

NET SPIKE

OBJECTIVE: Spiking

EQUIPMENT: 1 ball per pair



5 minutes

DESCRIPTION

1. Players find a partner and stand on either side of the net.
2. Player A throws the ball up then spikes it over the net to Player B. Player B catches the ball then throws it up and spikes back over the net.
3. Encourage players to keep score, scoring a point each time the spike goes over the net and is caught.

CHANGE IT

Beginner

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Advanced

- As players get more confident they can take more steps back.

ANC CODE

Understanding
Movement

[ACPMP029](#)

[ACPMP047](#)

[ACPMP065](#)