



## Spike with elastic bands for Volleyball training



### Product features:

Finish: Powder-coated

Height:

Mepa: Disponibile

### Product description:

**Spike for Volleyball training, complete with ball and base.**

This accessory is used in training to **improve the dunk, serve and block.**

It is an **anti-trauma rubber ball**, which is **held in suspension** by two elastic bands, which are in turn placed on **height-adjustable uprights**.

The volleyball player can thus **place the ball at the desired height** and train the **fundamentals** of volleyball.

The **supporting structure** is made of powder coated, while the height-adjustable uprights are made of **galvanized steel**.

The ball that is mounted on this tool is a **Trial Ultima 22, in double layer anti-trauma rubber.**