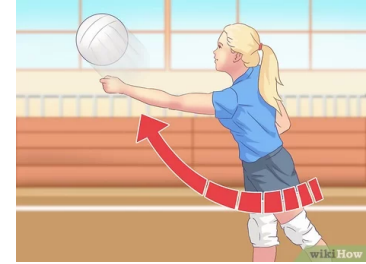
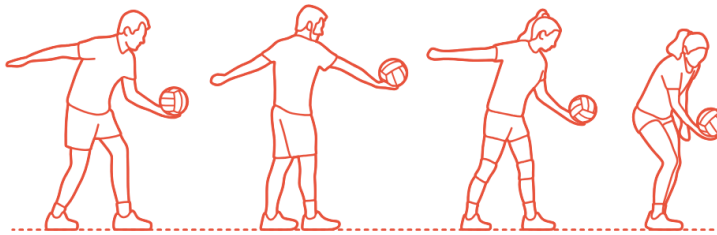


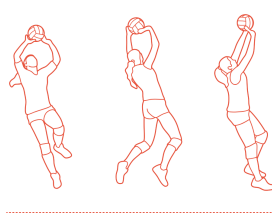
Criterion B: Planning for performance

Week 1 Coaching Plan

Week: 1	Outcome of the session: Students will learn the detailed methodology to underarm serve the ball	Equipment needed for the session: 1 volleyball for every 2 students and some spare balls to keep the pace going in the event the ball rolls far or in the event the ball pops Some mats to minimize the trauma in the event one of the student falls
Underarm serve		
Date:N/A		
Duration: 1 hour		
Goal: <i>Specific: My objective is to teach my volleyball students the methodology that will enable them to perform the underarm serve.</i> <i>Measurable: My objective is to lead all my students to be able to consistently get the ball over the net using the underarm serve, in the next hour.</i> <i>Achievable: I will break down the underarm serve into smaller steps and provide clear demonstrations, practice drills and feedback, in the next hour.</i> <i>Relevant: Learning the underarm serve is an important foundational skill for volleyball players, and it will help them develop their overall game.</i> <i>Time-bound: I will achieve this goal within one full hour, knowing that the future practice sessions are very important for the students to acquire natural reflexes that will lead to a spontaneous automaticity</i>		
Warm up activities:	Activities/drills/games	Cool down activities:



<ol style="list-style-type: none"> 1. Neck stretches - gently tilt head forward, backward, and to each side 2. Shoulder circles - circle your shoulders forward and backwards 3. Arm circles - circle your arms forward and backwards 4. Arm swings - swing your arms back and forth across your body 5. Wrist stretches - roll your wrists clockwise and counterclockwise 6. Side stretches - raise one arm over your head and stretch to the side, then switch to the other side 7. Back stretches - cross your arms in front of your chest and twist your torso left and right 8. Hip circles - circle your hips clockwise and counterclockwise 9. Side lunges - step to the side and lunge, keeping one leg straight while bending the other knee 10. Leg swings - stand on one leg and swing the other leg back and forth, then switch to the other leg. 	<ol style="list-style-type: none"> 1. Target Serve: Set up some targets on the opposite side of the net, either with cones or some other kind of markers. Have each player take turns trying to underarm serve the ball into the targets. You can make the target areas larger or smaller depending on the skill level of the players. I would start from larger and narrow it down. 2. Serve and Return: Divide the players into pairs. One player will serve the ball to their partner, who will then return the ball with an underarm pass and the serve continues back and forth between the same two players. If a player does not make a successful underarm pass, then the opposing pair gets the point and we help them to do it perfectly. 3. Serving Relay: Divide the players into two teams and have them line up behind each other. The first player on each team will serve the ball underarm over the net and the next player in line must run and stand directly behind the first player to catch the served ball before it hits the ground. The process is then repeated. 	<p>Flat rest 2 min Breathing in and out Little talk about their current achievements and what they need help with for the next lesson</p>
		<p>Differentiation: If a student faces a challenge, we will partner them with students who feel confident hence making a harmonious team with responsible mentors who grant support to their challenged classmates</p>



Week 2 Coaching Plan

Week: 2	Outcome of the session: Students will know how to set the ball properly	Equipment needed for the session: 1 volleyball for every 2 students and some spare balls to keep the pace going in the event the ball rolls far or in the event the ball pops Some mats to minimize the trauma in the event one of the student falls
Set shot		
Date:N/A		
Duration: 1 hour		
Goal: <i>S - Specific: In one hour of training, my goal is to help beginner volleyball players learn the proper technique to execute a set shot accurately.</i> <i>M - Measurable: To measure progress, I will look for players who can consistently demonstrate the correct arm, hand, and wrist position, as well as use their fingertips to "push" the ball, keeping it no more than three feet above their head.</i> <i>A - Achievable: This is an achievable goal within the given timeframe of one hour, given that I am knowledgeable and trained in volleyball techniques and that players are committed and motivated to learn.</i> <i>R - Relevant: This goal is relevant to teaching and improving the skillset of beginner volleyball players.</i> <i>T - Time-bound: This goal will be achieved within one hour of training time.</i>		
Warm up activities:	Activities/drills/games	Cool down activities:

