

Volleyball – Digs

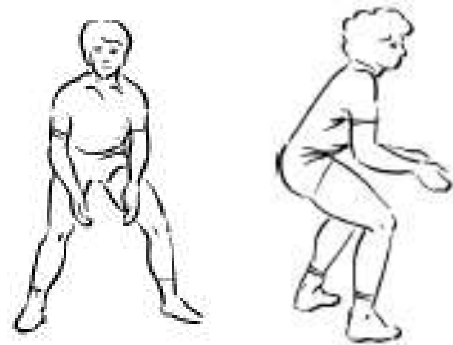
Keywords

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

Can you think of anymore?

What level
are you?

Stance



Front View

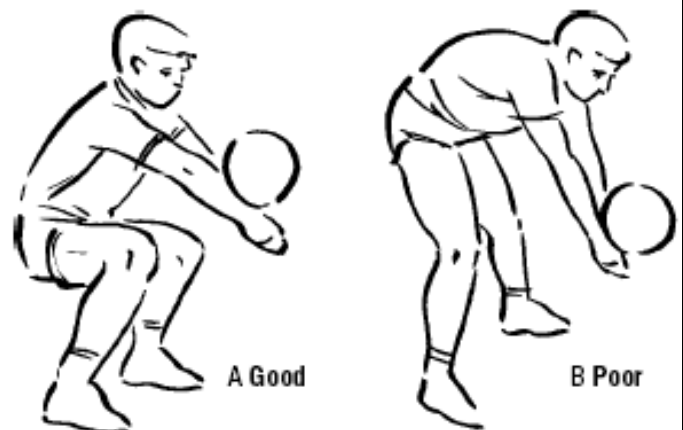
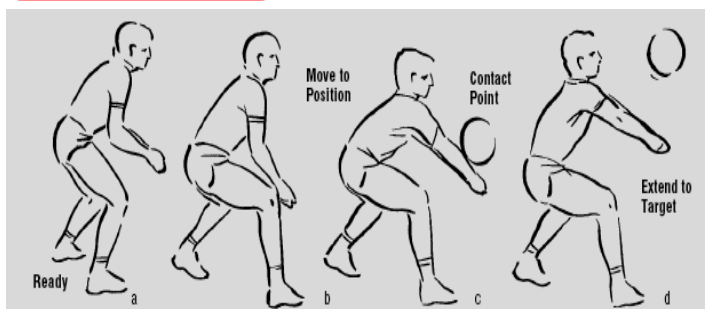
Side View



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

NOTE YOUR LEVEL IN YOUR PLANNER