



Spikeball™

BOT CAMP



ELEMENTARY STUDENTS'
OPPORTUNITY TO MASTER
BASIC SPIKEBALL
SKILLS THROUGH
DIFFERENT GAMES

Spike Ball Bootcamp

Spikeball is a fun original sport that combines the teamwork of volleyball, the hand-eye coordination of four square, and the physicality of a cardio workout. The game features the potential for complex, competitive play, which makes it quite addictive and challenging for all ages and athletic abilities. Despite spike ball being simple because it comes with a similar set of rules as Volleyball, it can be hard for younger grades to pick up the skills and game play quickly. The purpose of spike ball bootcamp is to give elementary students the opportunity to master basic spike ball skills through different games before applying those same skills to an actual spike ball game. This is helpful because it reduces student's frustration when learning new skills that can be hard to master. Spike ball bootcamp is an excellent addition to a spike ball unit.

- Skills & Teaching Cues in Spikeball:
 - The Serve or spike
 - Hold it up: When holding the ball up you want to use a “lego hand” (this means that the ball will be held up using the fingers and not touching the palm of the hand) You want your arm held up in front of your body and pointing in the direction of where you want the ball to go. You shouldn't have a firm grip on the ball, but instead it should be “loosie goosy” so you are able to hit the ball out of your hand.
 - Spike it down: With your dominant hand you want to hit the ball out of the hand of arm holding the ball with firm hand like you are giving the ball a high five.
 - Underhand Pass or bump
 - Palms up: Your palm should be facing up when pass the ball.

- Flat like a pancake: You want your hand flat like a pancake. You don't want to bend your fingers when passing. You want your fingers spread out, so the ball has a flat surface to hit. This helps you control the ball.
 - Pass it high above you head: You want to pass the ball above your head so your partner has enough time to ball so they can spike it.
 - Overhead Pass or Set
 - Palms Up: Your palm should be facing up when pass the ball.
 - Flat like a Pancake: You want your hand flat like a pancake. You don't want to bend your fingers when passing. You want your fingers spread out, so the ball has a flat surface to hit. This helps you control the ball.
 - Raise the roof: To overhead set or pass the ball you want to do a motion with your hands and arms like you are raising the roof.
 - Pass it high above the head: You want to pass the ball above your head so your partner has enough time to ball so they can spike it.
- Warm Up
 - Side shuffle down and backs
 - The students will shuffle down the gym in a ready position (chest up and eyes straight ahead. Slight bend in the knees until shoulders are aligned directly above the toes. Weight should be on the balls of the feet ready to move in any direction) The purpose of this is help students move quickly in a ready position which is an important skill in spike ball.

- Pass the ball to themselves
 - Each student is given their own spike ball. They will spread out throughout the gym having enough space to move around without running into other students. When the teacher blows the whistle, the students will begin passing the ball to themselves repeatedly without letting the ball touch the ground using the passing cues they learned. If the ball touches the ground, they will pick it up and start again. This warmup should not be done until students have been taught the spike ball passing cues.
- Set the ball to themselves
 - Each student is given their own spike ball. They will spread out throughout the gym having enough space to move around without running into other students. When the teacher blows the whistle, the students will begin setting the ball to themselves repeatedly without letting the ball touch the ground using the setting cues they learned. If the ball touches the ground, they will pick it up and start again. This warmup should not be done until students have been taught the spike ball setting cues.

- Spike Ball Boot Camp Games

- Hot potato (zero Gravity)
 - The students are each given a spike ball. The teacher will begin playing an appropriate song. While the song is playing the students must pass the ball to themselves repeatedly without letting the ball touch the ground using the passing cues they learned. If the ball touches the ground before the song ends, they must do an exercise of the teacher's choosing until the

song ends. The students that are still passing when the song ends win. The teacher can decide whether to reward them.

- Wall and Back

- All students are paired up with a partner. Each partnership is given a spike ball. The game begins with all students starting at one end of gym. The goal of each partnership is to get to the other end of the gym but to do that they have to spike the ball to their partner. One of the partners will spike the ball to their partner. If their partner can catch the ball without having it bounce twice or having to move to get the ball, the partner who spiked will get to move closer to the end of the gym. If their partner was not able to catch the ball or it bounced twice then the spiker will have to stay in the same position and spike the ball to again. The person who caught the ball will now be the one staying in the same position and spiking it to their partner. This game is played like ultimate frisbee but instead of throwing a frisbee you are spiking a ball to a partner. Whatever partnerships gets to the end of the gym first wins. The teacher can decide whether to reward them.

- Spikeball relay:

- Students will be divided into groups. The number of students in a group depends on how many students are in the class. Each group will be placed in a separate corner of the gym. The different groups will form a semi-circle with their backs facing the walls of the gym. One member of the group will stand in the front center of the semi-circle facing the other

group members. This person is the spiker. The groups are competing to try and be the first ones to have every group member be a spiker and spike the ball to the rest of group members standing in the semi-circle going from left to right. You will give one spike ball to each group. The spiker will start the relay race when the teacher blows the whistle. They will spike the ball to the first person on the left. If that person can catch the ball without having it bounce twice or having to move to get the ball, they will throw the ball back to the spiker and they will spike it to the next person in the semi-circle. If the person was not able to catch the ball or it bounced twice then the spiker will have to spike the ball to that person again. This will continue until they have spiked it to every person in the semi-circle. Once the spiker has spiked the ball to every person in the semi-circle the person one the left end will become the spiker and the former spiker will join the semi-circle on the right.

○ 2 Bounce:

- All students are paired up with a partner. Each partnership is given a spike ball and a hula hoop. The hula hoop is placed in the center of the partners. The goal of this game is to try and serve the ball where your partner cannot catch it. The students should aim for the open spaces where their partner is not standing. Each player gets 2 serves and then the serve goes to their partner. The server is aiming for their serve to hit inside the hula hoop and then bounce where their partner cannot catch it. Both the server and the receiver must start at least 3 ft away from the hula hoop every

serve. If the serve is a “Bad Bounce” (hitting the rim of the hoop or net) or misses the target the server gets one redo - if they miss again, it’s their opponent’s point. Anytime the partner can’t catch the ball before it hits the ground the server receives one point - or if they don’t hit the net on their second serve attempt. First person to 5 points wins - Play Rock Paper Scissors to see who goes first.

- Make a Shot take a dot
 - Spread all the spike ball nets that you have available and poly dots throughout the gym. Give each student a spike ball. As soon as the teacher blows the whistle the students run and stand on a poly dot. If they can serve the ball from the dot they’re standing on and hit the spike ball net then they take the dot. This game goes until all the dots have been taken. Whatever student has the most dots by the end wins. The teacher can decide if they want to reward the student.