

MOVEMENT CONCEPTS

Move to improve: think and work toward skill refinement.

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 on 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.

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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.

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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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.

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