

STEP & SPIKE

OBJECTIVE: Spiking

EQUIPMENT: 1 ball per person



2 minutes

DESCRIPTION

1. Players throw the ball up in the air and then take a step under the ball before jumping and hitting the ball over the net.
2. Repeat for 1-2 minutes
3. Encourage players to be aware of other player when spiking the ball.

CHANGE IT

Beginner

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Advanced

- Create a target for players to aim their spike at on the other side of the net

ANC CODE

Moving

Our

Body

[ACPMPO27](#)

[ACPMPO45](#)

[ACPMPO61](#)