<ol style="list-style-type: none"> 1. Neck stretches - gently tilt head forward, backward, and to each side 2. Shoulder circles - circle your shoulders forward and backwards 3. Arm circles - circle your arms forward and backwards 4. Arm swings - swing your arms back and forth across your body 5. Wrist stretches - roll your wrists clockwise and counterclockwise 6. Side stretches - raise one arm over your head and stretch to the side, then switch to the other side 7. Back stretches - cross your arms in front of your chest and twist your torso left and right 8. Hip circles - circle your hips clockwise and counterclockwise 9. Quad stretch - stand on one leg and pull the other foot towards your buttocks 10. Hamstring stretches - stand on one leg and stretch the other leg out in front, reaching for your toes 	<ol style="list-style-type: none"> 1. Shot Race: Divide the players into two teams and have each team line up facing the net. The first player must perform a set shot and run around the net to return to the back of their team's line. The next player in line cannot start their turn until the previous player has returned to the line. 2. Back Set Competition: Partner up the players and have them take turns back setting the ball to their partner. The player with the most successful backsets in a set time limit wins. For added difficulty, require the sets to be done with only one hand or from a certain zone. 3. Block and Set: Divide the players into two teams and have one team start with the ball. The opposing team will attempt to block the shot, while the original team performs set shots. The team who successfully lands the shot wins the point. The teams rotate positions with each point. 	<p><i>Flat rest 2 min</i> <i>Breathing in and out</i> <i>Little talk about their current achievements and what they need help with for the next lesson</i></p>
		<p>Differentiation: <i>If a student faces a challenge, we will partner them with students who feel confident hence making a harmonious team with responsible mentors who grant support to their challenged classmates</i></p>

Week 3 Coaching Plan

Week: 3	Outcome of the session:	Equipment needed for the session: 1 volleyball for every 2 students and some spare balls in case one pops
Spiking		
Date:N/A		
Duration: 1 hour		

Goal:

Specific: To teach each player in the volleyball team the fundamentals of spiking.

Measurable: By the end of the one-hour training session, each player should be able to demonstrate proper spiking form, at least three times.

Achievable: Break down the spiking technique into smaller steps and give each player individual feedback. Use demonstration and repetition to ensure each player has a solid grasp of the technique by the end of the session.

Relevant: Spiking is a crucial aspect of volleyball, and improving each player's ability in this area will increase the team's overall performance during games.

Time-bound: The goal is set for completion by the end of the one-hour training session.

Warm up activities:	Activities/drills/games	Cool down activities:
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<ol style="list-style-type: none"> 1. Neck stretches - gently tilt head forward, backward, and to each side 2. Shoulder circles - circle your shoulders forward and backwards 3. Arm circles - circle your arms forward and backwards 4. Arm swings - swing your arms back and forth across your body 5. Wrist stretches - roll your wrists clockwise and counterclockwise 6. Side stretches - raise one arm over your head and stretch to the side, then switch to the other side 7. Back stretches - cross your arms in front of your chest and twist your torso left and right 8. Hip circles - circle your hips clockwise and counterclockwise 9. Quad stretch - stand on one leg and pull the other foot towards your buttocks 10. Hamstring stretches - stand on one leg and stretch the other leg out in front, reaching for your toes 	<ol style="list-style-type: none"> 1. Spike relay race: Divide the team into two groups and have them line up facing a wall. Hand the ball to the first player of each team, and on the signal, they run towards the wall and spike the ball against it so that it bounces back towards the next player in line, who then repeats the process. 2. Spike target practice: Put up targets (such as hula hoops or cones) around the court, and have the players take turns spiking the ball towards the targets. The player who hits the most targets in a set amount of time wins. 3. Spike and block game: Divide the players into two teams. One team will be the spikers, and the other team will be the blockers. The spikers will try to spike the ball so that it lands in the opponent's half of the court. The blockers will try to jump and block the spikes. Each team takes turns being the spikers and blockers. 	<p><i>Flat rest 2 min</i> <i>Breathing in and out</i> <i>Little talk about their current achievements and what they need help with for the next lesson</i></p>
		<p>Differentiation: <i>If a student faces a challenge, we will partner them with students who feel confident hence making a harmonious team with responsible mentors who grant support to their challenged classmates</i></p>

