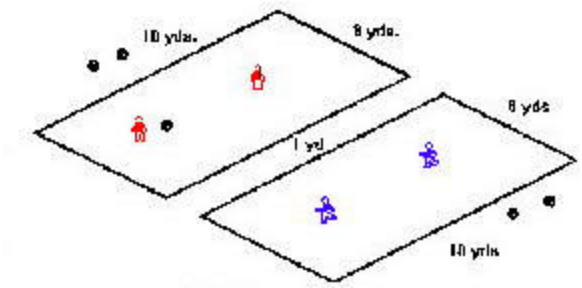
Soccer Volleyball



The Game

- Play starts with an underhanded toss to the opponent. You may not "serve to win". The purpose of the serve is to put the ball in play.
- Once served, the ball is allowed to bounce once on the other side at any time during the series.
- The receiving team is allowed to play the ball up to three times before their return. However, one player may not touch the ball twice in a row. (Just like real volleyball)
- Play continues until the ball lands outside of the grid or it touches the ground more than once.
- The game is scored like volleyball with teams only scoring points on their own serve.

Coaching Points

- Receiving technique, volleys, heading.
- Players must work together.

Variations

- For players whose skills are not that developed, allow the ball to bounce once after each touch is made.
- Allow 2 points for a winner made with the head.
- Demand that both players must touch the ball before it goes back over the net.