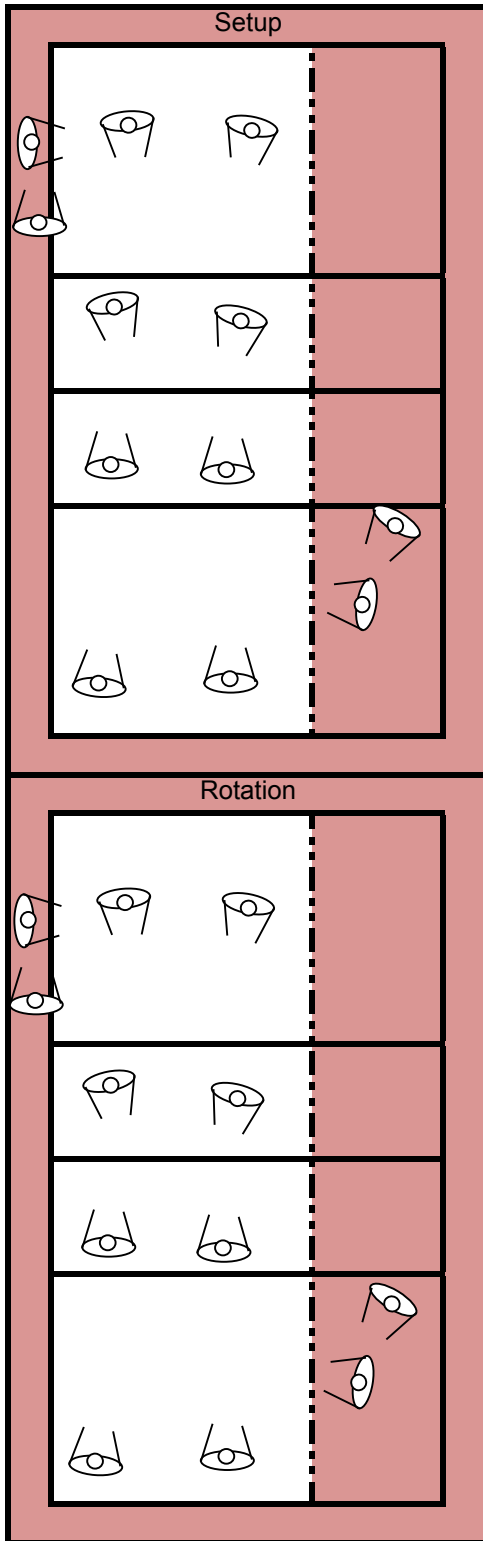


Recommended # of Athletes: 8 +



Rotation 4 on 4

Set-up

Set up a slightly more narrow court using lines on the floor or cones and an antennae. Set up a 4 on 4 match with extra players on the side of the court prepared to rotate in.

Description

Start with athlete in serving position setting the ball over the net. Every time the ball passes over the net the athletes must rotate one spot, including athletes that are waiting off the court. When a play dies, ball is reintroduced in the same manner.

Purpose/Goal

Get good quality touches from a variety of locations and positions
Familiarize athletes with the idea of rotation

Success criteria

Athletes are able to rotate every time with no confusion and prepare for the ball to come back over the net. Rallies are fairly continuous with minimal errors.

Reference Points

Communicate with athlete early about who takes the next ball

Variations

Can change the size of court and number of athletes on the court to accommodate your numbers

Simplification

More Difficult

In addition to points awarded for the winning team, the losing team may also be penalized by losing 1 athlete on the court temporarily.

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

