

# 3's SPIKE

**OBEJECTIVE:** Spiking

**EQUIPMENT:** 1 ball per court



15 minutes

## DESCRIPTION

1. Create groups of 3 players with 1 player on one side of the net (Player A) and the remaining two players on the other side (Player B & C).
2. Player A lobs the ball over the net to Player B, who passes the ball to Player C.
3. Player C sets the ball for Player B to spike back over the net to Player A.
4. Continue this pattern for 1 minute and then rotate roles.

## CHANGE IT

### Beginner

- Allow players to add a catch in between setting the ball to make sure the set is controlled

### Advanced

- Challenge players to continue the rally for as long as possible.

### ANC CODE

Moving Our  
Body

[ACPMPO25](#)

[ACPMPO43](#)

[ACPMPO61](#)