**Title: Volleyball upper hand technique**

**Type: Volleyball**
**Lesson Goal:** Upper hand technique in different levels: level 3: catch the ball, toss it up and play it with the proper technique, level 2: play the ball for yourself and play it with the proper technique, level 1: playing directly with the proper technique.



|  |  |  |
| --- | --- | --- |
| **Instruction** | **Differentiation options** | **Extra info** |
| Play a game with either 2 or four playersApply the rules of volleyballCoach your co-player so he or she can use the technique better. Attention points upper hand technique1. Make sure you stand underneath the ball;
2. Make a triangle with thumbs and index fingers.

Put your elbows out. 1. Make a bowl with your hands;
2. Play from your legs;
3. Touch the ball shortly;
4. Point after the ball with the fingers!

 | The students can choose which level they want to play. Make different areas. |  |
| **Field set-up:** |
| **Link to support/assessment document** |

**Additional pages if necessary:**