

Learning Objectives

- Students will identify the skill cues to execute an underhand serve.
- Students will demonstrate an underhand serve with proper technique.
- Students will demonstrate personal responsibility.

Learning Targets

- I can name the skill cues to perform an underhand serve.
- I can perform an underhand serve with good form.
- I can use space and equipment appropriately while practicing serving.

Teaching Cues

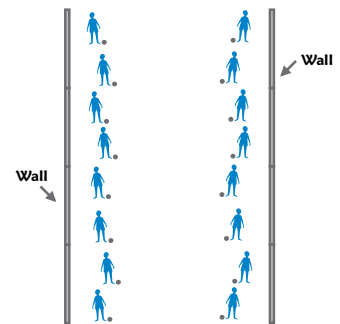
- Bring serving arm straight back and swing it straight forward.
- Hit off your hand, do not toss the ball.
- Add distance by taking a bigger backswing.

PREP

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

SET

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



TEACH

1. Lesson Objective

- The object of **Underhand Serve** is to learn and practice the skill used to start every rally in volleyball. While not the most powerful, the underhand serve can be very accurate and consistent.

2. Instructions

- First, practice without the ball (shadowing). Add a ball when you show good technique.
- **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.
- **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.

3. Challenges

- How far from the wall can you get before the signal?



Underhand Serve

Standards Alignment

Standard 1: Outcome 12

Performs a legal underhand serve with control.

Standard 3: Outcome 4

Participates in strength and endurance activities.

Standard 4: Outcome 1

Exhibits responsible social and inclusive behaviors.

Standard 4: Outcome 1

Accepts responsibility for improving levels of physical activity.

Standard 4: Outcome 6

Demonstrates knowledge of rules and etiquette.

Standard 4: Outcome 7

Independently uses activity equipment appropriately and safely.

Standard 5: Outcome 3

Generates positive strategies when faced with a group challenge.

Standard 5: Outcome 6

Demonstrates respect for self and others during activities.

SEL Competencies

Self-Awareness

Self-confidence, self-efficacy

Self-Management

Self-discipline, self-motivation

Reflection Questions

- What are the cues for an underhand serve?
- How do the concepts of force and direction apply to the underhand serve?
- What are some principles you can use to increase the force applied to your serve?

SPARK It Up!

1. 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.

2. Target Practice

- *(Need wall space. Tape one 3'H "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?

Teaching Suggestions

- 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.

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!

Teacher Reflection

