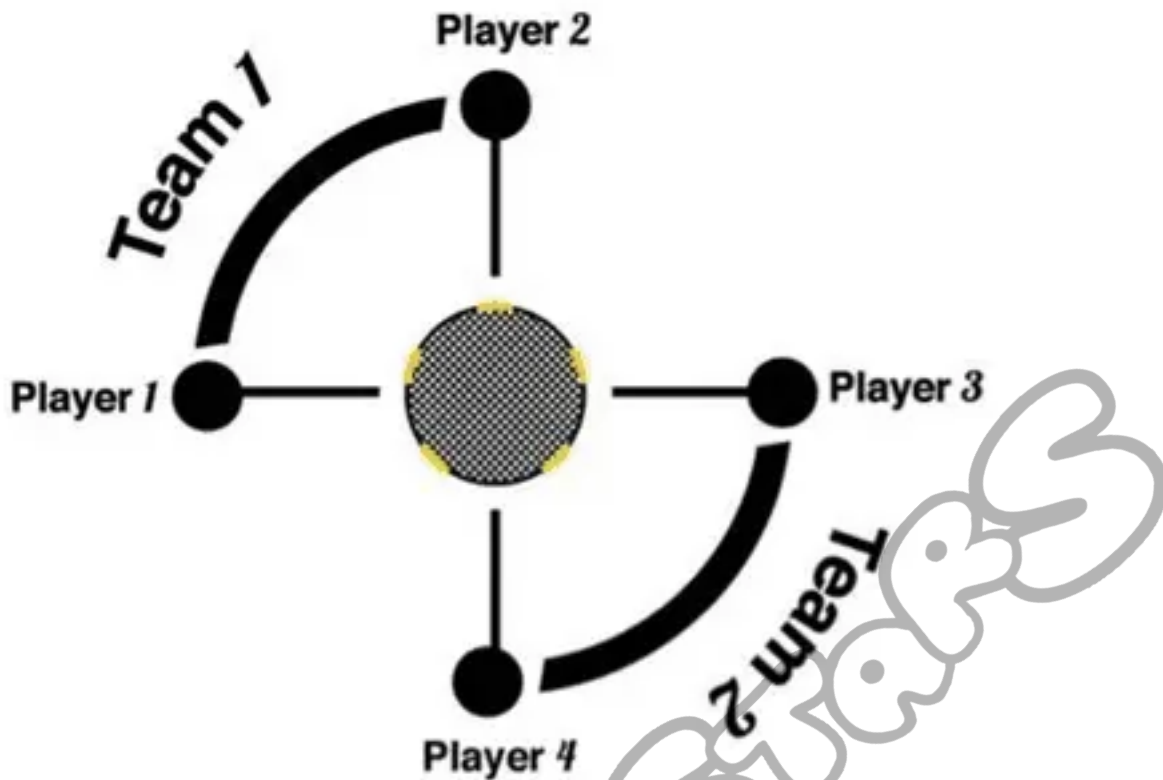


SPIKEBALL

Supers

How to Play:



Spikeball is played 2 versus 2, with players spaced out equally around the net.

When the ball hits the net, it changes possession (like in volleyball, this is the equivalent to the ball passing over the net).

The opposing team has 3 hits or less to spike the ball back off the net. Players cannot hit the ball twice in a row, so they must spike to their teammate or the net before they can catch again.

There are no sidelines or boundaries – the ball can be hit in any direction, with any amount of force. When a team fails to hit the net, the opposing team gets a point. If the rim is hit at any time, a point is awarded to the opposing team. The ball can only bounce once on the net per turn. If it bounces twice, the opposing team earns the point.

You can use any part of your body to spike the ball! Players may not interfere with another player's attempt to hit the ball. If so, the point must be replayed.

Lead Up Drills and Games:

- Stationary ball handling
- Jog and ball handle
- With a partner, hit back and forth over a line, then in a hula hoop or net
- Pass and chase tag
- 3 v. 1 tag (pass the ball in a circle of 3 trying to tag the person in the middle with the ball)

Gameplay:

- 2 v. 2 (4 min)
- Switch partners (4 mini games)
- Kings and Queens of the net (4 mini games) – move up and down the row

Modifications:

- Use a bigger ball
- Allow one bounce on the floor