

Spikeball – Innovative new small-sided team game for all (K-12)

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Spike Lead-Up Activities/ Skill-Building

Serve and Catch:

- 1) Each student collects a ball (spikeball) and finds an open space.
- 2) Once in an open space, the student will place the ball on the floor between their feet and watch the instructor (or another student) demonstrate the technique needed for a successful serve.
- 3) To serve, the student will hold the ball at waist level with the palm facing up. The striking hand should be up near the ear with the elbow up high. The non-dominant foot should be slightly in front and knees should be slightly bent.
- 4) When ready, the student will toss the ball up as they strike down with the dominant hand (striking the ball with the hand down to the floor) and following through toward the target (floor).
- 5) It is important that the ball bounces between knee height and the height of someone's out stretched hands.
- 6) Once the teacher has completed the demonstration, students will practice serving the ball to the floor and catching it after it bounces.

Adaptations:

- a) Students can find a space near a wall (4-5 feet away from the wall) to practice the skill. The ball should bounce between the student and the wall and then the student will catch the ball after it rebounds off the wall.
- b) To motivate students, awards points for completing the task correctly. By adding points, students also get an opportunity to practice multiplication.

Partner Serve and Catch:

- 1) Each student will need a partner for this activity.
- 2) Each pair will stand on the opposite side of a hula hoop (3' is suggested) or a Spikeball net.
- 3) One partner will have a ball and serve it to the net so that the partner opposite can catch it (the ball should bounce between and outstretched arms so that it is easier to catch). The pair will receive a point (points designated by the instructor) for completing the task.
- 4) When the ball changes possession, the partner who caught the ball will now be the server and the partner without the ball will be the receiver.

Adaptations:

- a) When students achieve a designated amount of points for catching the ball, the pair can move to an area and complete a fitness task to demonstrate that the pair completed the task.
- b) To increase cardio, have students switch places each time the ball is caught (clock-wise movement around the hoop or net).
- c) To add a challenge, time the activity (i.e. – for 1 minute) and see how many points the partners can score during that time.

Partner Serve-Pass-Catch:

- 1) Each student will need a partner for this activity.
- 2) Each pair will stand on the opposite side of a hula hoop (3' is suggested) or a Spikeball net.
- 3) One partner will have a ball and serve it to the net so that the partner opposite can self-pass it (the ball should bounce between and outstretched arms so that it is easier to pass). The pair will receive a point (points designated by the instructor) for completing the task (pass and catch by the receiving partner).
- 4) When the ball changes possession, the partner who caught the ball will now be the server and the partner without the ball will be the receiver.

Adaptations:

- a) When students achieve a designated amount of points for catching the ball, the pair can move to an area and complete a fitness task to demonstrate that the pair completed the task.
- b) To increase cardio, have students switch places each time the ball is caught (clock-wise movement around the hoop or net).
- c) To add a challenge, time the activity (i.e. – for 1 minute) and see how many points the partners can score during that time.

2 v. 2 Serve-Pass-Catch:

- 1) Students will find a partner to start then join another pair for this activity.
- 2) Once a group of 4 is formed, the 2 pair will stand opposite of each other with a Spikeball net or hula hoop between them.
- 3) Each pair will have two different objectives depending on whether they are serving or receiving. The serving pair will attempt to make a good serve to the opposing team (see technique above). The receiving team will attempt to complete a pass and catch combo. To complete this task, one partner will pass the ball after the serve and the other partner must catch it.
- 4) When possession changes, the receiving team will then become the serving team. Each time the ball switches possession, it is important that the partners alternate serving.

Adaptations:

- a) Have students score points when completing task. If the teams receive a designated number of points, they can go to a station and complete a fitness or academic task before starting again.
- b) While waiting for the partner to serve, the non-serving partner can do a physical fitness activity while waiting for a turn. This will reduce the amount of wait time during the game.

2 v. 2 Serve-Pass-Spike

- 1) Students will find a partner to start then join another pair for this activity.
- 2) Once a group of 4 is formed, the 2 pair will stand opposite of each other with a Spikeball net or hula hoop between them.
- 3) Each pair will have two different objectives depending on whether they are serving or receiving. The serving pair will attempt to make a good serve to the opposing team. The receiving team will attempt to complete a pass (or another pass) and spike combo. To

complete this task, one partner will pass the ball after the serve and the other partner either pass it back or spike it to the net.

- 4) After the spike has been attempted, the teams will stop play and the receiving team will then become the serving team. Each time the ball switches possession, it is important that the partners alternate serving.

Adaptations:

- a) Have students score points when completing task. If the teams receive a designated number of points, they can go to a station and complete a fitness or academic task before starting again.
- b) While waiting for the partner to serve, the non-serving partner can do a physical fitness activity while waiting for a turn. This will reduce the amount of wait time during the game.

1 v. 1 Spikeball Pepper

- 1) Students will need to find a partner and will stand on the opposite side of a hula hoop or Spikeball net.
- 2) The partners will have one ball and the partner with the ball will start the activity by serving.
- 3) When receiving, the partner will first perform a self-pass and then try to spike the ball back.
- 4) When the ball bounces, the opposing partner will attempt to keep the ball in play by repeating the skills (self-pass and spike).
- 5) The partners will attempt to keep the rally going as long as possible working on passing, spiking, and defensive ready position.

Adaptations:

- a) The partners can keep track of the total number of possession switched before the ball goes out of play.
- b) Students can add a second self-pass if needed.
- c) Remind students that this activity is designed to be a warm-up prior to playing the real game of Spikeball.