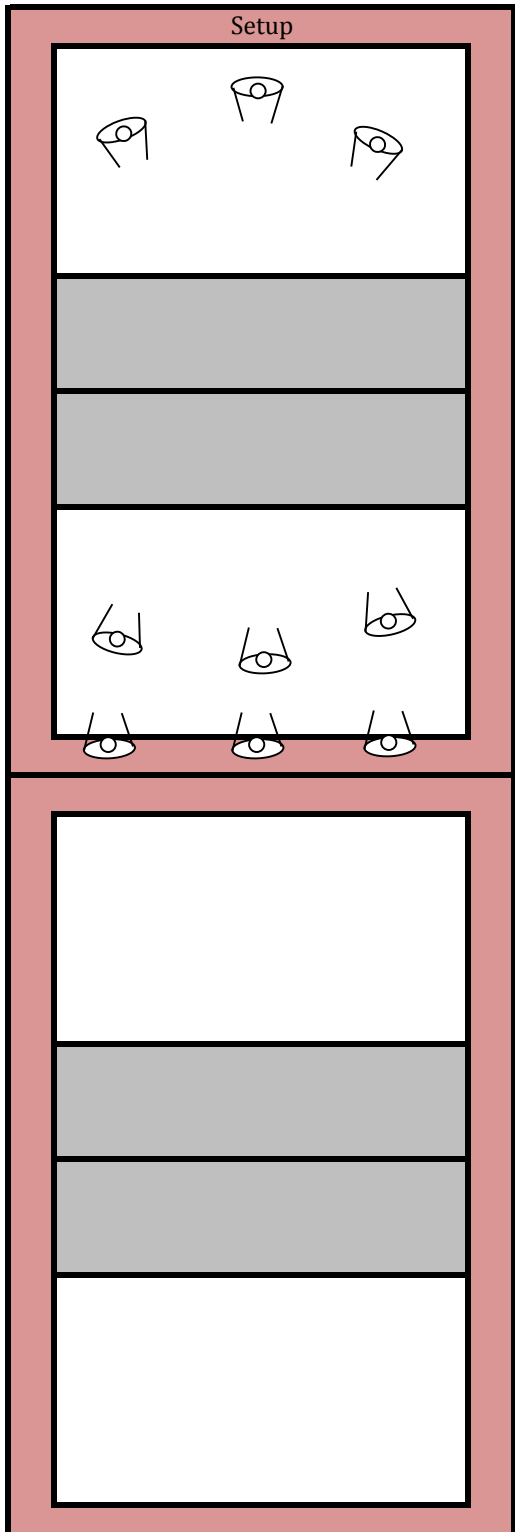


Recommended # of Athletes: 9 +

Fukahara



Set-up

Divide athletes into teams of 3 or 4 athletes depending on numbers. Position 1 team on each court in a defensive set-up with the remaining teams on the baseline in a kings/queens court setup.

Conditions:

Play with regular volleyball rules except all play goes under the net instead of over. The ball can role or bounce as many times as needed but must make contact with the opponents floor behind the attack line in order to be considered "in". A play may end due to a ball handling call, contacting the ball with a foot, hitting the ball out without making contact with an opponent or their court (behind the attack-line) or scoring by forcing the ball to contact an opponent or their court and then touching the floor outside of the court. Play King's court style or to set number of points

Purpose/Goal

Develop lateral movement and defensive positioning
Work on defensive contacts and getting low to the ground

Success criteria

Athletes develop team strategies including defensive setup and blocking.

Athletes stay low and use lateral movement

Reference Points

Keep hands wide and prepared to dive sideways
Use underhand attacks or bouncing side arm attacks

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

