



Volleyball Camp

Teamwork & Technique (ages 7-12)

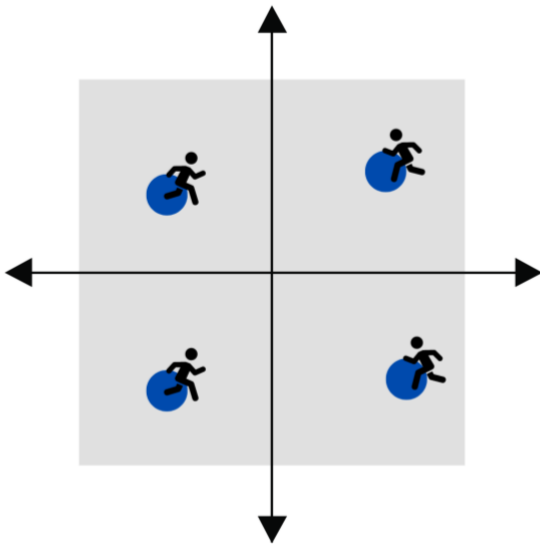
Activity Refence Guide

4 Square | Volleyball

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

Equipment: Volleyball, Disks

Set Up: Set-up a 4 square grid with disks



Execution:

- Coach first designates the four Square and assign players a number 1-4.
- Rallies begin by the 4th square serving diagonally to the 2nd square and then the ball is returned to any other square.
- Only one hit is allowed per return.
- Points are only accumulated in the 4th square and players keep their points when eliminated.
- Squares are ranked highest to lowest, 4-1. There are two sets of lines on the court. Outside boundaries are the outermost edges of the entire court, while inside boundaries, divide the individual squares.
- If a player lands the ball on any outside boundary, it is considered in play, and the player in that square is eliminated. However, if the ball lands outside of the outer boundary, the player that last hit the ball is eliminated.
- Inside boundaries do not dictate if a ball is in or out. If a ball travels over the net and into a players square they are responsible for returning and playing the ball.

Variation:

- **Elimination**

Each time a player is eliminated, that player leaves the court, and all the players advance to the next square. The lowest ranking square is then filled by a new player. All eliminated players leave the court and wait for their next turn to join in the 1 square.

These situations represent possible ways a player can be eliminated.

- Failing to hit the ball into another square.
- Allowing the ball to hit the ground in their own square.
- Hitting the ball out of bounds
- Hitting the ball incorrectly
- Hitting the ball out of turn

- **The Showdown**

If there is a dispute that cannot be settled by the players, then the only proper way to resolve the disagreement is through the Showdown. The Showdown is a mini game of two square with no custom rules and the loser is eliminated.

- **4 Square Teams**

Divide players into fair teams of 2 | 3 | 4. Allow 2 or 3 plays on the ball with teammates.