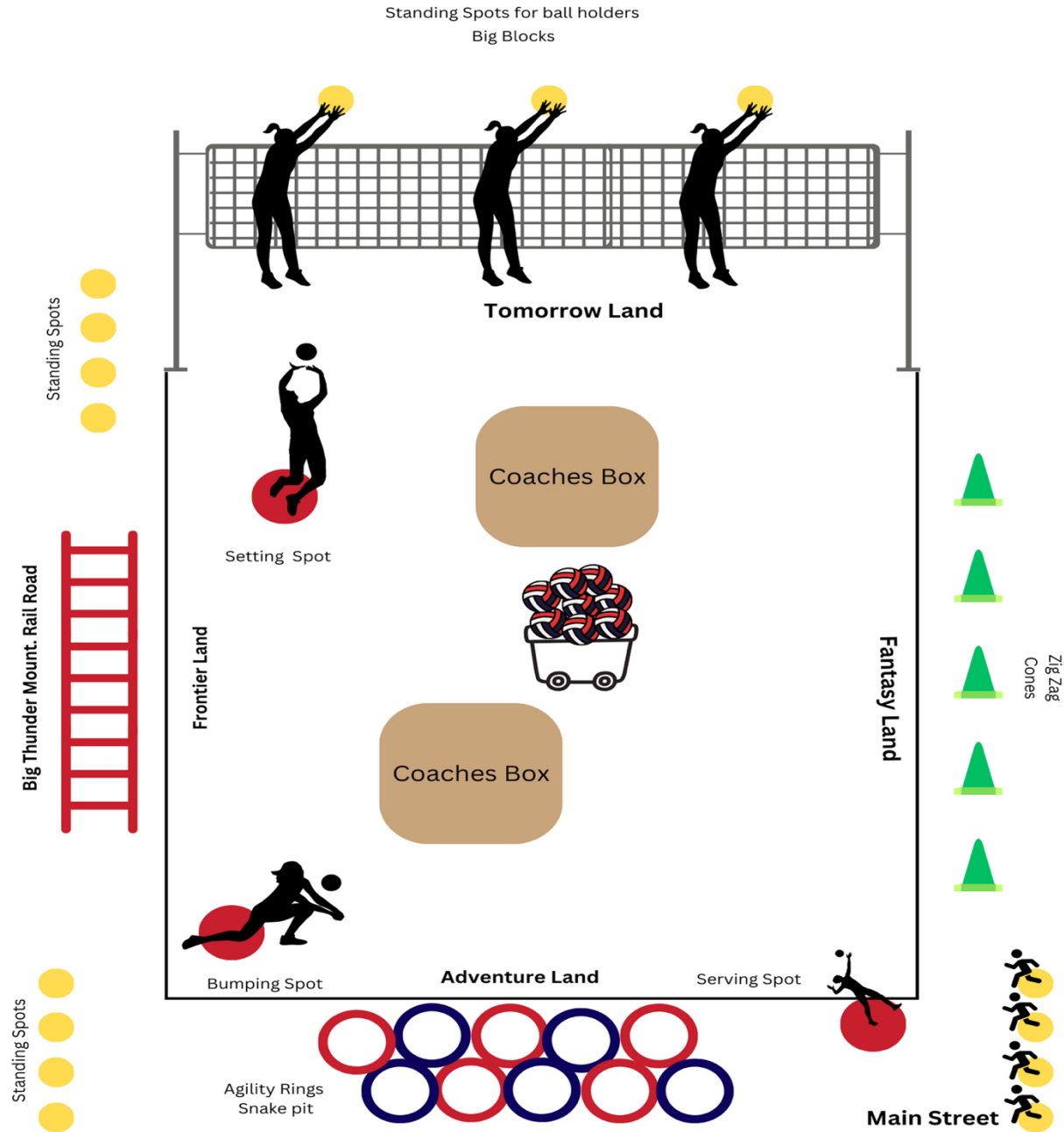


### Disneyland Obstacle Adventure

**Purpose:** Volleyball- Agility & Footwork, Bumping, Setting, Serving, Blocking

**Equipment:** Net, Colored Spots, Colored Disks, Tarps, Agility Ladder, Agility Hoops, or Cones

**Set-up:** Standing Spots at serving Baseline of court. Agility hoops across base line of court. Standing spot at opposite corner from the serving line (Bumping spot). Agility ladder down the sideline leading towards the Net. Standing Spot after ladder (Setting Spot). Player will perform 3 blocks across the net to opposite sideline. Finally, Sprint through the Zig Zag cones back to Serving Line (standing spots/beginning)



### Execution:

1. Tell the kids that we are working on Agility & Footwork! We are going to use our imagination and pretend that we took a Trip to Disneyland. We are going to go on an adventure visit all the lands in Disneyland. We must make it all the way around the perimeter of one half of the court and perform skills along the way to collect points in 2-3 minute rounds.
2. (Red = Serve, Blue = Bump, Green = Set )
3. Players enter Disneyland through Main Street. Have all players stand in a line off to the side of the Server Position (Yellow spots). Have one Red Spot on the line of service (baseline). Player successfully serves over the net & inbounds, the team will get a point.
4. Player takes one serve then moves across the baseline of the court through Adventure Land and pass through Indiana Jones Snake pits. Quick High Knees through the agility hoops to Blue Spot. Avoid those Snakes Like Indian Jones (who hates Snakes).
5. Blue Spot (Bumping) – Coach is standing in a good size taped out box across from blue bumping spot. From that box coach tosses ball to player in ready position on blue spot. Player has to bump back to coach and land ball back in coaches hands while coach is staying inside the box to earn a point for the team.
6. Player performs one bump then moves along Big Thunders Railroad Track (Agility Ladder) along the sideline to Enter Frontier Land. Green Spot (setting spot) .
