

Content outline

This activity aims to develop the hitting technique of a Spike in Volleyball

- Correct 'Spike' technique
- Self-feeding the ball in preparation for the shot
- Performing the spike against a wall



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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 wall (to make the task more difficult)
- Decrease the distance from the wall (to make the task easier)



Task

- Change your body position from two knees, to just one knee
- Complete the task whilst stationary
- Complete the task whilst moving forwards, backwards or moving sideways
- Create targets on the wall to aim your spike towards (add smaller targets to increase difficulty)
- Incorporate other shots to feed into the spike (Eg. Dig, Set, Spike)



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 targets can you hit in 1 minute?

Learning intention

Physical:

- To develop the technique of the 'spike' shot in Volleyball

Personal:

- To develop confidence

Learning questions:

- What part of the hand do you need to hit with to perform a spike?
- What is the arm position when preparing for a spike?
- What angle are you aiming to hit the ball at when performing a spike?
- How can you generate more power during the shot?
- What height should you aim to hit the ball?
- When were you most successful? And why?
- What coaching points would you identify from this activity?