

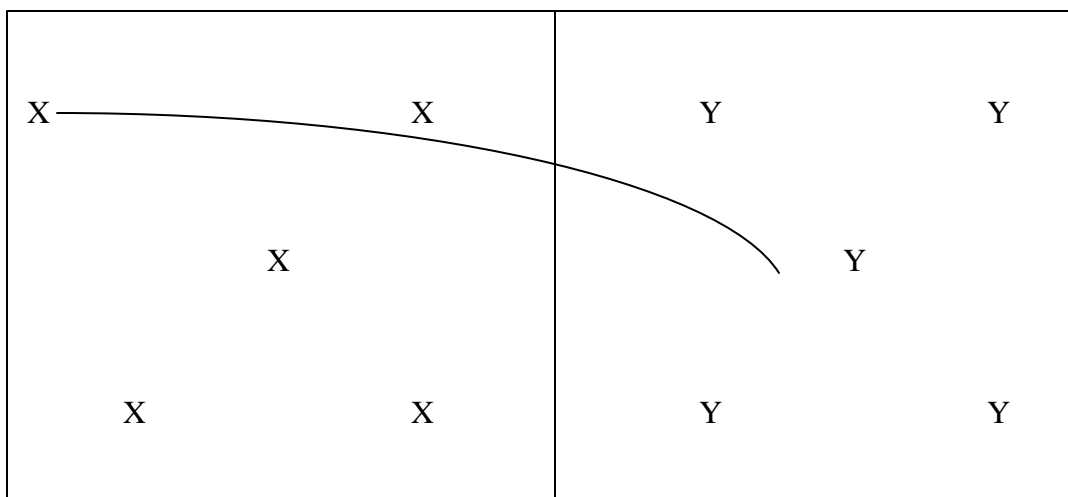
Soccer Tennis/Volleyball

Purpose

This game is excellent at developing players close control and juggling skills. It's basically a mix of tennis and volleyball but players are not allowed to use their hands. Once players get the hang of the rules it's a great alternative to a scrimmage when players are tied or it's a hot day.

Organization

Set out an area similar in size to a volleyball court (25 x 15) with a line of cones acting as a net splitting the area in two.



Game Objective

Player X serves the ball from their hands over the net to Y team. The ball is allowed to bounce once on Y team's half of the field and is then not allowed to touch the ground again. Y team can use any part of the body (except hands) to keep the ball off of the ground. They must then play the ball back over to X team who then tries to keep the ball off of the ground and deliver the ball back to Y team.

Teams score a point if the other team lets the ball touch the ground more than once or they play the ball out of the area. Teams can only score a point when their team is serving, so they have to win the serve before they can start scoring.

Progressions

Make it into a knockout competition. So when a player messes up they are eliminated and have to sit out until there are just two players left battling it out to see who's king of the court.