



Lesson Plan

3 VOLLEY GAME Cooperative - Competitive			
Set up 15 yard X 15 yard grids. Two players and one ball in each grid.	Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.	<p>A square grid measuring 15 yards by 15 yards. In the top-left corner, there is a small circle representing a ball and an 'X' representing a player. The grid is labeled '15 yds.' on the right and bottom sides.</p>	<ul style="list-style-type: none"> • Get in “line of flight” quick. • Ready, balanced to receive. • Choose “platform”/surface. • Withdraw surface. • Scoop/”spoon” ball with foot.
4 GAELIC FOOTBALL			
Mark out a 20-yard X 20 yard grid with a 5-yard end zone at each end.	5v1 (or 4v2) play volley-catch-volley. Volley ball from the hands so it can be caught by a teammate. If the defender intercepts the ball a point is scored. Try to play into the end zones for a point.	<p>A square grid measuring 20 yards by 20 yards, with 5-yard end zones at the top and bottom. The grid is divided into three horizontal sections: a 5-yard top end zone, a 10-yard middle section, and a 5-yard bottom end zone. Player positions are marked as follows: 'X' in the top-left and top-right corners of the middle section; 'O' and '•X' in the middle of the middle section; and 'X' in the middle of the bottom section. The grid is labeled '5 yds.' on the left and bottom sides, and '20 yds.' on the right side.</p>	<ul style="list-style-type: none"> • Move to the ball. • Support quickly. • Move to open space.