

# PAIRS SPIKE

**OBJECTIVE:** Spiking

**EQUIPMENT:** 1 ball per pair



5 minutes

## DESCRIPTION

1. Two players stand about four steps apart.
2. Player A underarm lobs it high to Player B who moves under the ball and does a standing spike back for their partner to catch.
3. Repeat this for 2-3 minutes before swapping roles.

## CHANGE IT

### Beginner

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### Advanced

- Player B can jump and hit the ball and Player A can forearm pass or set the ball before catching it.

### ANC CODE

Understanding  
Movement

[ACPMPO29](#)

[ACPMPO47](#)

[ACPMPO65](#)