

SPIKE BLOCK

OBEJECTIVE: Blocking

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



10 mins

DESCRIPTION

1. Partner students with one partner standing on each side of the net facing each other approximately two steps back from the net.
2. One player starts with the ball and does a small throw to themselves and they spikes the ball over the net to the blocker.
3. The blocker aims to block the ball with both hands and then return the ball to the spiker.
4. Encourage players to keep score and change positions after they have had 10 turns each.

CHANGE IT

Beginner

- This game can be performed without the net

Advanced

- Encourage players to avoid net touches, if keeping score take one point off each time the net is touched.

ANC CODE

Understanding

[ACPMPO29](#)

Movement

[ACPMPO47](#)

[ACPMPO65](#)