

TRIANGLE PLAY

OBJECTIVE: Passing, Setting, Spiking

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



10 Minutes

DESCRIPTION

1. Player A stands on the opposite side of the net to the rest of the group and performs an underarm serve to player B.
2. Player B performs a forearm pass/set to player C.
3. Player C catches the ball, and then does a throw-set to player B.
4. Player B then approaches the ball and spikes it back over the net to player A.
5. Play continues in the same sequence. Rotate players into different positions.

CHANGE IT

Beginner

- N/A

Advanced

- Instead of having at least 2 touches of the ball before passing it over the net, change to 3 or 4 touches.
- Each team has to do a forearm pass, a set and a throw-catch before passing the ball over.

ANC CODE

Moving
Our Body

[ACPMPO27](#)

[ACPMPO45](#)

[ACPMPO63](#)