

WALL SPIKE

OBJECTIVE: Spiking

EQUIPMENT: 1 ball per person



2 minutes

DESCRIPTION

1. Players stand about five steps from the wall and holds the ball in their non-hitting hand at head level.
2. The player hits the ball off the support hand with an open hand, aiming the ball forward and down so it hits the wall or the floor close to the wall and rebounds back.
3. Repeat for 1-2 minutes

CHANGE IT

Beginner

- Reduce the space between the player and the wall

Advanced

- If a wall is not available players can pair up. Players spike the ball aiming to hit the ground in front of their partner who can spike it back.

ANC CODE

Moving
Our
Body

[ACPMPO25](#)

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