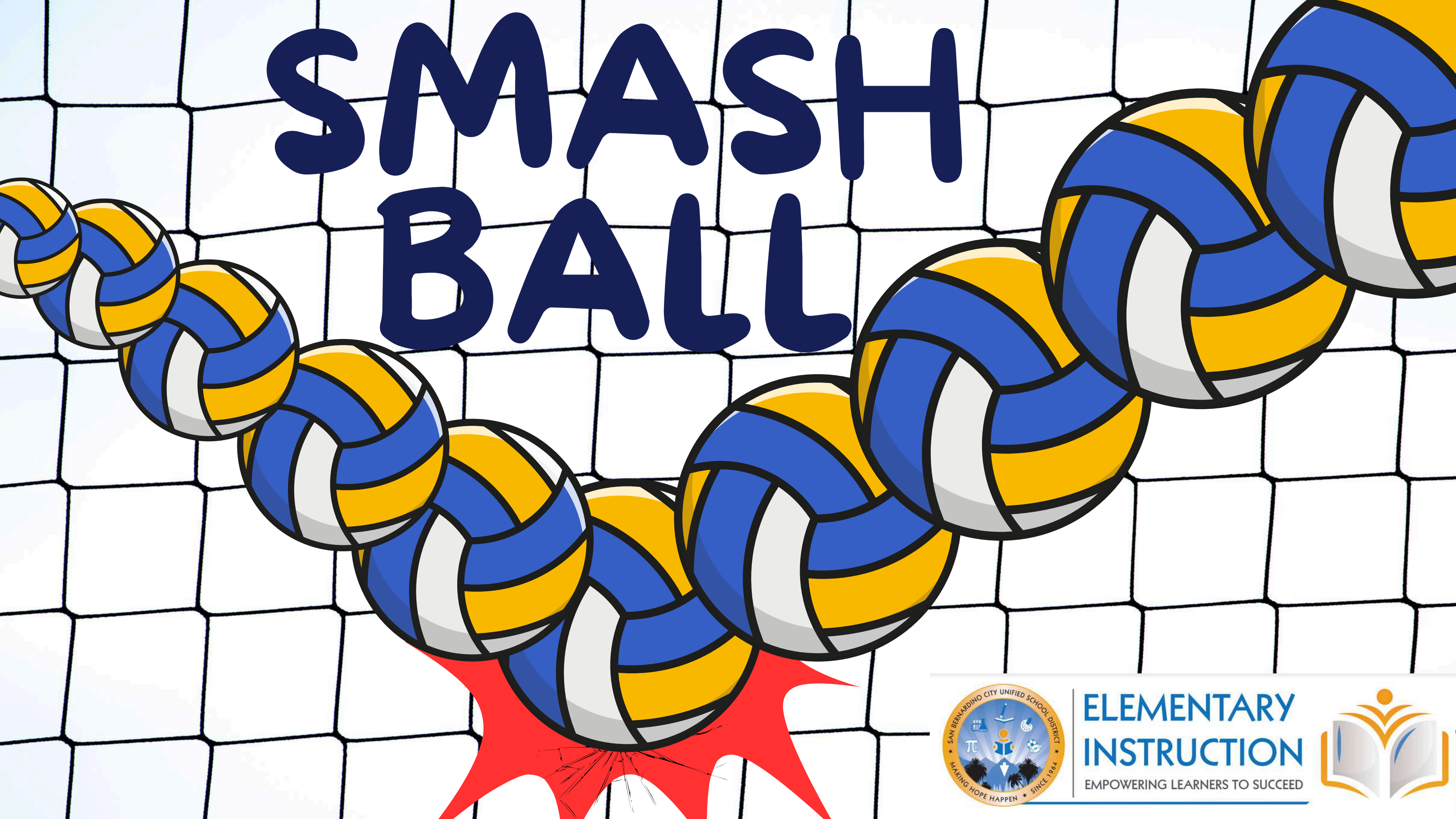


SMASH BALL



**ELEMENTARY
INSTRUCTION**
EMPOWERING LEARNERS TO SUCCEED



Today's Presenter

WES SWOGGER

wes.swogger@sbcusd.k12.ca.us

ELEMENTARY PHYSICAL EDUCATION
TEACHER / DEMONSTRATION TEACHER /
SAN BERNARDINO CITY UNIFIED
