

# SKILLS IN THE SPOTLIGHT

Identify one injury commonly linked to spiking in volleyball

Name one way to warm up the upper body before spiking

Explain one symptom of dehydration that may occur during volleyball

Explain why hydration is essential during high-intensity volleyball drills

Explain why proper timing is important when spiking

Describe one technique that reduces injury when spiking

Volleyball - Spike

# SKILLS IN THE SPOTLIGHT

Sprain

Shoulder rotations

Dehydration can cause headaches, which reduce concentration and performance

Explain why hydration is essential during high-intensity volleyball drills

Prevents awkward landings and reduces injury risk

Landing with bent knees to absorb force

Volleyball - Spike