

go
spike!
BIG
WEEKEND
25 - 27 May 2013

REGIONAL CHALLENGE

ARE YOU READY FOR THE CHALLENGE?

We have set some Go Spike volleyball challenges that anyone can do, no matter what your volleyball playing experience. The challenges will test your skills, fitness and accuracy levels!

All you have to do is get yourself a ball, find a friend and see how many challenges you can do. Make sure you let us know how you get on by posting your results (videos and photos encouraged) on our Facebook Page or Twitter account. There will be prizes up for grabs for the best photos and videos that are submitted.

If uploading your challenge results to Twitter make sure you use the hashtag #Go_Spike and your region (For example #EastMidlands) and we will record which region has the best results!

Think you've got the skills to beat the GB Beach Volleyball Players? Chris Gregory and Jake Sheaf (pictured) took on the Regional Challenge last month. You can see how they got on alongside videos explaining how each challenge works over at www.gospike.net

Click here to see Chris and Jake's summary of the Go Spike challenges



Click
here for
video

GO SPIKE CHALLENGE 1: TIMED VOLLEY

How many consecutive volleys can you complete in 60 seconds?

- Stand at least two metres apart from each other
- Each volley must be at least 1m above the height of the person you are volleying to
- If the ball touches the ground you must start counting again from zero

If you're on your own?

Volley against a wall – but make sure you stand approximately 1 metre away from the wall

DIFFICULTY RATING



Once you've mastered a volley its quite straight forward, but the number can be low if you drop the ball so stay focused for the full 60 seconds

EQUIPMENT NEEDED: 1 BALL, AT LEAST 1 OTHER PERSON AND A STOPWATCH OR TIMING DEVICE



Click
here for
video

GO SPIKE CHALLENGE 2: SITTING VOLLEY

How many volleys can you do in 60 seconds sitting on the floor?

- Sit at least two metres apart from each other
- Each volley must be at least 1m above the height of the person you are volleying to
- Your buttocks must remain on the floor the whole time
- If the ball touches the ground you must start counting again from zero

DIFFICULTY RATING



Similar to challenge 1 but more restriction on movement will make it a bit tougher!

EQUIPMENT NEEDED: 1 BALL, AT LEAST 1 OTHER PERSON AND A STOPWATCH OR TIMING DEVICE



Click
here for
video

GO SPIKE CHALLENGE 3: CAN U DIG IT?

How long does it take to complete 20 digs?

- Stand at least 5 metres apart
- Each dig must be at least 1m above the height of the person you are digging to

If you're on your own?

Dig the ball against a wall – but make sure you stand approximately 2 metres away from the wall

DIFFICULTY RATING



Anyone can dig a ball but you need the accuracy to make sure you can dig the ball continuously to another person or against the wall. If you master the dig this shouldn't be too difficult

EQUIPMENT NEEDED: 1 BALL, AT LEAST 1 OTHER PERSON AND A STOPWATCH OR TIMING DEVICE (YOU'LL NEED A SAFE AND ACCESSIBLE WALL IF YOU'RE TRYING IT ON YOUR OWN)



Click
here for
video

GO SPIKE CHALLENGE 4: THE DISTANCE SERVE

What is the longest distance you can serve a ball?

- Serve, either over arm or under arm
- Get a friend to measure where the ball lands

Please Note: You will need to do this challenge in a large open and safe space or in a sports hall

DIFFICULTY RATING ★ ★ ☆ ☆ ☆

A long serve comes with a good technique, get that right and the ball will fly!

EQUIPMENT NEEDED: 1 BALL, 2 OR MORE PEOPLE AND A TAPE MEASURE



Click
here for
video

GO SPIKE CHALLENGE 5: SPIKE TOWN

How many attempts does it take you to hit 3 targets by spiking a ball?

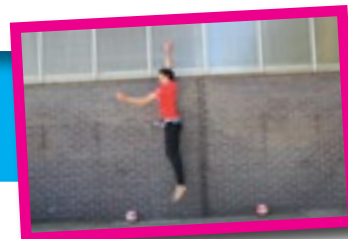
- Get three objects and lay them on the floor (Household objects that are not easily breakable will suffice). For example: A shoe, another ball and a jacket
- The objects should be at least 2m apart from each other and you will need to stand at least 10m away from the closest object
- Spike the ball towards each object
- Record how many times it takes you to make the ball land/hit/touch each object once

Please Note: You will need to do this challenge in a large open and safe space or in a sports hall

DIFFICULTY RATING ★ ★ ★ ★ ☆

The smaller the target the more difficult it will be. This challenge combines skill with ability and will be tricky to master straight away. If you can hit all 3 targets without missing once you're a born volleyball player!

EQUIPMENT NEEDED: 1 BALL, AT LEAST 1 OTHER PERSON AND 3 UNBREAKABLE HOUSEHOLD OBJECTS



Click
here for
video

GO SPIKE CHALLENGE 6: TOUCH POINT

How high can you reach?