SCHOOL DISTRICT

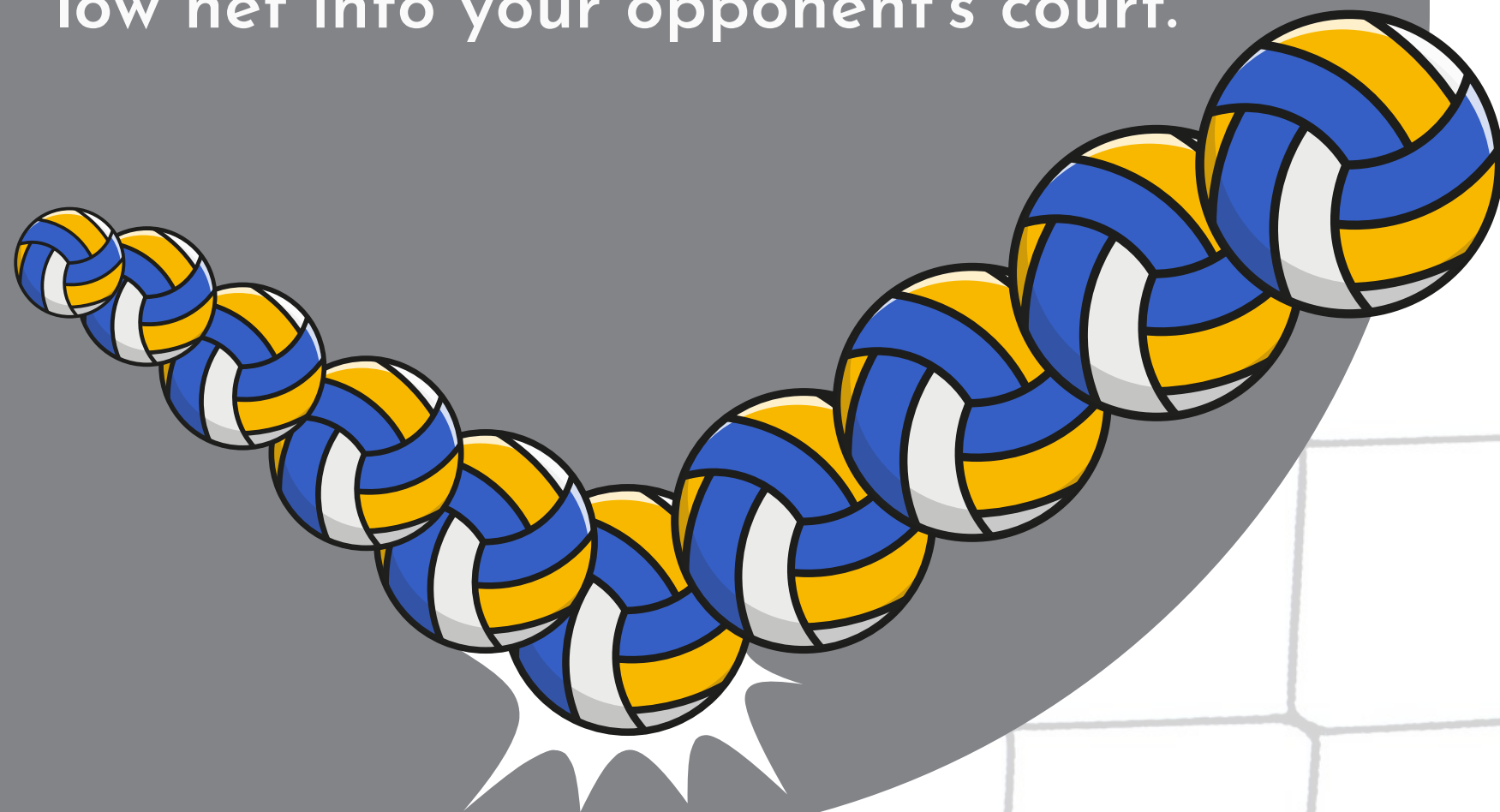


TEACHING VOLLEYBALL IN REVERSE

- 1-The Smash
- 2-The Serve
- 3-The Toss
- 4-The Pass
- 5-The Set

THE SMASH

An attempt to SMASH
(attack, hit, or spike) a volleyball over a
low net into your opponent's court.



