

#ThisIsPE

Volleyball — The Dig pass

SECONDARY KEY STAGE 3 PE /// NET/WALL

Content outline

This activity aims to develop the correct technique of the 'Dig' pass in Volleyball.

- Correct 'Dig' technique
- Body position
- Contact platform
- Adapting technique to change direction of the pass



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

- Complete the task whilst stationary
- Complete the task whilst moving forwards or backwards
- Complete the task whilst moving sideways



Equipment

- Change size of ball
- Use different household items (Eg. Change from a cushion, to a smaller soft toy)
- Change the size of the targets you are aiming at (use smaller targets to increase difficulty)



People

- If you have another person in your house, ask them to feed the ball for the activity
- Ball feeder can increase difficulty by changing the speed and direction of the ball feed
- Challenge a friend to an online competition – How many targets can you hit in 1 minute?

Learning intention

Physical:

- To develop the technique of the 'dig' pass in Volleyball

Personal:

- To develop perseverance

Learning questions:

- What does the 'dig' position look like?
- Where is the main movement generated?
- When would you use this type of shot?
- When in a game would this shot be used?
- When were you most successful during the task?
- What coaching points would you identify from this activity?