

Volleyball Teamwork & Technique (ages 7-12)

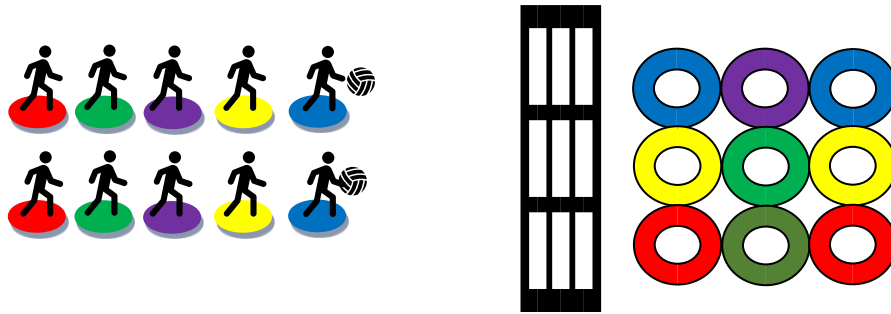
Activity Reference Guide

Tic-Tac-Toe Volleyball Hitting | Super Smash

Purpose: Hitting

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.



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 calls one team to Toss Ball to player on the Setting spot for a set to Spike over the net onto the Tic-Tac-Toe board.
- **IF THE BALL IS SPIKED INTO A HOOP:** 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 Toss the ball.
- **IF THE BALL DOES NOT GET SPIKED INTO A HOOP:** Player does not place a spot and team does not get to claim that hula hoop. Nothing happens. Players rotate.
- **IF THE BALL IS SPIKED INTO A HOOP FROM A HOOP THAT CURRENTLY HAS THE OTHER TEAM'S COLORED SPOT IN IT:** They just stole the hoop from the other team (i.e. Red spot become Blue Spot)
- First team to get Tic, Tac, Toe wins points for their team.
- Move the Tic, Tac, Toe Grid and continue as time permits.