

Spikeball Presentation Handout

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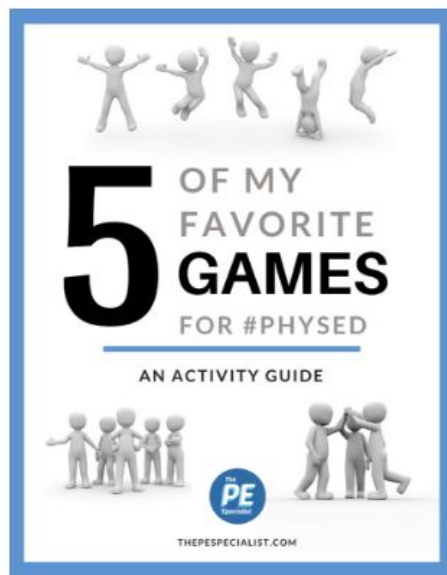
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What's up PE Friends!

Thanks for coming to the session, I hope you learned something and appreciate your participating.

On the following pages you can find my notes and activity outline from the session.

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Have Fun and Teach On!

Icebreakers/Warmups:

- [Adventure Bingo](#)
- [Pass the Frog](#)
- [Cone Flip Relay](#)
- [Crazy Cards Challenge](#)
- [More Warm up Ideas](#)

Session Activities and Notes

Intro: Why Spikeball?

- Great alternative to volleyball while working on the same skills
- I like doing a [4-Square Unit](#) or Lesson at the beginning of the year and then circling back around to striking with hands by doing some Spikeball Activities towards the end of the year
- I normally show the kids a quick video before any unit to spark their interest and get them more motivated to give 100% in the activity - [Youtube is full of awesome videos - here's an example.](#)

K-2: Lead Up Activities - exploring the bounce and catch skill with stations

Week 1 with K-2: Bounce and Catch Stations

Setup: 4 stations (3 sets of equipment at each) Partner kids up & rotate to the next station every 2-3 min



Have students sit down with a partner in the middle of the gym. Explain that we will be working to build up skills to learn a game called spikeball over the next few weeks. Today we will be practicing bouncing and catching a ball with a partner.

WOW Challenge - 30 in a row at every station ([Wow challenge is related to my Daily Self Assessment System](#))

[Check out this instagram video for an example of the Bounce and Catch stations in action](#)

- Bounce and catch in a [Hula Hoop](#) on the ground (mini playground ball)
- Bounce and catch off of an upside down [big rope handle bucket](#) ([small foam tennis ball](#))
- Bounce and catch off of the [spikeball net using a Spikeball](#)
- Bounce and catch off [rebounder](#) with [Gatorskin dodgeball](#) *tilt it up to make bounce more catchable
 - o You can use spikeball nets for this if you don't have rebounders
- *2nd grade modifications:
 - o Switch out the hoop with an upside down 5 gallon bucket (ball = super 70 gatorskin ball)
 - o After 30 successful catches move to a spike and catch

Reflection Questions

- Which was the hardest. Which was the easiest. How can you be successful with your partner?
- What made it hard to catch the ball? What made it easier to catch the ball?
- Get in ready position. Take your time. Bounce it high so your partner has time to catch it.

Depending on time you can attempt the stations again with a Strike instead of a throw, or teach students how to play 2-Bounce (see the next page for a game description) *normally I don't do this with Kinder

2 Bounce

I use the same setup as the 4 stations and students on the various equipment, but you can play on the same type of equipment as a class if you want (if you have enough nets/hoops for an entire class).

Moving from cooperative challenges to competitive challenges, it's important to build in some pre-thinking about [using good sportsmanship and what how to be a Good Sport](#).

