#ThisIsPE

Volleyball — Introduction to blocking

SECONDARY KEY STAGE 4 PE // NET/WALL

Content outline
This activity aims to refine and develop the block technique in Volleyball.
- Correct technique
- Hand positioning
- Power / jump height
- Motivation

S T T E P

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)

Equipment
- Change size of ball
- Use different household items (Eg. Change from a cushion, to a smaller soft toy, toilet roll)
- Use lighter items / balls to decrease the speed (and difficulty) of the activity – such as a balloon or beach ball

Task
- Start by performing the activity in a static position, then progress to moving sideways
- Increase the distance you need to travel sideways as your get more confident
- How many times can you perform a successful block, and return to your starting position in one minute?

People
- If you have another person in your house, ask them to work with you
- Can you teach someone else in your household this skill?
- Challenge a friend to an online competition

Learning intention
Physical:
- To develop the basic technique of blocking in Volleyball

Personal:
- Motivation

Learning questions:
- Where do your hands need to be positioned?
- Why do you need to angle your hands downwards during a block?
- Where would you be on a court when performing this skill?
- When were you most successful? And why?
- What coaching points would you identify from this activity?
- What effect did your coach/partner have on your performance?
- How could you improve your motivation during this task?

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary