SKILLS IN THE SPOTLIGHT

Name the component of fitness required to maintain position and control in the air

Identify the component of fitness needed to jump high for a spike

Explain the importance of reaction time during a fast set

Explain why coordination is essential when timing the spike

Explain how cardiovascular endurance helps a player maintain performance during long rallies

Describe how agility helps during the approach for a spike

Volleyball - Spike

SKILLS IN THE SPOTLIGHT

Balance

Power

Enables quick movement to strike the ball before defenders adjust

Helps link arm swing and jump to hit the ball accurately

Allows the player to work for longer without tiring; supplies oxygen to the muscles

Allows quick footwork and rapid direction changes

Volleyball - Spike