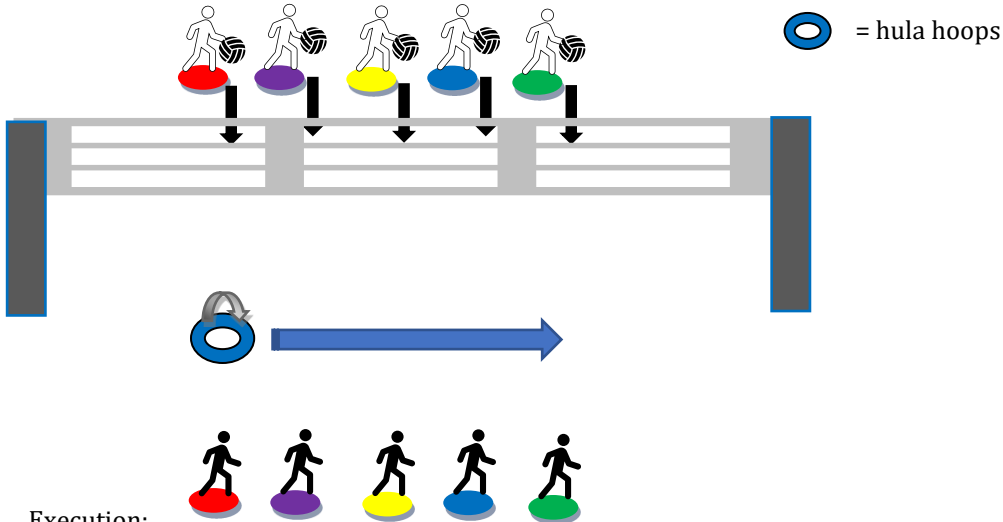


Tip the Cow

Purpose: Serving

Equipment: Colored Spots, Volleyballs, Volleyball Net, Hula Hoops

Set Up: Put 2-lines of large colored spots on either baseline so that they match colors. Assign 1 team to each side of the net. Give the Volleyballs to one of the teams.



Execution:

1. 1 teams starts with the ball.
2. Coach does a backspin Hoopla Toss to make the Hula Hoop (cow) run across the court. The team with the ball does a serve over the net to try and knock over the cow. Everyone serves their ball together (5-balls).
3. If the team knocks the cow before it reaches finish line, they get 1-point. If the cow passes the finish line, they do not receive a point.
4. The opposing team that does not have the ball retrieves the ball from the player opposite and gets ready for their turn.
5. After a player from each team has had their try, coach says rotate and all the players move down 1-spot (Green to red, red to purple, purple to yellow, etc).
6. Team with the most points at the end of the game, wins.

Comments: For the younger kids, play without the net in the middle.