- **Goal of the game:** To try and bounce the ball where your partner cannot catch it. Just like playing sports you should aim for the open spaces where your partner is not standing. Discuss drop shots, high bounces and diagonal bounces as strategies.
- Each player gets 2 bounces or serves and then switches with their partner (or group of 3 if needed)
- If the serve is a “Bad Bounce” (hitting the rim of the hoop or net) or misses the target it's a redo
- Anytime your partner can't catch your ball before it hits the ground you receive one point
- First person to 5 points wins
- RPS to see who goes first
- **Variation:**
 - Award points for successful catches instead of causing a miss
 - To make it easier allow the ball to bounce off the ground once before a catch
 - To make it harder have students only use one hand when catching

Rotate kids every 2-3 minutes to the next station and give any needed refinement

Reflection Questions:

- What did you do to be successful during this game?
- What were you aiming for?
- How did you make the ball move to the open spaces?
- What should you look like when receiving a serve?

Week 2 K-2: Spikeball Stations

Same setup - but instead of throwing move to a SPIKE

- Extension for older or more skilled students in 1st and 2nd
 - After 30 in a row have them try a Serve, Self Pass, Catch pattern
- Play 2 bounce with a SPIKE instead of a throw

Week 1 3rd-5th: SPIKER BOWL

Warmup - Get a partner, spike it to each other 5 times in a row and then jog a lap and repeat

Equipment Setup for 24 students (double everything with large class sizes):

- 3 - 5 gallon buckets
- 3 - Large [17 gallon rope handle buckets](#)
- [3 Spikeball Nets](#) to place near each of the buckets (within spiking distance to the bucket)
 - If you don't have nets you can use Hula Hoops on the ground instead
- 6 Colored [Hula Hoops](#) to designate Teams
- 3 sets of 6 colored bean bags in each bucket (each bucket has one of all 6 colors) You could also use paper or popsicle sticks.
- 12 spikeballs (2 in each hula hoop)
 - **Note:** You can use any kind of ball that bounces well if you don't have spikeballs, for example - these [foam tennis balls](#) or [super 70 gatorskin balls](#) work great too
- 3 bowling pins



Get 4 students per hula hoop (or more if you have large numbers, add some extra balls or extra buckets if needed for larger numbers)

The Spiker Bowl is a race to score all the resources in the game the fastest. It's an ultimate competition made up of the most talented spikers in existence world-wide.

LEVEL 1: Wall and Back (Learning to move the ball)

- Demonstrate how to move the ball by SPIKING it down so it bounces up to your teammate
 - **Cues:** "Hold it UP - Spike it DOWN"
 - **Note:** This is the opposite of a 4-Square serve where you "bounce it down, strike it up"
- **Rules:**
 - You can't move your feet when in possession of the ball (I allow them to pivot on one foot)
 - **Passing:** You must move the ball by spiking it down and bouncing it to a partner
 - When starting a ball the thrower must stand inside the hoop
 - The ball must bounce 1 time and ONLY 1 time after each spike and before a catch
 - You may not spike it to yourself, only to your team members

You must **START OVER** in your hoop if (provide non-examples):

- Your ball bounces twice or more
- You catch the ball before it bounces
- You catch your own ball after it bounces
- You throw a ball instead of spiking it

After teams complete the Level 1 challenge, they receive one point and continue practicing moving the ball until the time is up.

Level 2: The Bucket Bounce

Now students will attempt to move their ball down to [a big rope handle bucket](#) and spike the ball into it. If they are successful they will take one bean bag out of the bucket (The same color as their teams hula hoop) and place it inside their hula hoop. (demonstrate correct and incorrect scoring)

Rules:

- Teams can split up and work with small pairs or work together with the entire team
- You can only have 1 ball in your possession at a time
- You may only take a bean bag out of a bucket that you scored a legal shot into
- A legal shot is when you spike a ball and it bounces off the ground and directly into the bucket

Incorrect Scoring (provide non examples):

- Spiking a ball directly into the bucket (without bouncing it off the ground)
- Throwing a ball to the ground instead of spiking it
- Bouncing off a teammates hands into the bucket

Level 4: Those Buckets are SMALL!

