Multiskills - Games Based Activities

4-Way Volleyball

Equipment
- 4 mini tennis nets
- Floor marker spots
- One large soft ball

Game Rules

Each team stand in one quarter.

To start the game you must throw the ball underarm into one of the other teams areas. They must let it bounce once before pushing out of the area and into someone else’s.

The ball can bounce up to three times in your area and your team can take up to three touches in order to push it out and into someone else’s area.

If you push it into someone else’s area and they fail to push it out of there area before it has bounced three times or they push it out of play your team win one point.

Learning Theme
- Changing the angle of attack
- Start near the back of your area - this will let you see space in other teams areas before you push the ball - push it into large spaces.
- Can you use disguise to help surprise your opponents giving them less time to react?
- Can you sometimes pass the ball to team mates to help change the direction in which your team send the ball into another area.
- Push the ball into an area away from where it has come - they are less likely to be in good ready positions.