

## **Task Analysis: Attack-Spike**

**Visual Description:** Starting at the 10 foot line step and approach ball as it is set into the air. When ball is at its peak approach by jumping and swinging arms back to contact ball with heel of dominant hand.

### **Movement Sequence**

#### **Action**

1. Starting at 10 foot line stand with weight forward, anticipate ball
2. When ball is at its peak begin approach right, left right, quick left to jump
3. Swing arms back together, bend back and knees
4. Explode with jump swinging arms straight up in front
5. Point with non-hitting arm and bring hitting arm to ear
6. Extend hitting arm
7. Contact ball with heel of hitting arm in front of shoulder of
8. Snap wrist as hit the ball bringing arm down across the body landing on both feet

### **Movement Cues**

- Attack anticipation
- \*Right, left
- \*Swing arms back
- Jump
- Arm to ear
- Arm extends
- \*Contact ball w/heel hand
- \*Snap wrist

- **Four most critical points**

1. **Right, left**
2. **Swing arms back**
3. **Contact ball with heel of hand**
4. **Snap wrist**

### **Task Complexity Variables**

Instructional Objective Resource Information

Learner: high skill level, ability to jump

Task (Criterion): Discrete

Environment (Conditions): Gym, standard volleyball

CHECKLIST:

Student	Right, left step	Swing arms back	Contact w/heal of hand	Snap wrist
1				
2				
3				
4				