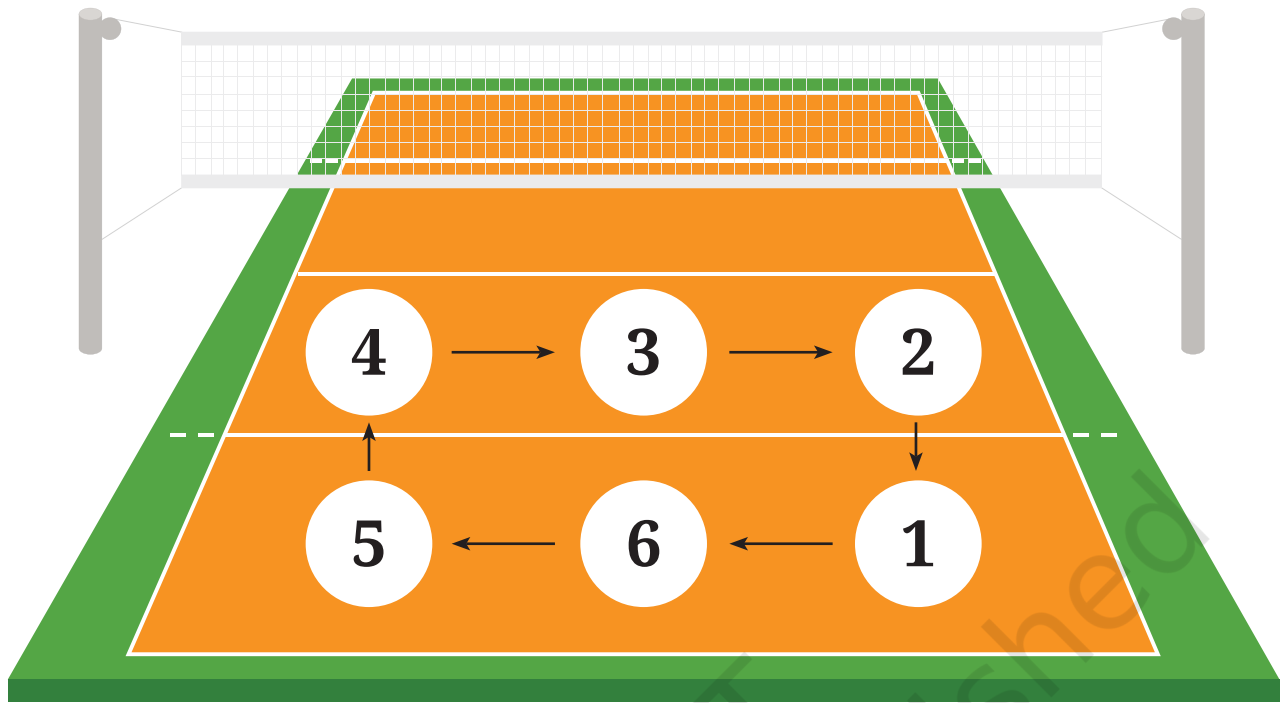
# Ball Throw Activity



Warm-up	Activity	Cool-down	Circle time
Sliding and galloping, knee hug and quadriceps stretch	Ball Throw Activity	Torso twist, calf stretch, quadriceps stretch	<i>Distress</i>

## Ball Throw Activity

- Make a team of six players each.
- The game starts with a player performing an underhand or overhand serve over the net to the opposing team.
- The receiving team will catch the ball, and after catching within 3 seconds, they will have to throw the ball to the opponent's side.
- The players need to stay in their position while throwing the ball.
- When a team wins the serve, they must rotate one position clockwise before serving again.
- Assume your team wins a rally after the opponent serves. Before your team serves, each member must rotate one position clockwise. The back-right player (position 1) moves to the middle of the back row (position 6), and each player follows in a clockwise sequence, with the front-right player (position 2) taking the serving position (position 1).
- The team which reaches eleven points first, wins the game.



### **Circle time – Distress**

Identify and report distress signals like facial expressions to your teacher. Also report physical injuries, including discomfort in movement, bruises and rashes, blood, intense pain and others.

