

# #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



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



### 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)



### 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



### 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?