

### Content outline

This activity aims to refine and develop the block technique in Volleyball.

- Correct technique
- Hand positioning
- Power / jump height
- Motivation



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### Space

- Increase the distance from the ball feeder (to make the task more difficult)
- Decrease the distance from the ball feeder (to make the task easier)



### Task

- Start by performing the activity in a static position, then progress to moving sideways
- Increase the distance you need to travel sideways as you get more confident
- How many times can you perform a successful block, and return to your starting position in one minute?



### Equipment

- Change size of ball
- Use different household items (Eg. Change from a cushion, to a smaller soft toy, toilet roll)
- Use lighter items / balls to decrease the speed (and difficulty) of the activity – such as a balloon or beach ball



### People

- If you have another person in your house, ask them to work with you
- Can you teach someone else in your household this skill?
- Challenge a friend to an online competition

### Learning intention

#### Physical:

- To develop the basic technique of blocking in Volleyball

#### Personal:

- Motivation

#### Learning questions:

- Where do your hands need to be positioned?
- Why do you need to angle your hands downwards during a block?
- Where would you be on a court when performing this skill?
- When were you most successful? And why?
- What coaching points would you identify from this activity?
- What effect did your coach/partner have on your performance?
- How could you improve your motivation during this task?