

SHOWER BALL

OBEJECTIVE: Serving

EQUIPMENT: 3 ball per pair,
cones or markers, net or similar



10 Minutes

DESCRIPTION

1. Create 2 teams of 3 players. Each team stands on their side of the court behind the cones or markers that are placed half way down the court. Each team starts with 3 balls.
2. On the start signal the players serve the all over the net from behind the halfway markers. The receivers aim to catch the incoming balls before it lands on the court.
3. Teams count how many balls land in their court, the team with the least serves landing in their court wins.

CHANGE IT

Beginner

- Lower the net to make it easier
- Remove some of the balls

Advanced

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

ANC CODE

Understanding
Movement

[ACPMPO29](#)

[ACPMPO47](#)

[ACPMPO65](#)