#ThisIsPE

Volleyball — The Dig pass
SECONDARY KEY STAGE 4 PE // NET/WALL

Content outline
This activity aims to refine 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

Learning intention
Physical:
• To refine the technique of the ‘dig’ pass in Volleyball

Personal:
• To develop aspiration

Learning questions:
• Why does the ‘platform’ need to be strong?
• Why do your shoulders need to be forwards in the dig position?
• Why might you need to alter your feet position when playing a dig during a game?
• When were you most successful? And why?
• What coaching points would you identify from this activity?

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