



MULTI-SPORT (AGES 6-11)

ACTIVITY REFERENCE GUIDE

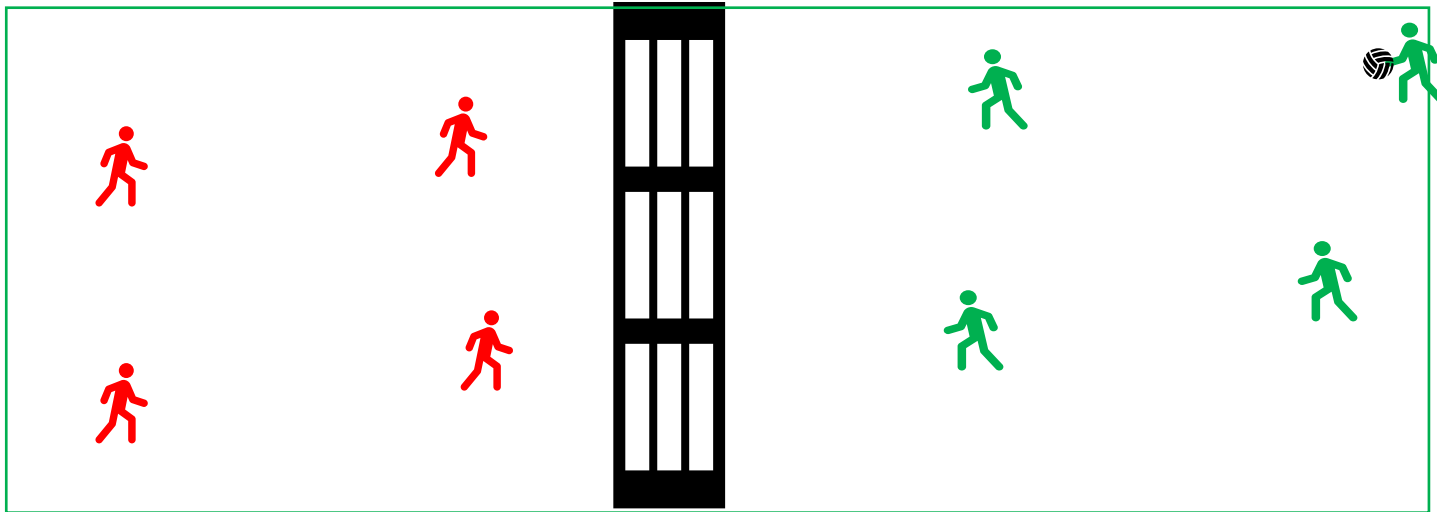


Catch and Throw Scrimmage

Purpose: Game Strategy, Positions, Spacing, Score Keeping, Teamwork

Equipment: Volleyball, Volleyball Net

Set Up: Set-up a regular Volleyball Court



Execution:

- Regular Volleyball Scrimmage but players are allowed to Catch and Throw the Ball
- Use regular Volleyball Rules and Scoring
- For older players, make them throw the ball to their teammate 2-times before throwing the ball over the net.

Variations:

- **Bump Edition** - Same rules but the first hit from each team MUST BE A BUMP. Ball comes over the net - > BUMP, Catch/Pass, Catch/Throw over the Net
- **Set Edition** - Same rules but the second hit from each team MUST BE A SET. Ball comes over the net - > Catch/Pass, SET, Catch/Throw over the Net
- **Hit/Spike Edition** - Same rules but the third hit from each team MUST BE A Hit/Spike. Ball comes over the net - > Catch/Pass, Catch/Pass, HIT/SPIKE over the net.
- **Football Edition** - Use a Football Instead of a Volleyball. Same rules apply. Players must throw the ball to their teammate 2-time before throwing the ball over the net.