

# 2+2 SEQUENCES

**OBEJECTIVE:** Setting

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



10 Minutes

## DESCRIPTION

1. Create teams of 4 players with 2 players on each side of the net. Use cones to divide the court so you can have 2 teams on the court.
2. Player A throws the ball to Player B, who is close to the net; they catch the ball and then throw-set for Player A, who sets the ball over the net.
3. This pattern repeats on the other side of the net.
4. After several minutes players change positions.

## CHANGE IT

### Beginner

- N/A

### Advanced

- Instead of catching the ball Player A can set or pass the ball to Player B

### ANC CODE

Learning  
through  
Movement

[ACPMPO30](#)

[ACPMPO48](#)

[ACPMPO67](#)