

2+2 RALLY

OBEJECTIVE: Serving

EQUIPMENT: 1 ball per team,
cones or markers, net or similar



10 Minutes

DESCRIPTION

1. Use cones/markers to split the court in two so multiple games can be played at the same time.
2. Create teams of 4 players, with 2 players on each side of the net. Player A is at the front of the court and Player B is at the back.
3. Player B throws or underarm serves the ball over the net to the opposing Player B. The opposing Player B performs a forearm pass/set to their Player A, who catches the ball.
4. Player A then performs a throw-set along the net for the back player to player over the net.
5. Players continue and try and keep the rally going.

CHANGE IT

Beginner

- Lower the net to make it easier

Advanced

- Instead of catching the ball the receiver can set or pass the ball to themselves and then serve over the net

ANC CODE

Moving
Our
Body

[ACPMP027](#)

[ACPMP045](#)

[ACPMP063](#)