SKILL PROGRESSION 1

AIM: To spike the ball with an OPEN HAND and FINGERS SPREAD.

1. Work in pairs and decide who will be the SPIKER and who will be the COACH.
2. You will need one volleyball between two students or one ball between three if volleyballs are in short supply.
3. From a standing position hold the ball in your non-preferred hand at shoulder height. Place your hand over the ball to show the correct position with the HAND OPEN and FINGERS SPREAD. Get your COACH to check this is correct. (See diagram below.)

4. You and your COACH should now face each other at a distance of 6–8 metres.
5. With your non-preferred hand throw the ball into the air in front of your body. The ball should be thrown above your spiking shoulder and 1–2 metres above your head. The COACH needs to give you feedback on the correct height and placement of the ball.
6. Pull back the spiking arm before you throw the ball up so it is behind the shoulder and in a bent position. (See diagram below.)

7. Gently spike the ball to your COACH but concentrate on the OPEN HAND and FINGERS SPREAD position. YOU MUST WATCH THE BALL! As you become more confident you can increase the power you put into the ball but DO NOT HIT THE BALL WITH FULL POWER YET!
8. Perform 6–8 spikes towards your COACH.
9. Now swap roles with your partner so you are now the COACH. Repeat the skill progression with your partner as the SPIKER.
SKILL PROGRESSION 2

AIM: To spike the ball DOWNWARDS toward the floor.

1. Stand facing a wall at a distance of 5–6 metres with your COACH standing beside you and on your spiking hand side; ie if you are right handed your COACH should stand on your right side.
2. As for the previous drill, throw the ball to yourself and perform the spike towards the wall.
3. Aim to hit the ball beginning with the base of the palm and then snapping the wrist forward by wrapping your fingers around the ball. The open hand should be relaxed, NOT STIFF as with the overhead serve.

4. Get your COACH to check this is correct. The COACH needs to give you feedback on the position of your hand and fingers when contacting the ball.
5. Perform 6–8 spikes toward the wall, aiming to hit the ground with the ball before the wall.
6. Now swap roles with your partner so you are now the COACH. Repeat the skill progression with your partner as the SPIKER.
**SKILL PROGRESSION 3**

**AIM:** To spike the ball DOWNWARDS toward the floor after it has been thrown upwards by the COACH.

1. Repeat SKILL PROGRESSION 2, but the COACH now throws the ball underarm into the air.
2. The ball needs to be thrown 2–3 metres above head height of the SPIKER.
3. The SPIKER must pull back the spiking arm so it is behind the shoulder, in a bent position and ready to spike the ball.

![Diagram of spiking](image)

4. Perform 6–8 spikes towards the wall, aiming to hit the ground with the ball before the wall.
5. Now swap roles with your partner so you are now the COACH. Repeat the skill progression with your partner as the SPIKER.
SKILL PROGRESSION 4

AIM: To learn the TWO STEP RUN-UP and TWO FEET TAKE-OFF.

1. Perform this skill in an appropriate space in the activity area.
2. The COACH needs to watch the SPIKER from a side-on position.
3. The SPIKER starts in a standing position with feet about shoulder-width apart.
4. Slowly take two steps forward (you may prefer to start with a particular leg first) and then finish with both feet together about shoulder-width apart. At the same time bring both arms behind the body. (See diagram below.)

![Skill Diagram](image)

5. From this position, jump off two feet into the air with a vigorous two-arm swing to help you get height. (See diagram above.)
6. Repeat the movement and GRADUALLY increase the speed or tempo of the two steps and jump. The COACH can count out the rhythm as: ‘1, 2, feet together, jump!’
7. Perform the run-up and jump about 8–10 times with your COACH giving feedback on the movement.
8. Now swap roles with your partner so you are now the COACH. Repeat the skill progres- sion with your partner as the SPIKER.
SKILL PROGRESSION 5

AIMS: To practice the TWO STEP RUN-UP and TWO FEET TAKE-OFF action at the net.
To determine your individual starting position relative to the 3m line.

1. Before the ball is introduced, the SPIKER should repeat the previous TWO STEP RUN-UP
   and TWO FEET TAKE-OFF skill at the net.
2. Begin by standing on the 3m line and facing the net (see diagram below). There should
   be various net heights available, so choose the appropriate net height for your level.

3. Perform the TWO STEP RUN-UP and TWO FEET TAKE-OFF. After landing, decide if you
   are too close to the net or too far away by aiming to land just behind and not touching
   the net. The aim of the COACH is to help you adjust your run-up distance. If you start too
   far back or are too close then adjust your run-up accordingly.
4. Perform the run-up and jump about 6–8 times with your COACH giving feedback on the
   movement.
5. Now swap roles with your partner so you are now the COACH. Repeat the skill progres-
   sion with your partner as the SPIKER.
SKILL PROGRESSION 6

AIM: To spike the ball over the net and into the opponent’s court

1. Work in groups of three. One student is the SPIKER, one is the COACH and the other throws the ball into the air for the spiker to spike.
2. The PARTNER must stand side-on and about 50 centimetres from the net.
3. The PARTNER throws a volleyball underarm straight up, about 3–4 metres above the net height and then steps back to allow the SPIKER to spike the ball.
4. The COACH watches carefully and provides feedback to both the PARTNER and the SPIKER.
5. Now rotate roles with your PARTNER and COACH so you each perform 6–8 spikes or as many spikes as time allows.