

Volleyball – Digs

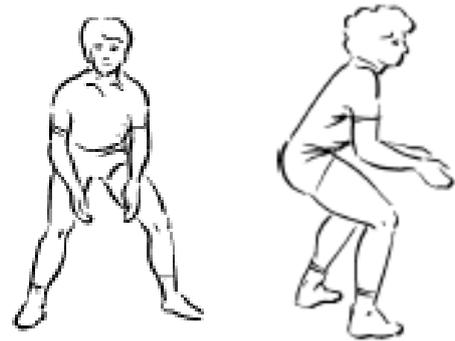
Keywords

Attack	Smash
Block	Volley
Rally	Balance
Dig	Rotation
Set	Defence
Coordination	Formation

Can you think of anymore?



Stance



Front View

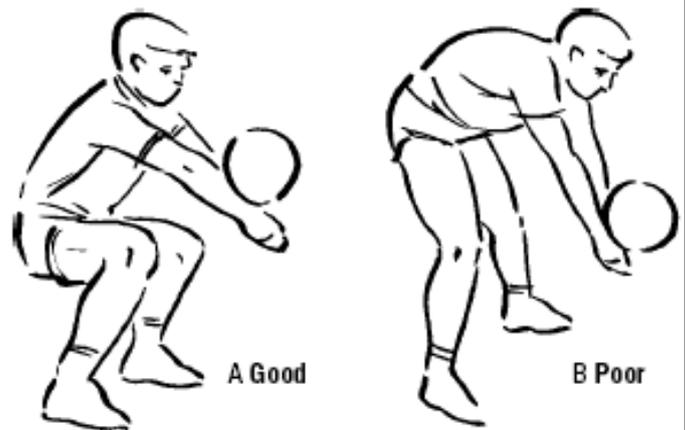
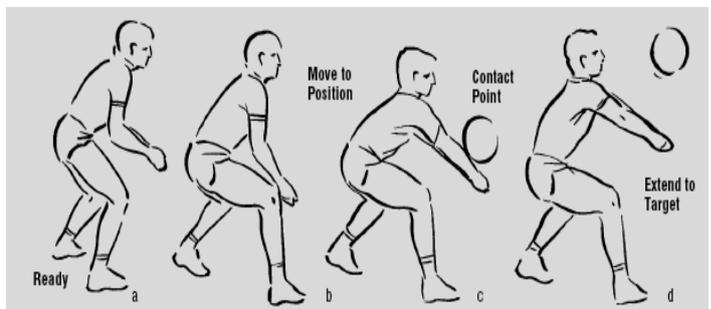
Side View

Ball Contact



- The ball is played on fleshy inside edges of the forearms just above wrists.
- The elbows should be straight & must not bend during action.

The Action



What is your technique like? Can you observe your partner performing a DIG and give feedback on their performance?

Making and Applying Decisions	Can you select the correct shot?
	What is effective dig?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which part of hand do you strike?
	Can you strike ball?
	Do you use your legs?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

Volleyball – Serves

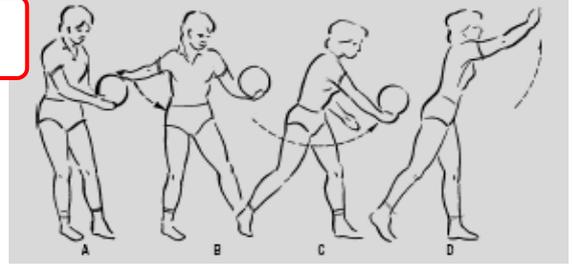
Keywords

Attack	Smash
Block	Volley
Rally	Flight
Dig	Rotation
Set	Overhead
Coordination	Formation

Can you think of anymore?

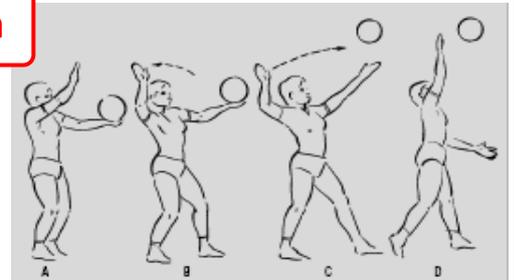


Under-arm



- Feet shoulder width apart
- The weight on the back foot, the ball is held in the left hand, elbow comfortably bent at about waist height and in front of the right hip.
- The striking hand can be either closed in a fist or kept open.
- The striking arm swings through in a straight line, brushing the right hip.
- The hitting hand strikes the bottom half of the ball (to ensure that it goes up and over the net) and follow through in the direction of the target.

Over-arm



- At the same time as the holding hand tosses the ball, the striking hand moves back to initiate the striking action.
- The ball should be at the apex of its toss when it is hit by the serving hand.
- As the hand comes forward to strike the ball, the body weight is transferred from back to front foot.
- The hand is open and the wrist and palm are tense as they strike the centre of the ball.

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	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

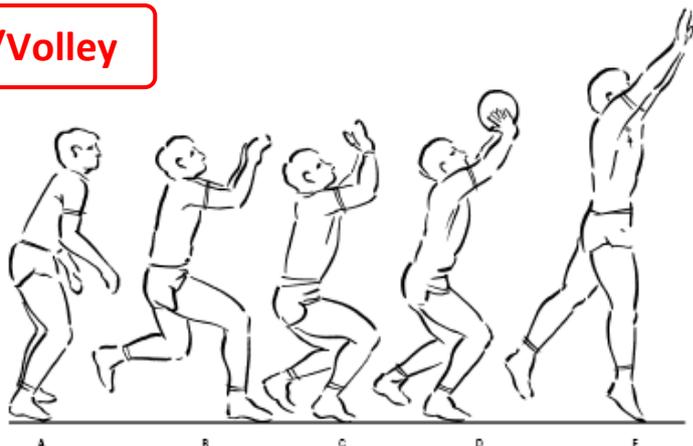
Volleyball – Volley

Keywords

Set/Volley

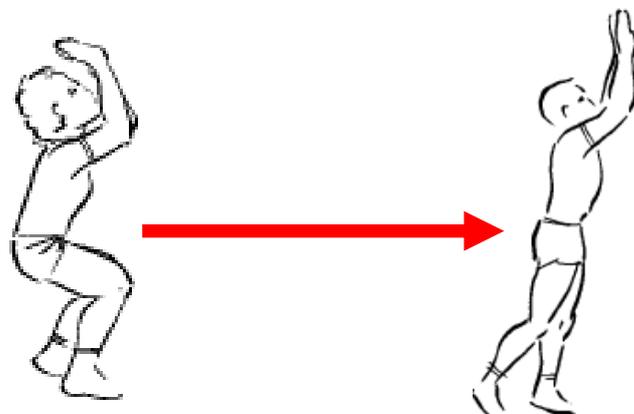
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Block	Volley
Rally	Flight
Dig	Rotation
Set	Overhead
Coordination	Formation

Can you think of anymore?



Teaching Points

- The hands are open, in the shape of the ball
- The index fingers and thumbs form a triangle.
- The forearms makes a second, bigger triangle
- The ball is contacted with the pads of the thumbs and fingers
- The player should try to play the ball quietly with relaxed arms, wrists and fingers.



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