LEVEL 1

SMASH CUES

- 1) ARM 90
- 2) REACH
- 3) SNAP

APPROACH CUES

- 1) FLAMINGO STANCE ON LEFT
- 2) RIGHT/LEFT/JUMP/SMASH



SMASH BALL LEVELS

I-SMASH

CATCH

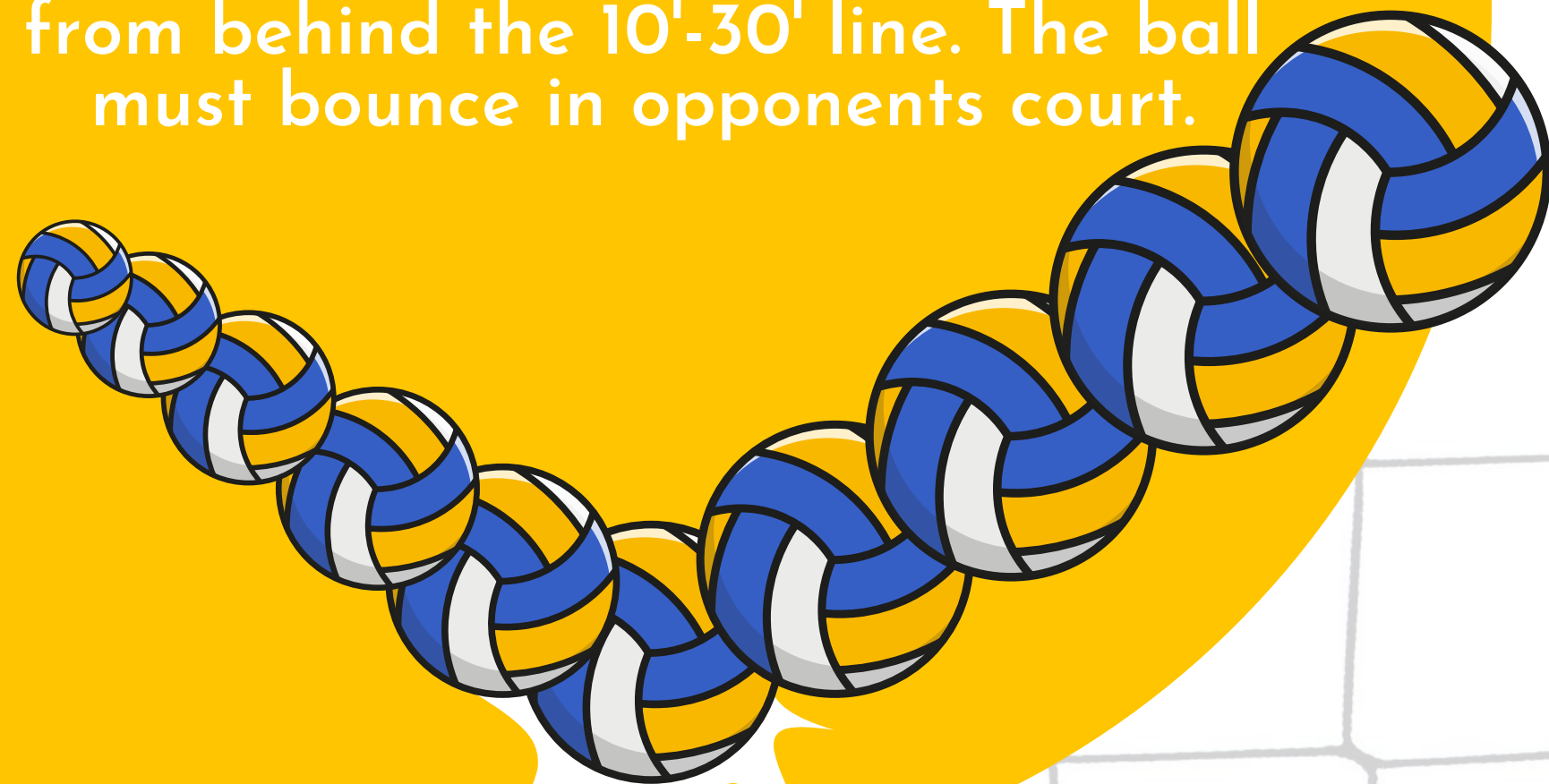
RUN TO NET

SELF TOSS

SMASH
(OVER NET)

THE SERVE

The first contact in level 2 of a Smashball rally. The server attempts to underhand serve a ball over the net from behind the 10'-30' line. The ball must bounce in opponents court.



