



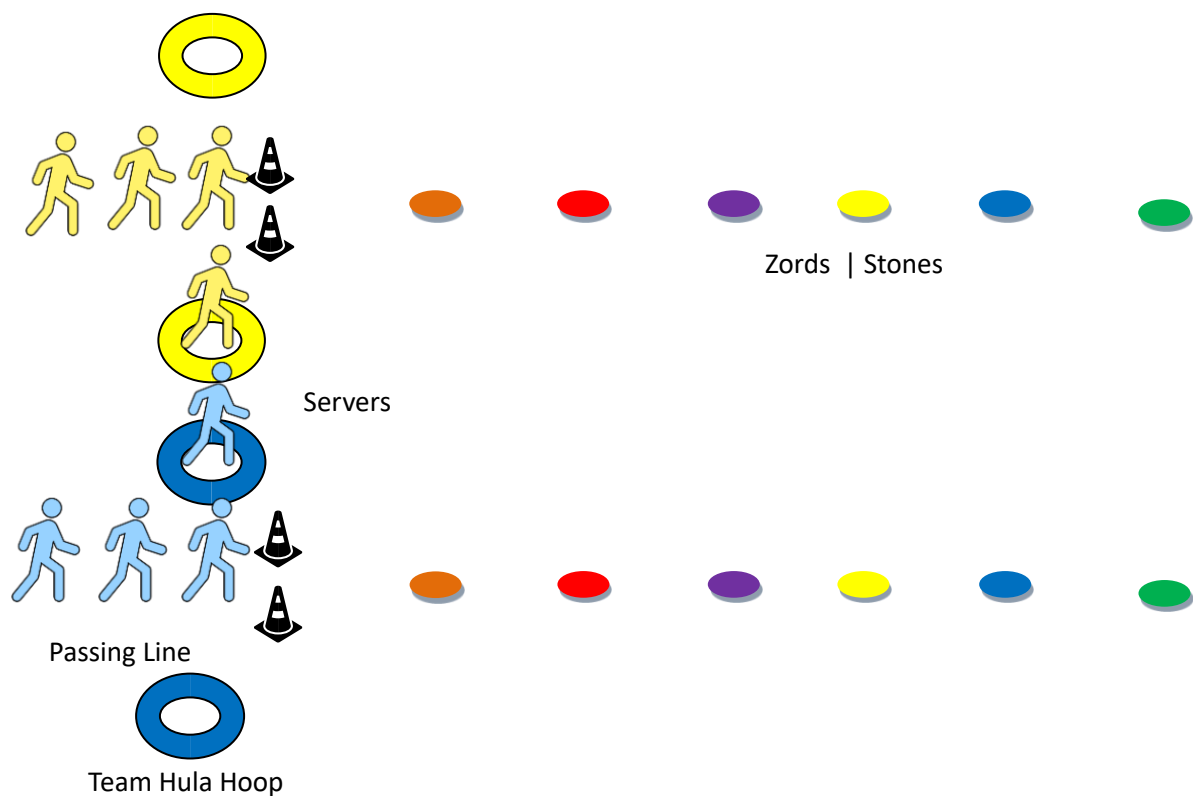
Volleyball Teamwork & Technique (ages 7-12) Activity Reference Guide

Power Rangers | Avengers Passing

Purpose: Bumping

Equipment: Volleyballs, Hula Hoops, Large Spots

Set Up: Set-up Colored Spots so each spot is further from the receiver hoop than the one previous. Make sure the distance of the spots is age appropriate.



Power Ranger Execution:

- The goal of the game is to collect all your Zords (colored spots) and put them into your team hula hoop to morph into a MegaZord. The first team to create a MegaZord (collect all 6 zords and put them into their hula hoop) wins.
- Coach splits players into two teams and assigns each team to their team color (line). One player from each team stands their Serving Hoop. The rest of the players line-up in the Passing Line.
- On coach's whistle, the first person in each Passing Line runs out to one of the Zords (they can start with any color)
- Once their foot is on a Zord, the player in the Hula Hoop gives them a Toss or soft underhand serve.
- The player on the Zord must "Bump" the ball back to the Server.

- **If the Server catches the ball in the Hula Hoop:** The Passer Grabs the Zord he/she was standing on and puts it in their Team Hula Hoop
- **If the Server doesn't catch the ball in the Hula Hoop:** If the Server doesn't catch the bump or has to leave the Hula Hoop to catch the bump, it is an incomplete pass and the Passer doesn't grab the Zord he/she was standing on.
- **Make or miss:** After 1-attempt, the Passer grabs the ball, returns it to the Server and gets in the back of the passing line.
- After the Server has served the ball to ever player on his/her team, a new player becomes the server, and the old server gets in the Passing Line.
- First team to get all their Zords in their Team Hula Hoop and say as a team "It's Morphin Time" wins the game!
- Reset the Zords at a further distance and continue as time permits.

Avengers Execution:

- The goal of the game is to collect all your Infinity Stones(colored spots) and put them into your team hula hoop to Create your Infinity Gantlet. The first team to create their Infinity Gantlet (collect all 6 Stones and put them into their hula hoop) wins.
- Coach splits players into two teams and assigns each team to their team color (line). One player from each team Stands their Serving Hoop. The rest of the players line-up in the Passing Line.
- On coach's whistle, the first person in each Passing Line runs out to one of the Stones (they can start with any color)
- Once their foot is on a Stone, the player in the Hula Hoop gives them a Toss or soft underhand serve.
- The player on the Stone must "Bump" the ball back to the Server.
- **If the Server catches the ball in the Hula Hoop:** The Passer Grabs the Stone he/she was standing on and puts it in their Team Hula Hoop
- **If the Server doesn't catch the ball in the Hula Hoop:** If the Server doesn't catch the bump or has to leave the Hula Hoop to catch the bump, it is an incomplete pass and the Passer doesn't grab the Stone he/she was standing on.
- **Make or miss:** After 1-attempt, the Passer grabs the ball, returns it to the Server and gets in the back of the passing line.
- After the Server has served the ball to ever player on his/her team, a new player becomes the server, and the old server gets in the Passing Line.
- First team to get all their Stones in their Team Hula Hoop wins the game!
- Reset the Stones at a further distance and continue as time permits.