

PINE STREET KINDERGARTEN, MANLY

Kicking off week three we dove straight into volleyball, coach Lara's favourite sport! We had a full class in week three, and then had some newbie's join us in week four as some of our little Kelly Sporter's were away! The kids were fantastic listeners, and everyone got involved. We'll be having a break next week, then return for a full ten week term of Kelly Sports! To sign up, go online and type in your postcode to find our program for term two. Get in quick we only have 20 places!

Volleyball: Week Three



On Thursday 12th April we began two weeks. Many of the children had heard of the sport played, so it was a great introduction to the unique skills. Warm up included an obstacle course, commando style, finishing with a roll under the volleyball net. Next up; skills. Using balloons, we learnt to 'set'. The children practised the main rule in volleyball – keep the ball from touching the ground! Our 'set' used spider fingers facing the sky

above our heads, pushing the balloon up to the sky. Next, we moved onto the 'spike'. In a line facing the wall we used our dominant hand to spike the volleyball (balloon) against the wall. The children had fun with this and many popped their balloons as they had a very powerful spike! Finishing our session, we got into two 'teams,' stood on either side of the net, and played a game called 'bombs away'. All the balloons were let out onto the 'volleyball court' and the teams had to set or spike their balloons over the net. If a balloon (bomb) touched the ground on their side BOOM!

Volleyball: Week Four

On Thursday 19th April we continued our volleyball focus, switching up the balloons for volleyballs! Warming up with safe zone, the kids navigated their way through the danger zone without getting tipped. The kids remembered our skills from last week and we introduced two new ones – the 'dig' and the 'serve'. The children chose which hand was most comfortable for them to use for the serve, holding the ball with the other hand and scooping our serve hand to connect with the ball on the wrist. Next, we got into partners and tried out our 'digs'. An easy way to remember how to dig is get two pancakes (hands facing up) and slap them on top of each other, then don't forget the toppings (thumbs)! Then your partner throws the ball to you, and you DIG it back to them, connecting the ball with the bottom of both wrists. Ending the session, we transformed into sheep dogs, rounding up all the sheep (volleyballs) and digging, or serving them into their pen over the volleyball net!

If you have any questions, please contact me anytime! Coach Lara ☺