7. Green Spot (Setting) - Coach is standing in a good size taped out box across from green setting spot. From that box coach tosses ball to player in ready position on green spot. Player has to Set back to coach and land ball back in coaches hand while staying inside the box to earn a point for the team.
8. Player performs one Set then turns to face the net to perform 3 blocks across the net. They will be Jumping up and Blocking Asteroids from coming over then net to get through Tomorrow Land.
9. Have the other team on the opposite side of the net holding volleyballs up to the top of the net, (may have to lower net height). Player squats down and jumps up with two hands to touch the ball on the other side of net! The player then turns takes two steps to the right turns back to the net squats down and jumps up with two hands to touch ball again. Player Completes 3 to get across the net to the other sideline.
10. Finish a Sprint through the Zig- Zag Cones (Fantasy Land through the Castle to get back to Main Street) the Start. (Standing Spots)
11. Continue going through the course for 2-3 minute rounds. You can also set a lap count. Each team must make it through the Jungle 3 times. Either way, you will need a coach score keeping.
- 12.

### Set -Up Tips:

13. Have extra Yellow Standing spots behind Blue & Green spots (Bumping & Setting Spots). Inform players this is where to form a line if there is a player at the skill spot taking their turn.
14. Have only one player going through an agility obstacle at one time to avoid blockage and possible trips and falls. Set these rules while demonstrating the game.
15. If the group is big enough you can utilize the other team to help toss the ball and hold the balls on the other side for the blocks. As well as shagging the balls that are served over the net!
16. Note: Having players help shagging balls is very important for safety purposes. You do not want a player jumping up for a block and come down on a ball and twisting ankles or worse!

### Variations:

- Disney Adventure – Turn in the court into a Disney adventure by putting different obstacles between each Skill point. Player must now cross that obstacle while going around the Court.
  - Disney Adventure I – Rivers, Hoops of Fire, Jungle Bridge, Zig Zag Flags
  - Disney Adventure II – Hurdles, Hop Scotch Lilly Pads, Lava Rocks, Snake Slide)