

PAIRS BLOCK

OBEJECTIVE: Blocking

EQUIPMENT: 1 net or a rope/ribbon to create a net



5 mins

DESCRIPTION

1. Partner students with one partner standing on each side of the net facing each other.
2. One player calls 'go' and then both players jump up and touch hands over the net
3. Encourage players to keep their hands up clear of the net when they jump.
4. Students get a point each time they cleanly touch each other's hands without touching the net.

CHANGE IT

Beginner

- This grill can be performed without the net to allow students to work on the timing of the jump

Advanced

- N/A

ANC CODE

Understanding
Movement

[ACPMP029](#)

[ACPMP047](#)

[ACPMP065](#)