



# Volleyball Camp

## Teamwork & Technique (ages 7-12)

### Activity Refence Guide

#### **Spikeball**

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

Equipment: Volleyball, Spikeball Net

Set Up: Set-up a Spikeball Net



The object of the game is to hit the ball into the net so that the opposing team cannot return it. A team is allowed up to three touches to return the ball. The rally continues until the ball is not returned properly.

#### Execution:

- Coach first designates the four players to a net. Teams of 2.
- Winner of rock, paper, scissors gets to pick side or serve. Before the ball is served any players not receiving the serve must be 6 feet from the net.
- The returner can stand at whatever distance they choose.
- Once the ball is served players can move anywhere they want.
- Possession changes when the ball contacts the net.
- Each team has up to 3 hits per possession, but they do not need to use all 3 hits.
- Rally scoring (points can be won by the serving or receiving team).
- Games are played to 21. You must win by two points. (Unless otherwise specified by a Coach)
- Switch sides after one team reaches 11 points.

#### Points are scored when:

- The ball isn't hit back into the net within 3 hits.
- The ball hits the ground.
- The ball hits the rim (including clips) (Even during a serve--rim shots don't Count).

### Serving:

- The receiving team sets their position first. Server stands directly across from the receiving player. Only the designated receiver can field the serve.
- The ball must be tossed up from the server's hand before it is hit. It cannot be hit out of the server's hand. If the server does not like the toss, they need to let the ball drop to the ground. They will have one more opportunity to toss and serve the ball.
- Server's feet must be behind the service line (at least 6 feet away from the net) when the ball is hit. They can lean over the service line, but their feet may not cross the service line until after the ball is hit.
- The server is allowed to take a pivot step or approach steps, but is not allowed to move laterally beyond a pivot.
- Serves can be as hard or as soft as the server likes, and drop shots are allowed.
- Serves must be below the receiver's raised hand. If the ball can be caught by the receiver, it must be played. If the ball is too high, the receiver must call "let" before their teammate touches the ball. The serving team has one more try to serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
- The ball must come cleanly off the net on a serve. If the ball takes an unpredictable bounce (commonly known as "pocket"), the receiver must call "let" before their teammate touches the ball. The serving team has one more try to give a clean serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
- If the ball takes an unpredicted bounce, and lands back on the net or the rim, it's the other team's point and a change of possession.
- If the ball contacts the rim at any time, it is a point for the other team and a change of possession.
- After a server wins the point, they change positions with their teammate so they are directly across from the other member of the receiving team.

### Contacting the Ball:

- Hits must alternate between teammates.
- The ball must be hit, not be caught, lifted, or thrown. You cannot hit the ball with two hands (this includes putting both hands together while contacting the ball with your hands).
- You can use any part of your body to hit the ball and it counts as your hit. (You cannot contact the ball twice in a row regardless of what part of your body it touches).
- If the ball hits any part of the ground or rim it is no good. There are only "lets" on the serve. After the serve, if the ball does not hit the rim, play it regardless of how it bounces.
- If teams cannot determine if the ball hit the rim, replay the point, no questions asked.
- Once the ball hits the net, it must bounce off in a single bounce. It must clear the rim in order to be good.

### Infractions:

- Defensive players must make an effort to get out of the offensive team's way. If a member of the defensive team is in the way of a play on the ball, the player being blocked must call "hinder" and replay the point. The offensive team must have a legitimate play on the ball to call "hinder."

