

Student 4: High Achieved
 NZQA Intended for teacher use only

An extract from the student log

Skill: Underhand Serve		
Focus points (from your biomechanical analysis in task 2)	Activity	Skill learning principles or psychological strategies used and why they were used.
<p><u>Stability:</u> Needs to make sure his feet are in the stride position so his base of support is bigger so he is more stable.</p> <p><u>Force Summation:</u> He needs to generate more force summation by using his legs and torso more effectively during his underhand server. If he generated more force summation the ball would go over the net more consistently and easier.</p>	<p>Have two ones the correct distance apart and have him do 10 consecutive serves with his feet inline with the cones.</p> <p>Have the player stand with both feet on the line. Then have him step forward with one foot on the other line and then do what he would do in a serve, but all this without the ball.</p>	<p><i>I have used this activity because I think it would most effectively show him how his feet need to be positioned to perform an underhand serve, to create more stability. I think by using this simple activity it would help him mostly focus on his feet position, this would make sure is line of gravity is inside his base of support. This activity is a serial skill as each movement (serve) has a start and a finish but they are performed continuously. This is a self-paced skill because he will serve the ten volleyballs when he wants to. I'm making it self-paced because he will be able to think about his stride position and how he is serving. This will make his serve more accurate and consistent every time.</i></p> <p><i>I think that this activity will help the player to generate more force summation by them knowing how to step forward and by using their arms, bicep brachii and triceps brachii to generate force. They will also bend down (flex) to get the ball, therefore using their quadriceps and hamstrings –agonist and antagonist – to generate more force from the biggest through to the smallest, so legs through to arms and wrist. This will help them get the ball over the net. By using the lines, it will be like an actual volleyball court so it will be easier to apply in a game. This activity would be part learning because by using this new skill combined with other skills he could master a correct underhand serve, this is breaking the skill down into parts, by having him practise the step forward and then the serve. This is a serial skill activity because he is starting and then stopping after each step forward, but is repeating it lots of times. I would make this an internally paced skill as the instructor would tell him to step forward each time this determining the pace. There is also external feedback with the instructor telling the player what they are doing wrong and then getting them to practice it the correct way next time. The player would maybe serve and not bend their legs, so the feedback would be to bend your legs. Once the player is more confident with stepping forward and using his arms I would start to introduce him into a game environment so the skill would start to be an open skill. This is a gross motor skill because you are doing big movement with your arms and legs to generate force to get the ball over the net.</i></p>