Put the bean bags into 5 gallon buckets, flip the big rope handle buckets upside down and place the 5 gallon buckets on top of them - same rules as Level 3

- If this is too hard - you can just place the 5 gallon buckets on the ground instead of on top of the other buckets

Level 4: Pin Knockdown

Turn the buckets upside down and place all the bean bags underneath the bucket or in a circle on top of the bucket. Place a bowling pin on top of each bucket.

- Knock down the pin with your shot to score a bean bag
- If a team is successful they will take their bean bag from under the bucket and then reset the pin so that the other teams can attempt to score
- The Ball must touch the pin (not just hit the bucket)

Level 6: Spikeball Nets

- Switch to rope handle buckets and add in nets - must bounce off the net to score a bean bag

Level 7: DEFENSE!!!

Each team gets one jersey - the player wearing the jersey is allowed to play defense and attempt to block a pass between opposing players. Once they reach the "Shot Zone" they are allowed to take a free shot at the buckets. You can use a rope, line or hula hoop to define where the shot zone is - once students reach that line or are standing in the hula hoop they are allowed to take a free shot

- Can also play ultimate style and try to get into an "Endzone" to score a point

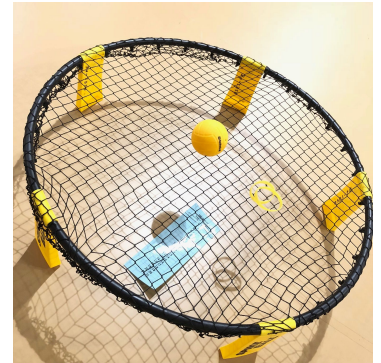
WEEK 2/3 - 3rd - 5th: Spikeball Tournament

*Note: Depending on time and your student's skill level you can play Spikerbowl for 2 weeks, just make a note of where you left off and pick it back up on the same level. If the kids seem ready skill wise, I usually move on to the modified spikeball tournament.

Warmup - Spike to partner, Underhand Pass so the ball goes above your head and you catch it - get with a group of 2-3 after 5 in a row, jog a lap and repeat

Equipment:

- Enough Hula hoops or Spikeball Nets to accommodate all sets of partners (1 for every 2 students)
- Spikeball for every student (or alternative such as small gatorball or high bounce foam tennis ball)
- Setup all hoops/nets in a circle around the room, place 2 wristbands/jerseys and a [scorecard](#) under each net



Partner Warm Up Cooperative Challenges:

- Serve and Catch w/Partner
 - When serving – “Hold it up, Spike it down”
 - One partner serves it to the ground and the other partner catches it off the bounce
 - After the catch – the catching partner will serve it back
- Serve and Catch with Movement
 - After each successful catch partners will quickly run clockwise, trade places and then repeat
- Serve - Self Pass - Catch
 - **Note:** This is a good time to discuss when to use an Underhand or Overhead Pass
 - if the ball is over your shoulders you would want to do an overhand pass
- Serve - Partner Pass - Catch (**WOW Challenge - 5 in a row with no mistakes**)
 - After 3 successful “Serve - Partner Pass - Catch” patterns - switch servers
 - This will lead into some of the 2 v 2 challenges ([for example, check out this video](#))
- Serve - Pass - Spike - Catch off one bounce
 - For less skilled classes you can skip this challenge, but some older or more skilled students will be able to complete this challenge.
- Additional Challenge at the net if students are ready: 1 v 1 Volleys
 - Serve, Self Pass and Spike continuous (Rally back and forth until a mistake is made)
 - Basically you get 2 hits to put it back down on the net

2 v 2 Challenges

Setup - have one set of partners put on the wristbands. After each progression they will rotate one direction while the other set of partners will rotate the opposing direction. Don't use the scorecards yet.

