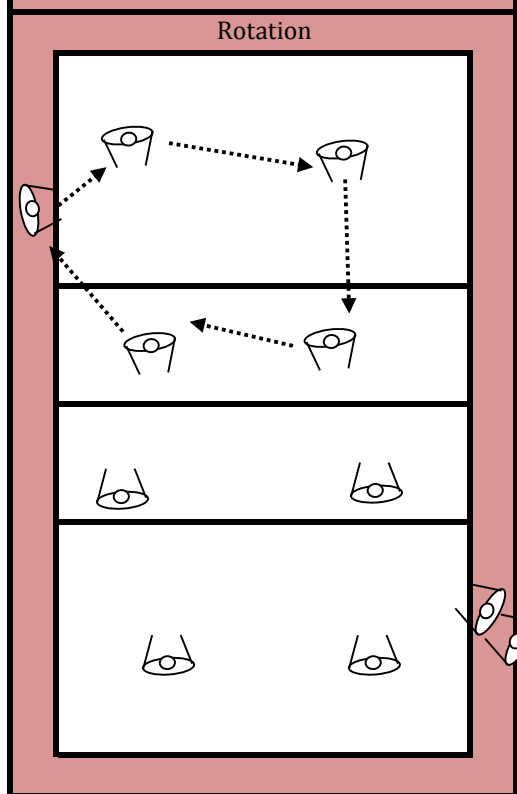
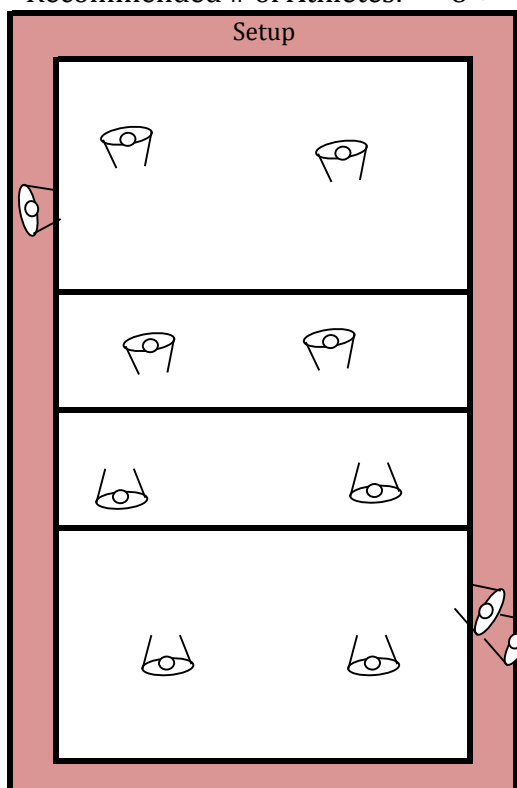


Recommended # of Athletes: 8 +

## 4 vs 4 Rotation



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

### Set-up

Split into teams of 4-6 athletes and place 4 of them on the court, with the extra's waiting on the sideline next to position 1. Ball is entered as an attack or down ball from a coach on the sideline.

### Conditions:

This is a full out, regular rules game with 4 athletes on the court at any one time. The only change being that each team must rotate after playing the ball over the net. If teams are made up of 5 or more, the extra athlete would rotate into position 1 in place of athlete in position 2.

### Purpose/Goal

Create a simplified game intensity scenario  
Allow athletes to play all positions and rotate through them quickly

### Success criteria

Athletes rotate successfully and complete their warm-up prep in a game situation.

Increases practice intensity and focus

### Reference Points

Communicate effectively and early with team mates to understand roles

### Variations

Could add a 5th athlete in a back row role to improve defence and passing control

