

# LINE SPIKE

**OBJECTIVE:** Spiking

**EQUIPMENT:** 1 ball per pair



5 minutes

## DESCRIPTION

1. Player A stands near the net, a line of other players start at the back of the court. The player at the start of the line Player B throws it to Player A, who catches the ball and then does a set/toss to Player B who walks forward and spikes the ball over the net.
2. Player B crosses under the net and retrieves the ball before giving it to the next player in line.

Note: You can create a group of players on each side of the net to reduce wait time for the players.

## CHANGE IT

### Beginner

- 

### Advanced

- Player B can do a run approach to spike the ball

### ANC CODE

Understanding

[ACPMP029](#)

Movement

[ACPMP047](#)

[ACPMP065](#)