- Serve, Pass to partner and Catch
 - One team will serve to the other team, the player receiving the serve will do a bump up pass to their partner who will catch it.
 - After catching the ball successfully, the catching partner will serve it to the other team
- Serve, Pass to partner and Catch (with Movement)
 - Same as above except after each successful catch players will all switch sides moving clockwise
- Serve, Pass to partner and Spike
 - After the serve the receiving team will attempt a pass + spike (with goal of opposing team catching ball)
 - The opposing team will try to catch the ball, then allow the other team to serve it back to them
- **Serve, Pass to partner and Spike - other team will attempt a catch (Keep Score)**
 - Same as above, but not we will add in the scorecards - all teams with wristband will be Team #1
 - If you make a mistake the other team gets one point
 - Rim Ball - the ball hits the rim
 - Double Hit - you hit it 2 times in a row
 - Can't return a spike (if you can't catch the ball after it's spiked)
 - [*I modify this with 2nd and remove the Spike, but use the same format and rules](#)
- If students are ready for a full game you can play by the [Official Spikeball Rules](#), but I've found with once a week PE I can rarely get them to this point, so we usually modify it as noted above.

Tournament Play:

- Always start out by reminding students [about being a Good Sport](#) and the whole purpose being PE being to learn to have fun being active and staying healthy
- Play for 3-5 minutes - shake hands or give a fist bump and say good game.
 - Variation: if you have time you can have students give each other a coaching tip before rotating.
- Winning team comes to get a popsicle stick (or use fake money, or any other item to track points - or just play for fun)
 - I get out the same number of popsicle sticks as games that are being played and then the winning teams come and get a stick.
- If it's a tie - play one last point to determine the winner
- After students return to their nets, have them rotate to the next net over and play another round
- Play until you run out of time and declare the championship to the team with the most points.
 - Or if you want you can have a Spike Off at the end of class between the top 2 teams
- **SPIKE OFF:**
 - 2v2, each team takes turns serving and catching. First serve is from 6 ft from net. You must serve it from the place you catch it (can't move with the ball). 1 point anytime your opponent makes a mistake. Played to 5 points.

Hope you enjoyed it and thanks for coming to the session!

More Resources from The PE Specialist



Over here at [ThePEspecialist.com](https://www.thepespecialist.com) we know teaching can be overwhelming and tough at times. We're working hard to give you as many resources as possible to help you become a better teacher and to make your job more fun.

We know that when you teach better lessons, save time planning and become a PE rockstar that ultimately results in kids living a more active lifestyle - and that's what we're all about!

Below you'll find some links to more resources on our site that we hope you'll find helpful as you take the next step on your teaching adventure.

Management Strategies and Tips

- [The Conflict Corner](#)
- [Daily Self Assessment](#)
- [Home Base Spots](#) (Assigned seats)
- [How to plan out your year of PE](#)
- [The Good Sportsmanship Code](#)
- [Shoes, Injuries and Time Out Form](#)

Throwing Games:

- [Boom City](#)
- [Monster Ball](#)
- [Hula Hut Throwdown](#)
- [Fire and Ice](#)

Lesson Ideas and Unit Overviews

- [How to Teach Jump Rope in Phys Ed](#)
- [How to Teach Gymnastics in Phys Ed](#)
- [How I do Fitness Testing \(Fitnessgram\)](#)
- [How I teach Hula Hooping in Phys Ed](#)
- [Frisbee Station Ideas](#)
- [Using Exercise Posters for Warmups and Workouts](#)
- [Warmup and Instant Activity Ideas](#)

Team Building Games:

- [Cross the River](#)
- [Pass the Frog](#)
- [Hula Hut Relays](#)
- [Adventure Bingo](#)

Basketball Ideas:

- [Teaching Ball Handling](#)
- [Teaching Passing and Shooting](#)

Technology Tips

- [My Complete Technology Tools Overview](#)
- [Google Forms + iPads](#)

Music and Dance

- [My Phys Ed Music Playlists](#)
- [Teaching Dance With Mr. Chris](#)

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