



Spikeball Ambassador
Katie Plaisier

How to Play

Go to [Spikeball.com](https://spikeball.com) and click on <Learn> in the top menu

- Rules (Intro video and detailed written rules)
- Getting Started (how to set up a net and modified intro games)
- Drills (for senior classes or if you're super intense!)
- Advanced Strategies (SpikeSchool)
- Cross Training
- Videos



Why Spikeball is great for PE

- Only need 4 players
- Can match players abilities (similar to badminton)
- High involvement but low risk for teens
- # of players is flexible (look at modifications)
 - Rules and gameplay flexible
- Flexible location
- Popular target group (ages 16-21)
- Familiar skills (scoring, spiking, serving, footwork)



Spikeball and PE Class

Classic Block Unit Style

TGFU Style Outline



Modifications

- Variance of # of players and # of teams
- Rule changes (ex. 2 serves, 3-5 max serves, one bounce, play off rim, gentleman's serve)
- Score (ex. play to 11 or 21)
- Equipment (ex. Use hoola hoop, tennis ball, tchoukball, beachball, dodgeball)

*Could even use tchoukball net on pylons or blocks!



Spikeball for Training

- Cross Training: Reflex/Reaction Time
- Warm up
- Basketball
 - Dribbling 2ball with Spikeball balls (tennis balls)
 - Strengthening coordination and the no-look dribble
 - Dribbling while playing 1v1 spikeball
 - Improves: staying low, dribbling coordination, strengthening weak hand, seeing the floor
- Badminton
 - Games or 2v1/2ball drills
 - Lateral footwork and strengthening reaction time response
 - Wrist Drills (Pronation and Supination practice)
 - Learning to put spin on the shuttle (ex. drop and net shots)



Teacher Resources

- Spikeball [Curriculum Document](#) (Classic Block Unit)
- Spikeball [Curriculum Guide](#)
- [TGFU Style](#) Progressions
- [Basic Skill](#) Progression
- Online Videos - [Spikeball.com](#)
 - Video: [How to play Spikeball](#)



Product and Purchasing

Reg. \$75
Bundle (\$65/6+)



Pro. \$120



XL. \$100



\$10



Broken Parts?

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