

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



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, backwards or moving sideways
- Create targets on the wall to aim your pass towards (add smaller targets to increase difficulty)



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 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?