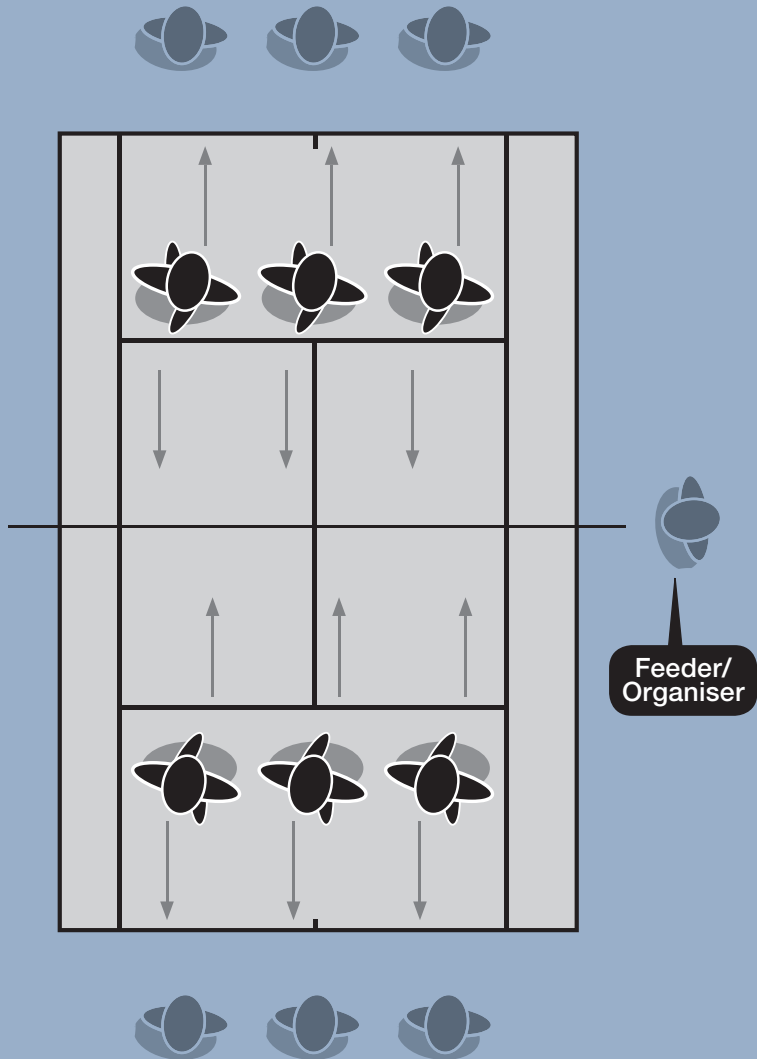


WAVES



WAVES

Learning Objectives

- To practise playing points in different court positions in a fun team format

Organisation

- Using the whole court, players in 2 teams all starting on the baseline
- Coach feeds the ball in and the players play out the point
- The team who win the point all move up to a mid court position, the other team stay on the baseline
- Coach feeds the ball in and the players play out the point
- If the team who are mid court win the point they move up to the net, if the team on the baseline win the point they move to mid court and the other team moves back to the baseline
- Coach feeds the ball in and the players play out the point
- The team that wins the point moves up the court, if they are at the net they stay there, the other team move back, if they are on the baseline they stay there.

Activity

- Explain the format and scoring to the players
- The match is the first to 3 sets
- A team needs to win three points in a row from the net to win a set

At the end

- Declare the winning team