LEVEL 2

SERVE CUES

MAKE A FIST

HOLD BALL BELOW BELLY BUTTON

- 1) SWING FIST BACK
- 2) STEP OPPOSITE
- 3) SWING-POP



SMASH BALL LEVELS

1-SMASH

CATCH

RUN TO NET

SELF TOSS

SMASH
(OVER NET)

2-SERVE

SERVE

CATCH
(RUN TO NET)

SELF TOSS

SMASH
(OVER NET)

3-PASS

SERVE

CATCH/TOSS
(TOSS TO NET)

CATCH/TOSS
(ALONG NET)

SMASH
(OVER NET)

4-SET

SERVE

PASS

CATCH/TOSS
(ALONG NET)

SMASH
(OVER NET)

5-SET

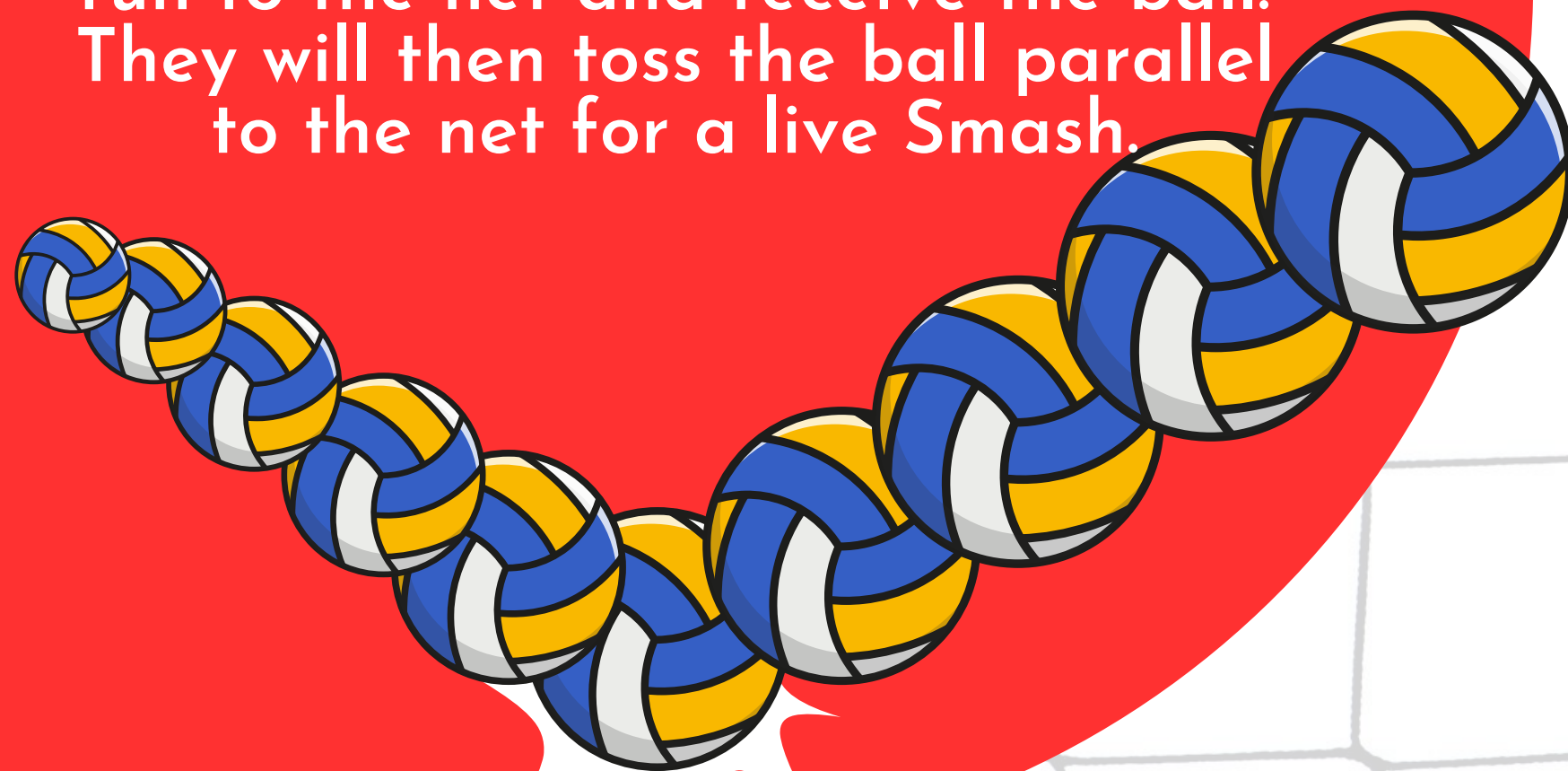
SERVE

PASS

SET

THE TOSS

The toss teaches the volleyball concept of setting. One player will catch the Smash and a teammate will run to the net and receive the ball. They will then toss the ball parallel to the net for a live Smash.



