

## Gym Class: Volleyball

I remember teaching a gym class. One of my students loved basketball and asked “What’s in it for me” when we were teaching how to set and volley in a volleyball lesson.

The moment that student saw the similarities in elbow and arm position, transferring good setting fundamentals from volleyball into good basketball shooting form, the student was all-in with the volleyball lesson.

Once the lesson became personally relevant, the student was much more motivated to participate.