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

S
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)

T
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

E
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)

P
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?