

# #ThisIsPE

## Volleyball — The Dig pass 2

SECONDARY KEY STAGE 3 PE /// NET/WALL

### Content outline

This activity aims to further develop the 'Dig' pass in Volleyball.

- Correct 'Dig' technique
- Adapting technique to change direction of the pass
- Reacting quickly and appropriately



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

- Change your body position from two knees, to just one knee
- 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 consecutive returns can you make in 1 minute?

### Learning intention

#### Physical:

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

#### Personal:

- To develop resilience

#### Learning questions:

- Where should you be watching when preparing for the 'dig'?
- What is a 'split step'?
- What does a good platform look like?
- What does a good ready position look like?
- When were you most successful? And why?
- What coaching points would you identify from this activity?