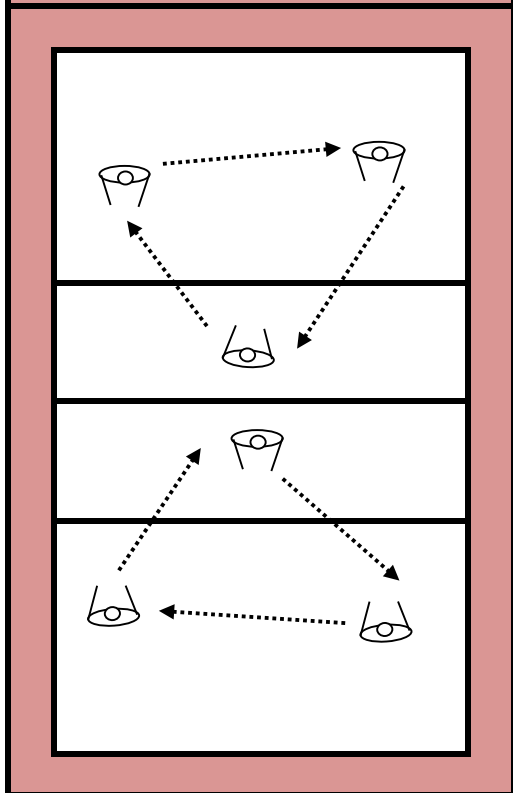
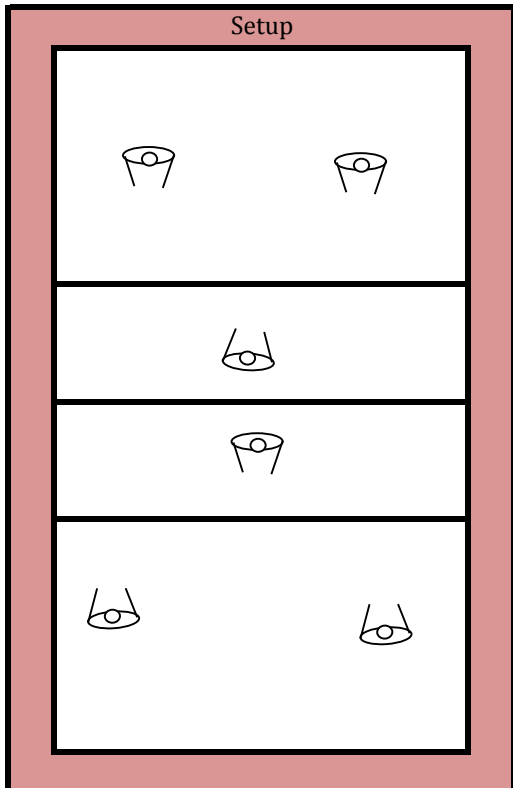


Recommended # of Athletes: 6 +

Tricky Game



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

Set-up

Played in smaller teams of 3 vs 3 on one full court. Ball is entered from coach or athlete on the sideline

Conditions:

Athletes get 3 contacts before they play the ball over the net, however they are not permitted to swing attack against their opponent, they must use a bump or a set to place the ball to a part on the court their opponent is not. After each time the ball is played over the net that team must rotate once around the court to play a variety of different positions. (no front or back row) Play games to set amount of points

Purpose/Goal

Work on movement around the court

Warm-up in a competitive team environment

Develop reading and anticipation skills

Success criteria

Athletes easily understand and deal with rotational elements of game

Court movement is developed and improved

Athletes warm up and have fun

Reference Points

Jumping when attacking is permitted

Allow athletes to set up however they would like in defence and attack (generally setter would remain in position 3)

Variations

Simplification

Play with more players on the court to cover more space