LEVEL 3

TOSS CUES

HOLD THE SIDES OF BALL

- 1) SQUAT
- 2) LIFT
- 3) TOSS



SMASH BALL LEVELS

1-SMASH

CATCH

RUN TO NET

SELF TOSS

SMASH
(OVER NET)

2-SERVE

SERVE

CATCH
(RUN TO NET)

SELF TOSS

SMASH
(OVER NET)

3-TOSS

SERVE

CATCH/TOSS
(TOSS TO NET)

CATCH/TOSS
(ALONG NET)

SMASH
(OVER NET)

PASS

THE PASS

The forearm pass comes into play in level 4. Players will attempt to forearm pass the serve toward the net for the tosser/setter to catch. The pass is only required after the serve.



LEVEL 4

PASS CUES

PLATFORM - PARALLEL ARMS
WITH HAND IN HAND

- 1) SHUFFLE BEHIND BALL
- 2) BUILD PLATFORM
- 3) LIFT AND PASS



SMASH BALL LEVELS

1-SMASH

CATCH

RUN TO NET

SELF TOSS

SMASH
(OVER NET)

2-SERVE

SERVE

CATCH
(RUN TO NET)

SELF TOSS

SMASH
(OVER NET)

3-TOSS

SERVE

CATCH/TOSS
(TOSS TO NET)

CATCH/TOSS
(ALONG NET)

SMASH
(OVER NET)

4-PASS

SERVE

PASS

CATCH/TOSS
(ALONG NET)

SMASH
(OVER NET)

SERVE

THE SET

The live set puts the full game of volleyball into play. Teams will pass, set, and smash the ball over the net each rally.



LEVEL 5

SET CUES

SIDE TO NET

- 1) MOVE UNDER BALL
- 2) SQUAT WITH HANDS UP
- 3) EXTEND



SMASH BALL LEVELS

1-SMASH

CATCH

RUN TO NET

SELF TOSS

SMASH
(OVER NET)

2-SERVE

SERVE

CATCH
(RUN TO NET)

SELF TOSS

SMASH
(OVER NET)

3-TOSS

SERVE

CATCH/TOSS
(TOSS TO NET)

CATCH/TOSS
(ALONG NET)

SMASH
(OVER NET)

4-PASS

SERVE

PASS

CATCH/TOSS
(ALONG NET)

SMASH
(OVER NET)

5-SET

SERVE

PASS

SET

SMASH
(OVER NET)

LAYERED LESSON PLAN BY LEVEL

1-SMASH

PRACTICE CUES

- Partner **SMASH** practice
- Over a variety of nets
- SMASH the bug (spots)

OFFENSE/DEFENSE

- Relay backline to net (run to net, SMASH, retreat to back line, catch and repeat)
- Exterminator (hit all the bugs (spots scattered on both sides) vs opponent and see who Smashes the most bugs)

LEVEL 1 SMASHBALL

- Pairs playing Catch-Run to Net-Smash-Repeat

2-SERVE

PRACTICE CUES

- Partner **SERVE** practice
- Over a variety of nets
- Hoop Flip Serving (start close to the net and flip the hoop back if made)
- Make 3 (mark different distances to serve from 10', 15', 20', 25', 30 and back up if you make 3. The ball must land in the opponent's court).

LEVEL 2 SMASHBALL

- Pairs playing Serve-Catch-Run to Net-Smash-Repeat

3-TOSS

PRACTICE CUES

- Relay **TOSS TO NET** (place a hoop at the net and have a player stand in the hoop. Earn a point for the team if the ball is caught in the hoop) Race to a #. Try tossing from different spots on the court.

