**Criterion B:** Planning for performance

*i. identify goals to enhance performance*

*ii. construct and outline a plan for improving physical activity and health.*

**Task:** Using the template below, create your coaching plan for volleyball for beginners. Remember to plan for the skill you have been allocated. Remove any information you do not need. The sentences in red have been written to support you with your planning.

**Week 1 Coaching Plan Template**

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| **Week:** | **Outcome of the session:** | **Equipment needed for the session:** |
| **Skill:** |
| **Date:** |
| **Duration:** 30 minutes |
| **Goal: To perform an underhand serve during a minigame that simulates a real scenario in volleyball within the 30-minute duration of the lesson.** | | |

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| **Warm up activities:**  *(ADD TIMINGS)* | **Activities/drills/games**  *(ADD TIMINGS)* | **Cool down activities:**  *(ADD TIMINGS)* |
| They will run around the end line around the court’s sidelines and right in front of the net so they can both be introduced to the court’s lines, and so they can learn from where to serve, which is related to our skills.  According to Sarih Jabeen and his students in the University of Sargodha, the best exercises are the ones mentioned in the video on their website. The students will only be doing the first 8 exercises in that video, due to the time limit.  (Website: https://lms.su.edu.pk/lesson/1272/week-12-volleyball-warm-up-exercises-and-drills)  Since the exercises are so short, it will only take around 2-3 minutes.  For the run around, we are only going to do 2 laps around the half court so they become familiar with the court lines, and so they can get their hearts pumping and reading for actual gameplay. (3 mins) | For the activities, we will start out with a quick passing game over the net to introduce them to the underhand serve. We will begin by example, then allow the players to try themselves. (5 mins).  After that, we’re going to have a game with hoops. Their goal is to underarm serve the volleyball into the hoops over the net so they can improve their accuracy. Each hoop will have different amounts of points depending on where it is on the court, i.e.: 1 point for the closest and 3 points for the farthest. First to 10 points wins. (10 mins)  Finally, we’ll have a 5 minute contest to prove how well you can serve. One of the coaches will be on the other side of the net, while the player is meant to serve towards wherever the coach is. We will move at random, and you must adjust accordingly. (5 mins)  For anyone who is misbehaving, they will immediately be put out of the activity, and will not participate. There will be only 1 warning. After that they will be placed on the side and will not be allowed to participate. If coaches do something similar, they will be pulled aside by the other coach for a short amount of time. One more time and the other coach will have to take over for the rest of the lesson. | This exercise video: <https://www.youtube.com/watch?v=wxBluxYORPQ> shows the correct exercises over a 2:45-minute span. After that, we will have a short breathing session for 2:15 minutes, then end the 30-minute session.  This exercise is only done to cool down and reduce your heart rate.  It also stretches your muscles, such as your triceps and hamstring, and your joints (such as with the arm stretch for your shoulder).  *.* |
| **Coaching tips/questions/challenges:**  For the overperforming players, they will be challenged by teaching the ones that do not understand. This shows us that they know what they’re doing by explaining and teaching the skill they have learned to others who don’t yet understand. | **Differentiation:**  For the underperforming students, they will be placed with other, higher performing students during the lesson, so they can be taught by students they are working with. If they still don’t understand, one of the coaches will be placed separately to work with the underperformers temporarily. |
| **Scenario:** How would you adapt your session if you were delivering it on an outdoor sand volleyball court? | | |
| **For the equipment we’d have them put on any nearby benches or safe land to not have them get dirty if we are going to use them later, also we’d put them in bags for the wind.**  **Since the weather is usually hot (especially now since it is summer), we’ll have the players wear clothes accordingly. Preferably shorts with a short-sleeve t-shirt, so they don’t get so effected by the heat. We’ll also find a spot of sand where the ground is somewhat level, so the game is fair and playable.**  **If anyone uses sand to their advantage it will be considered foul play and would be sent off the court. No warnings, no strikes. Just out.**  **If the game is to be played in a desert area (which I highly doubt), we would bring equipment to protect the eyes, mouth, and nose for the sand, when it starts to get windy, or if a sandstorm is nearby.**  **In the case that it’s in a beach area, which is more likely, the equipment mentioned earlier is not needed, however it will be difficult to find more level land to play our game. It is crucial that the land is level so that the serving is more equal on both sides and that they are actually able to perform it.** | | |