

## LESSON FOCUS

Volleyball Skills — Overhand Pass,  
Forearm Pass**SHAPE Standards:**

1, 4

**DPE Outcomes:**

- I can volley a ball in the air using an overhand pass demonstrating two of four cues.
- I can explore the forearm pass from a partner's soft toss using a beach ball.
- I can rally with a partner using forearm and overhead passing.

**Equipment:**

- One beach ball
- 8" foam rubber ball
- Beach ball or volleyball trainer for each student
- Volleyball net (6 ft height)

**Instructions****Skills**

Practice the following skills:

## Overhand Pass

To execute an overhand pass, the player moves underneath the ball and controls it with the fingertips. The cup of the fingers is made so that the thumbs and forefingers are close together and the other fingers are spread. The hands are held forehead high, with elbows out and level with the floor. The player, when in receiving position, looks ready to shout upward through the hands. The player contacts the ball above eye level and propels it with the force of spread fingers, not with the palms. At the moment of contact, the legs are straightened and the hands and arms follow through.

## Forearm Pass (Underhand Pass)

The hands are clasped together so that the forearms are parallel. The clasp should be relaxed, with the type of handclasp a matter of choice. The thumbs are kept parallel and together, and the fingers of one hand make a partially cupped fist, with the fingers of the other hand overlapping the fist. The wrists are turned downward and the elbow joints are reasonably locked. The forearms are held at the proper angle to rebound the ball, with contact made with the fists or forearms between the knees as the receiver crouches.

**Individual Passing Drills**

1. Practice wall rebounding: Stand 6 ft away from a wall. Pass the ball against the wall and catch it.
2. From a spot 6 ft from the wall, throw the ball against the wall and alternate an overhand pass with a forearm pass.
3. Throw the ball to one side (right or left) and move to the side to pass the ball to the wall. Catch the rebound.
4. Pass the ball directly overhead and catch it. Try making two passes before catching the ball. Later, alternate an overhand pass with a

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forearm pass and catch the ball. This is a basic drill and should be mastered before proceeding to others.

### Partner Passing Drills

1. Players are about 10 ft apart. Player A tosses the ball (controlled toss) to player B, who passes the ball back to A, who catches the ball. Continue for several exchanges and then change throwers.
2. Two players are about 15 ft apart. Player A passes to himself or herself first and then makes a second pass to player B, who catches the ball and repeats. Follow with a return by B.
3. Players A and B try to keep the ball in the air continuously.
4. Players are about 15 ft apart. Player A remains stationary and passes in such a fashion that player B must move from side to side. An option is to have player B move forward and backward.
5. Players are about 10 ft apart. Both have hoops and attempt to keep one foot in the hoop while passing. Try keeping both feet in the hoop.
6. Player A passes to player B and does a complete turnaround. B passes back to A and also does a full turn. Other stunts can be used.

### Teaching Hints

Using beach balls and trainer volleyballs will allow youngsters time to move into the path of the volleyball instead of reaching for the ball. Proper footwork is critical to the success of volleyball; using proper balls will help assure that youngsters learn correctly.

Instructional cues of passing include the following:

1. Move into the path of the ball; don't reach for it.
2. Bend the knees prior to making contact.
3. Contact the ball with the fingertips (overhand pass).
4. Extend the knees upon contact with the ball.
5. Follow through after striking the ball.

Nets should be lowered to 6 ft and raised 6 to 12 in. as children mature.

In the primary grades, children should have had ball-handling experiences related to volleyball skills. Rebounding and controlling balloons or beach balls is an excellent related experience.

Beach balls move slower and reduce students fear of getting hurt by a regulation volleyball. Volleyball trainers closely resemble a volleyball but are larger in diameter and lighter in weight. Either ball helps keep children from developing a fear of the fast-moving object.