**《小排球：移动（并步、跨步）》学程拓展**

**在优酷中搜索“排球移动步伐”，了解其他移动步伐并进行学习，如：**

[https://v.youku.com/v\_show/id\_XNDgwOTEzNDA0MA==](https://v.youku.com/v_show/id_XNDgwOTEzNDA0MA%3D%3D)