**Move to improve: think and work toward skill refinement.**

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** Manipulative Skill Focus: Passes and Spikes**

**Think about space:**

* Where does your body move through space?
* Where does the Spikeball® move through space?
* Why is it important to think about space?

**Think about movement through space:**

* Location
* Direction
* Levels
* Pathways
* Extensions

**Examples:**

* When moving to return a spike, a straight line is the best pathway to take in order to position your body for striking. What might force you to move an a curved or zig-zag pathway?
* Passing the ball to your partner with an arc allows her/him to track and prepare for their next strike.

*Adapted for Roundnet using the Movement Analysis Wheel in Children Moving: A Reflective Approach to Teaching Physical Education. George Graham, Shirley Ann Holt/Hale, Melissa Parker.*

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**Manipulative Skill Focus: Passes and Spikes**

**Think about relationships:**

* Where are you positioned with respect to your partner, the net, your opponents?
* Where is the Spikeball® with respect to your body and the net before you hit it?
* Where do you want to set the Spikeball® with respect to your partner and the net in order to gain an advantage?
* Why is it important to think about relationships?

**Think about spatial relationships:**

* With your body
* With your opponent
* With your partner
* With the Spikeball®
* With the net

**Examples:**

* A drop shot is best used when your opponent is positioned away from the net and you place your shot just off the net.
* An above-chest pass is used when the Spikeball is hit above your head.

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**Manipulative Skill Focus: Passes and Spikes**

**Think about effort:**

* How does your body move through space?
* How does the Spikeball® move through space?
* How are you bound to the net and other boundaries?
* Why is it important to think about effort?

**Think about your effort:**

* Time (Fast–Slow)
* Force (Strong–Light)
* Flow (Bound–Free)

**Examples:**

* Swing fast and strong if your opponent is out of position and there is open space for a spike.
* Use a slower and more controlled drop shot for placement if your opponents are back on their heels and away from the net.

*Adapted for Roundnet using the Movement Analysis Wheel in Children Moving: A Reflective Approach to Teaching Physical Education. George Graham, Shirley Ann Holt/Hale, Melissa Parker.*