TOSS TO SET

- Small group relay: P1-toss to the net, P2-toss-up high for the set, P3- approach jump & catch, rotate, repeat

LEVEL 3 SMASHBALL

- Groups 3-4 Serve, Catch/Toss to Net, Catch/Toss to Set, SMASH

4-PASS

PRACTICE CUES

- Partner **PASS** practice (toss/PASS/catch)
- Switch after 5

MOVING BEHIND BALL **DOG CATCHER**

- Partners with ball and hoop. Toss the ball to a partner and shuffle your feet while dragging the edge of the hoop on the ground. Try and get the ball to bounce in the hoop and drop the hoop/catch the ball (try passing)

LEVEL 4 SMASHBALL

- Groups 3-4 Serve, Pass, Catch/Toss, SMASH

5-SET

PRACTICE CUES

- Partner **SET** practice (toss/SET/catch)
- Switch after 5

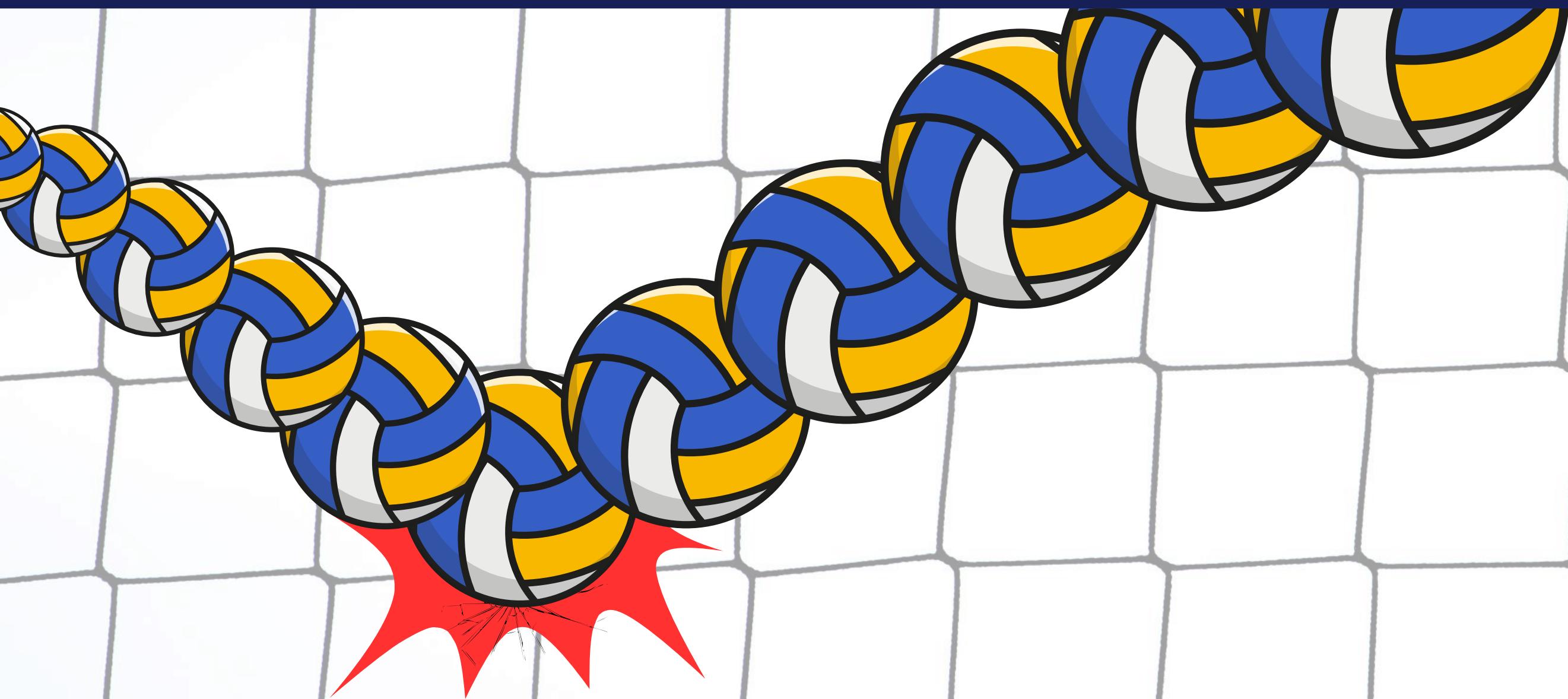
ICE CREAM PARLOR

- Toss the ball and the setter catches the ball upside-down cone. Move feet to get under the ball. Try without the cone and set the ball.
- Try approaching and catching the set
- Try approaching and SMASHING

LEVEL 5 SMASHBALL

- Groups 3-4 Serve, Pass, Catch/Toss, Set Live or Catch and Set, SMASH

HOPE YOU HAD A
SMASHING
GOOD TIME!



Thank
You!



