King’s Court
Basic Volleyball Skills
For Elementary Students
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Waiting team
Opposite court
King’s Court
**Kindergarten & First grade:**
Students throw the ball over the rope. Opposite group tries to catch the ball and not let it touch the floor.

Skills: throw, catch, move in space to get to the ball, following instructions, taking turns, team work, sharing.

**Second grade:**
Students throw the ball over the rope. Opposite group tries to catch the ball and not let it touch the floor. If a student wants to hit it back, it is allowed. Students are encouraged to throw the ball to the “empty spaces” (strategy)

Skills: throw, catch, hit, move in space to get to the ball, find weak areas, following instructions, taking turns, team work, sharing.

**Third grade:**
Students throw the ball over the rope. Opposite group tries to catch the ball or hit the ball over the net, and not let it touch the floor. Students are encouraged to throw the ball to the “empty spaces” (strategy)

Skills: throw, catch, hit the ball, find open spots in the opposite court, move in space to get to the ball, following instructions, taking turns, team work, sharing.
**Fourth grade:**
Students must hit the ball over the rope (they can start with an overhead pass / volley, or a serve of any type). Students are not allowed to hit more than once in a row. Opposite group can catch or hit the ball and not let it touch the floor. When students are ready to, they play with only hits (no catches allowed). Students are encouraged to hit the ball to the “empty spaces” (strategy).

Skills: volley, bump, overhand serve, underhand serve, catch, move in space to get to the ball, following instructions, taking turns, team work, sharing.

**Fifth grade:**
No throws or catches allowed. Students must hit the ball from the beginning. They have unlimited number of times to hit the ball before it passes the rope, but they cannot hit twice in a row. Students are encouraged to hit the ball to the “empty spaces” (strategy).

Skills: volley, bump, overhand serve, underhand serve, move in space to get to the ball, following instructions, taking turns, team work, sharing.
General Rules:

- If the ball touches the ceiling = out
- If the ball touches the posts = out
- If the ball goes under the rope = team loses
- Last player to touch the ball when it goes out is responsible for the out.
- Player with the ball has only 2-3 seconds to play the ball. If not, team loses.
- Shoe laces untied = team loses
- Inappropriate language, put downs = team loses.
- No arguments: any disagreements must be solved immediately with Rock, Paper, Scissors.
- Every 3-5 minutes I have the King’s court team move to the court to the right. This mixes things up and students get to play with other players.