

# TOP GUN

**OBEJECTIVE:** Passing

**EQUIPMENT:** 1 ball per group,  
Volleyball court, cones and  
markers.



10 Minutes

## DESCRIPTION

1. The coach/teacher serves the ball to the top pair who begins rallying the ball between the other team. However, before playing the ball back over the net, each team need to have at least 2 contacts with the ball.
2. The losing team of the rally (the team that does not get the ball back over the net) comes off the court and new pair comes one as the challengers.
3. The rally starts over again. 1 point is scored every time a pair wins the point.

## CHANGE IT

### Beginner

- Don't restrict the amount of touches to get the ball over the net.

### Advanced

- Each team has to do a forearm pass, a set and a throw-catch before passing the ball over.

### ANC CODE

Moving

[ACPMPO30](#)

Our

[ACPMPO48](#)

Body

[ACPMPO67](#)