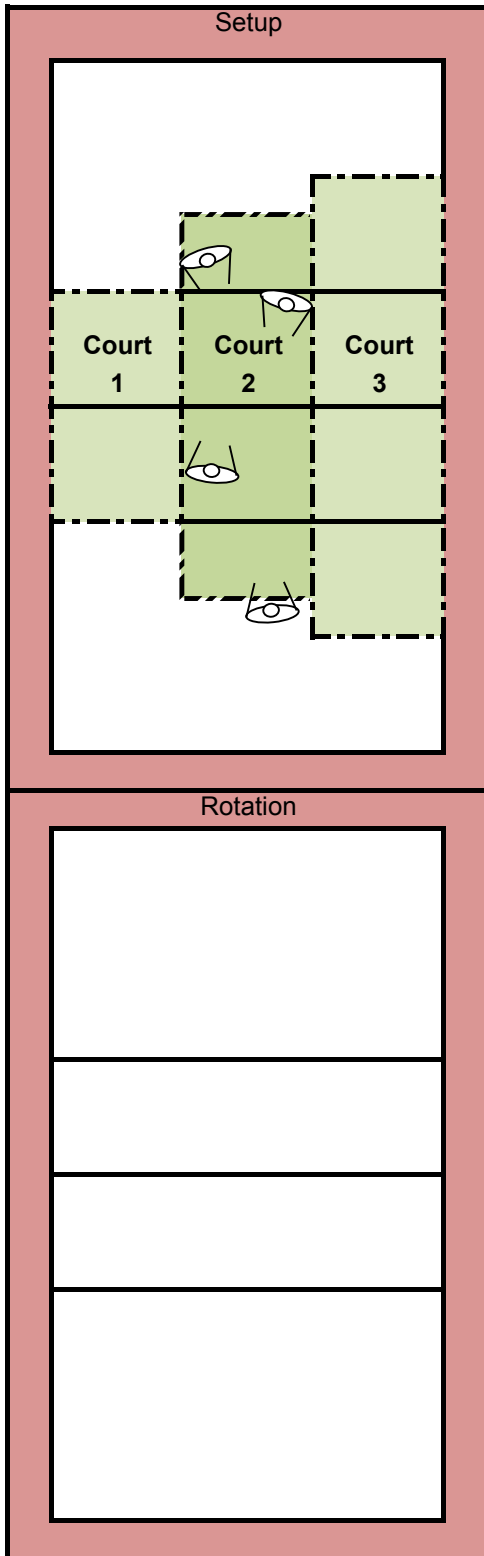


Recommended # of Athletes: 6 +



2 v 2

Set-up

Find 2 lines on the floor surface that split the court into roughly 3 equal mini courts. (Pick end-lines of court 1,2,or 3 on setup diagram depending on athlete size) If you have extra antennas use them on the net to separate the courts. Place 4 athletes on each mini court to play 2 versus 2.

Conditions:

Athletes enter a serve by setting the ball from the modified end-line. Athletes play out the ball with regular scoring and rules keeping track of scoring themselves.

Purpose/Goal

Warm up athletes with lots of touches
Play in a controlled game setting with athletes managing play themselves

Success criteria

Athletes engage and run their games without coach intervention
Athletes experiment with different success strategies

Reference Points

Control the ball on your court. (keep an eye out for other balls)

Variations

Play this game ladder style with a time limit so each round the winning team moves up the ladder while the losing team moves down the ladder.
Play different rules like no jumping, or no spiking.

Simplification

Split the court into just two courts and play 3 versus 3 to give a little more

More Difficult

Legend: Ball's Route = Players Rotation = Players =