- Stand beside a fixed wall. From a standing position jump up and see how high you can reach
- Make sure you take off and land on two feet
- Record the height by holding a piece of blue tack or cellotape in your hand and when jumping stick it to the wall
- Use a measuring tape to measure from the marked point down to the ground to find your exact jumping height

DIFFICULTY RATING ★ ☆ ☆ ☆ ☆

It's easy to jump, but can your reach exceed the height of the top part of a volleyball net (2.24m for women, 2.43m for men) – only one way to find out...

EQUIPMENT NEEDED: AT LEAST 1 OTHER PERSON, A TAPE MEASURE AND SOMETHING STICKY TO MARK YOUR JUMP WITH (BLUE TAC AND/OR CELLOTAPE)



Click
here for
video

GO SPIKE CHALLENGE 7: SHUTTLE RUN

How fast can you do a shuttle?

- Put a marker (e.g. a cone) 3, 6 & 9m away. Sprint and touch each cone, returning to your starting position after every cone
- Record the time by either having a friend time you or hold a stopwatch whilst sprinting

DIFFICULTY RATING ★ ★ ☆ ☆ ☆

This will test your fitness. You will find this difficult if you are not used to short running bursts

EQUIPMENT NEEDED: 2 OR MORE PEOPLE, 4 CONES OR MARKERS AND A STOPWATCH OR TIMING DEVICE

Click
here for
video

GO SPIKE CHALLENGE 8: KEEPY-UPPY

How many keepy ups can you do with your hands?

- Put each hand into a dig position (clench fist with thumbs on top)
- The ball must touch each hand alternately
- Count how many you do before the ball touches the floor or until you reach 60 seconds

DIFFICULTY RATING ★ ★ ★ ★ ☆

This will test your hand and eye coordination to the max!

EQUIPMENT NEEDED: 1 BALL, AT LEAST 1 OTHER PERSON AND A STOPWATCH OR TIMING DEVICE

Click
here for
video

GO SPIKE CHALLENGE 9: KNEE CATCH GAME

How many attempts does it take you to catch the ball between your knees?

- In pairs stand about 3 metres apart
- One person throws the ball, the other stands in a slight squat position
- Aim for the ball to be thrown at the knees of your partner and try to catch the ball between your knees
- Record how many attempts it takes you to catch it

DIFFICULTY RATING ★ ★ ★ ☆ ☆

This requires good team work and communication – if you've got that it will be a doddle!

EQUIPMENT NEEDED: 1 BALL AND AT LEAST 1 OTHER PERSON

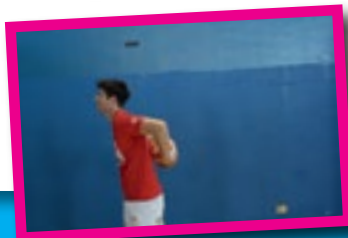


Click here for video

GO SPIKE CHALLENGE 10: DIG 'N' CATCH BEHIND YOUR BACK

How many attempts does it take you to dig to yourself then catch it behind your back?

- Throw the ball up to yourself and dig at least 5 metres in the air
- Move in front of where the ball is going to land and catch it behind your back
- Record how many attempts it takes you to catch it



DIFFICULTY RATING



If you have mastered the dig you may get this first time! Keep practicing it and before long you will be able to do it in one attempt!

EQUIPMENT NEEDED: 1 BALL AND AT LEAST 1 OTHER PERSON

Click here for video

GO SPIKE CHALLENGE 11: VOLLEY BURPEES

How many advanced volleys can you do?

- Volley the ball high in the air and whilst the ball is airborne take a kneeling position
- Volley the ball while kneeling then get back up and volley in a standing position
- Repeat continuously until ball has dropped
- Count how many volleys you do before you drop the ball or by the time you reach 60 seconds

DIFFICULTY RATING



The higher you volley the ball the easier you'll find it, but lose control of the ball and you will struggle to get a high number of volleys

EQUIPMENT NEEDED: 1 BALL, AT LEAST 1 OTHER PERSON AND A STOPWATCH OR TIMING DEVICE

Click here for video

GO SPIKE CHALLENGE 12: HOW STRONG IS YOUR CORE?

How many advanced volleys can you do?

- Lie on your back on the floor with a ball in your hands
- Tuck your knees into your body (or as close as you can)
- Place the ball into the cradle of your feet keeping it balanced
- Fully extend the legs until they are parallel with the floor
- Once this position has been achieved, flick your legs to send the ball through the air back into your hands
- Count how many you can do before you drop the ball or by the time you reach 60 seconds

DIFFICULTY RATING



This is the ultimate volleyball challenge You may be able to do sit-ups but combining this with the coordination of a ball means it becomes much more difficult

EQUIPMENT NEEDED: 1 BALL, AT LEAST 1 OTHER PERSON AND A STOPWATCH OR TIMING DEVICE

Got your own challenge? Send us the information and video footage to info@gospike.net so we can all give it a go!

