

THROW BLOCK

OBJECTIVE: 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 lobs the ball underarm over the net to their partner – the blocker.
3. The blocker starts close to the net with their hands up and spread. As the ball approaches they jump and aim to bat the ball down to the ground.

CHANGE IT

Beginner

- This game can be performed without the net

Advanced

- Encourage players to avoid net touches.

ANC CODE

Understanding

[ACPMP029](#)

Movement

[ACPMP047](#)

[ACPMP065](#)