

# SKILLS IN THE SPOTLIGHT

**Define** ATP and its role during a volleyball spike

**Identify** the predominant energy system used during a single explosive spike

**Explain** why the ATP-PC system is best suited to a volleyball spike

**Explain** the role of the fast component of EPOC following repeated spikes in volleyball

**Explain** how different energy systems interact during repeated spikes in volleyball

**State** one fuel used by the ATP-PC system during a spike

**Volleyball - Spike**



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ATP is the energy currency of the body; it provides energy for muscle contraction

ATP-PC system

Spike is short and explosive; ATP-PC provides immediate energy; no oxygen required

Replenishes oxygen stores; resynthesises ATP and PC; occurs quickly post-exercise; supports repeated high-intensity actions

ATP-PC provides immediate energy for each spike. Glycolytic system contributes as rallies continue. Aerobic system supports recovery between efforts

Phosphocreatine (PC)

Volleyball - Spike

