

Volleyball Teamwork & Technique (ages 7-12)

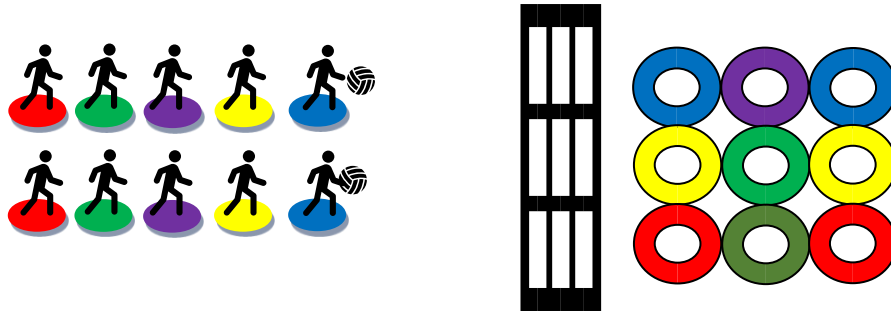
Activity Reference Guide

Tic-Tac-Toe Volleyball Setting

Purpose: Setting

Equipment: Colored Spots, Hula Hoops, Volleyballs

Set Up: Break players into team's and have each team stand in a vertical line behind their teams serving spot. On the other side of the net, create a Tic, Tac, Toe grid in the middle of the court. (you do not need a net for this variation)



Execution:

- The goal of the game is to try to get Tic, Tac, Toe (3-in a row)
- Have players stand in their team lines.
- The first person in each line goes to the other side of the net and picks a spot on the tic-tac-toe board.
- Coach gives the ball to the next player in each team line.
- Coach Tosses one team the ball For a bump to the Teammate receiving the Bump must Set ball Back to them.
- **IF THE BALL IS CORRECTLY SET BACK TO TEAMMATE:** the player puts a team's-colored spot (i.e. RED) in the Hula Hoop. That team now owns the Hula Hoop.
- Coach then calls the next player on the other team to Pass the ball.
- **IF THE BALL DOES NOT GET SET BACK TO TEAMMATE: Player does not place a spot and team does not get to claim that hula hoop.** Nothing happens. Players rotate.
- First team to get Tic, Tac, Toe wins points for their team.
- Move the Tic, Tac, Toe Grid and continue as time permits.