# 11-Point Match



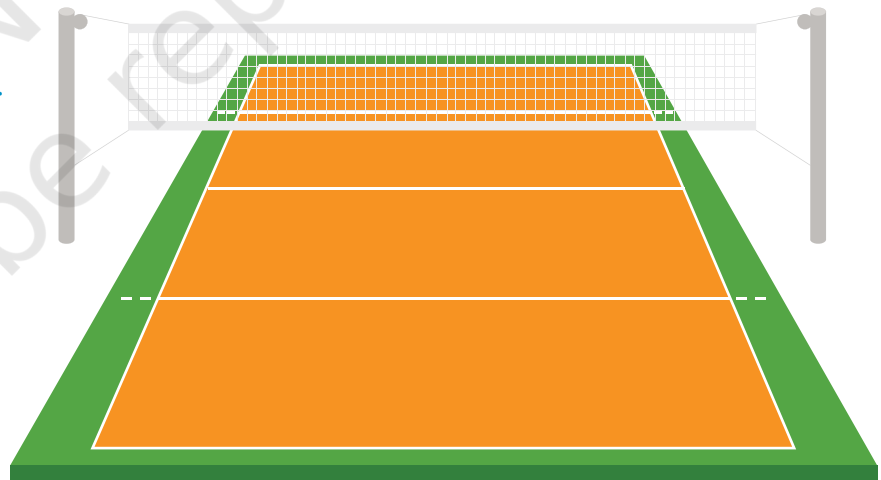
Warm-up	Activity	Cool-down	Circle time
Fast running on the spot, head-to-toe stretch	11-Point Match	Overhead arm stretch, torso twist, crossed-leg toe touch	<i>Personal behaviour</i>

## 11-Point Match

- Make a team of six players each.
- A match will be played for 11 points each. The team who wins the match will play the next round.

### Complete the following task:

- Find out the dimensions of a volleyball court.
- Draw the diagram, and label it.
- Find out the basic rules of volleyball and discuss them with your peers.



### Circle time – *Personal behaviour*

Discuss about the personal behaviour during the game and how it felt while appreciating a strong player.

## Assessment by Teacher

### PASS (UNDERHAND AND OVERHEAD)

1	2	3	4	5
The student needs more practise to comfortably pass the ball in the game.	The student is able to demonstrate both underhand and overhead pass.	The student is able to correctly perform either underhand and overhead pass to the other students.	The student is able to use both underhand and overhead pass according to the requirement of the game.	The student is able to assess and appreciate a good pass performed by the opponent.

### SERVE (UNDERHAND AND OVERHAND)

1	2	3	4	5
The student needs more practise of serves to comfortably use it in the game.	The student is able to demonstrate both underhand and overhand serve.	The student is able to correctly perform either underhand or overhand serve.	The student is able to decide which type of the serve should be used for next rally.	The student is able to assess and appreciate a good serve of the opponent.

### SPIKE

1	2	3	4	5
The student needs more practise of spike to comfortably use it in the game.	The student is able to demonstrate spike.	The student is able to correctly spike.	The student is able to decide when to perform spike should be used for next rally.	The student is able to assess and appreciate a good spike of the opponent.

## BLOCK

1	2	3	4	5
The student needs more practise of blocks to comfortably use it against the attacks.	The student is able to demonstrate blocks against the attack.	The student is able to correctly perform blocks against the attack.	The student is able to perform blocks against the attack according to the requirement of the game.	The student is able to assess and appreciate a good block against an attack by the opponent.

## DIGGING

1	2	3	4	5
The student needs more practise of digging to comfortably use it.	The student is able to demonstrate digging.	The student is able to correctly perform digging.	The student is able to perform digging according to the requirement of the game.	The student is able to assess and appreciate a good digging by the opponent.

## OVERCOMING SELF-DISTRESS

1	2	3	4	5
The student reacts emotionally or impulsively without attempting to reduce distress.	The student struggles to solve problems and avoids self-reflection.	The student makes simple attempts to think and solve problems, but with little success.	The student tries to think issues thoroughly and find solutions, but occasionally reacts emotionally.	The student learns from upsetting experiences and approaches problems with composure.