

Volleyball Teamwork & Technique (ages 7-12)

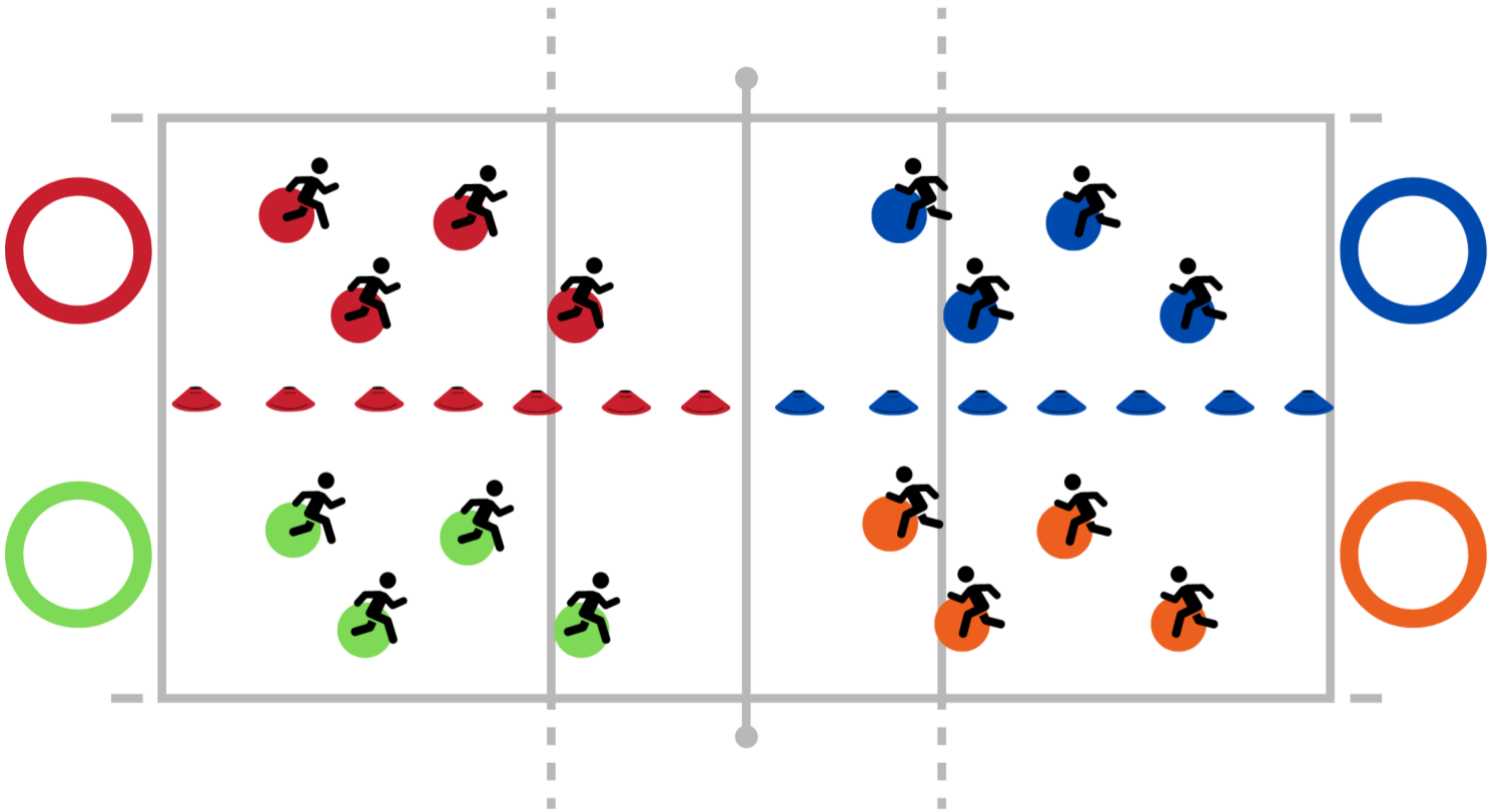
Activity Reference Guide

Space Jam

Purpose: Bumping

Equipment: Volleyball, Discs, Hula Hoops, Small Spots

Set Up: on each side of the net create a line with discs down the middle of the court splitting the court in half. You should have 4 quadrants. Place a Hula Hoop at the baseline of each quadrant.



Execution:

- Split players into 4 teams and assign them to a quadrant.
- Coach tosses the ball to a quadrant to start a rally.
- Players must bump ball to another quadrant and create a rally.
- If the ball hits the ground in a quadrant that team's Space station gets hit by an asteroid. Coach places a small spot into their hoop and tosses the ball to get a new rally started.
- Team hit with the most asteroids loses.