



PE/Health Virtual Learning

7th/8th PE/Health

Underhand Volleyball Serve

May 14, 2020



Grade/Course

Lesson: [May 14]

Objective/Learning Target:

Executes consistently (at least 70 percent of the time) a legal underhand serve for distance and accuracy for net and wall games such as badminton, volleyball or pickleball.

NASPE Standard (S1.M12.8)

Lesson Objective/Essential Question

EQ: How do I correctly perform an underhand volleyball serve?

Objective: Students will be able to successfully perform an underhand volleyball serve with the correct critical elements.

Warm-Up Activity

Line Jumps:

- 30 seconds- 2 feet side to side
- 30 seconds- 2 feet forward and backward
- 30 seconds- left leg side to side
- 30 seconds- right leg side to side

Practice- Underhand Volleyball Serve

Critical Elements:

1. Non-dominant foot out in front of dominant foot
2. Hold ball in non-dominant hand directly below your face at waist level
3. Make fist with dominant hand
4. Swing dominant arm like a pendulum and make contact with the ball with upward motion

Practice

Watch the following video to see how the underhand serve is done

- [Underhand Serve](#)
- [Underhand Serve](#)

Practice

- Now we will practice the serve:
- Practice the serving motion multiple times. Make sure you are doing each of the critical elements correctly:
 - Non-dominant foot out in front of dominant foot
 - Hold ball in non-dominant hand directly below your face at waist level
 - Make fist with dominant hand
 - Swing dominant arm like a pendulum and make contact with the ball with upward motion

Self-Reflection

Did you do each of the critical elements when you practiced your serve?

Did you have the correct foot forward?

Critical Thinking:

1. What foot should a right handed player have forward during the serve?
2. Describe a serve that would be the most effective? (Low or high, slow or fast, etc.)
3. Do you think an underhand or overhand serve would be more effective? Why?

Additional Resources/Ideas

[Overhand Serve](#)

[Best Volleyball Rallies](#)