#ThisIsPE
Volleyball — The Spike 2
SECONDARY KEY STAGE 4 PE // NET/WALL

Content outline
This activity aims to develop the footwork needed for the Spike in Volleyball
- Correct ‘Spike’ footwork technique
- Refining ‘Spike’ technique

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

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)
- Change the height of the obstacle to jump over during run up activity

Task
- Create targets on the wall to aim your spike towards (add smaller targets to increase difficulty)
- Change the speed of run up to perform the Spike (faster run up will increase difficulty)

People
- If you have another person in your house, ask them to feed the ball for the activity
- Ball feeder can decrease difficulty by counting to help the timing of the jump
- 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 shot would a spike follow?
- Which player should you be looking at prior to playing a spike?
- Why do you need to accelerate into a spike?
- Why does the guide arm need to be up high?
- How can you improve power in your jump?
- When were you most successful during the activity? And why?
- What coaching points would you identify from this activity?

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