**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.



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| **Instruction** | **Differentiation options** | **Extra info** |
| Play a game with either 2 or four players  Apply the rules of volleyball  Coach your co-player so he or she can use the technique better. Attention points upper hand technique  1. 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:**