

SETTING VOLLEYBALL

OBEJECTIVE: Setting

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



10 Minutes

DESCRIPTION

1. Divide students into teams of 3 and place one team on each side of the net. Create a smaller court ideally using only the attack zone of the court (3m x 6.5m).
2. Commence the rally by throwing the ball over the net.
3. Teams can use up to three sets to get the ball back over the net.

CHANGE IT

Beginner

- Lower the net to make it easier to perform the set

Advanced

- Start the rally with a serve

ANC CODE

Moving
Our
Body

[ACPMPO27](#)

[ACPMPO45](#)

[ACPMPO63](#)