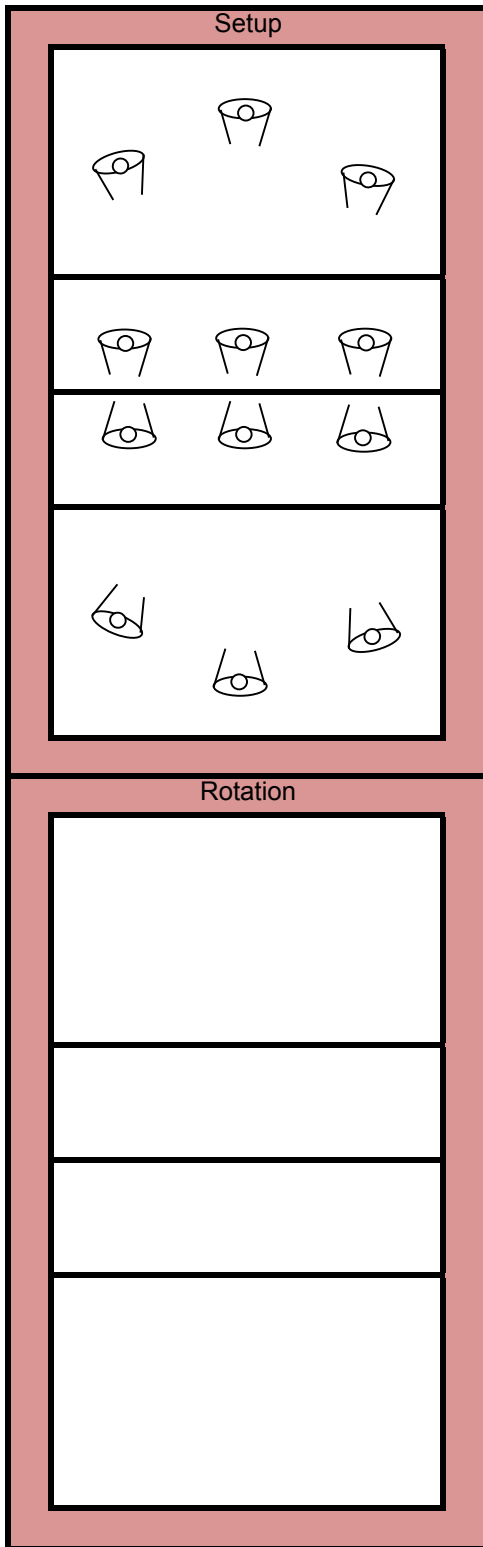


Recommended # of Athletes: 12 +



Hit Your Mistake

Set-up

Set up a full 6 on 6 game with both teams already switched into their defensive positions

Description

Ball is introduced by the coach who starts the game how he likes, but every point after that will introduce it the ways that the point was scored the last point. (ex. A player misses a dig, ball is spiked at them to dig back into play) Athletes may rotate 1 position or a full 3 every 10 points

Purpose/Goal

Play a fast flowing game with lots of in play experience.

Athletes quickly adjust to points that were scored to not make the same mistake again

Success criteria

Athletes are able to adjust and dig or put a ball in play 1 or 2 tries after every point is scored.

Reference Points

No time to celebrate a point, expect the ball to be entered immediately
Expect the ball to be given to the athlete that makes the error.

Variations

Difficulty is determined by how hard the coach would like to make the next introduced ball.

Simplification

More Difficult

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

