

Volley Sport (U11)

Format

Round Robin Tournament.
Can be adapted to sitting volleyball using a lower net.

Equipment

Volleyball, Volleyball Net,
Correct floor markings.

Teams

2 vs 2.

Court Layout

Play across a badminton court (6.1m x 4.72) and net height 2.15m. For sitting volleyball use 1.05m net height.

Game timing/ Scoring

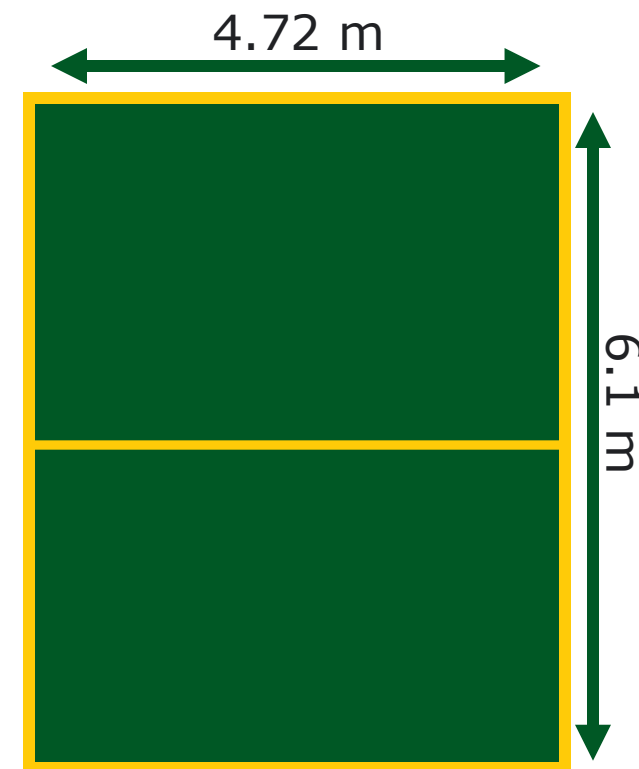
One set to 15 points (2 points clear) or 6–8 minute timed game.

Rules

- Points are awarded to individuals based on scores from the match.
- 3 touches allowed per pair.
- Points are scored if the ball touches the ground, goes out of bounds or doesn't go over the net.

Adaptations

- A catch could be allowed on the first contact in each point to help develop rallies.
- An under arm serve or throw could be allowed to increase the success of the serve.
- This format can be used for sitting volleyball.



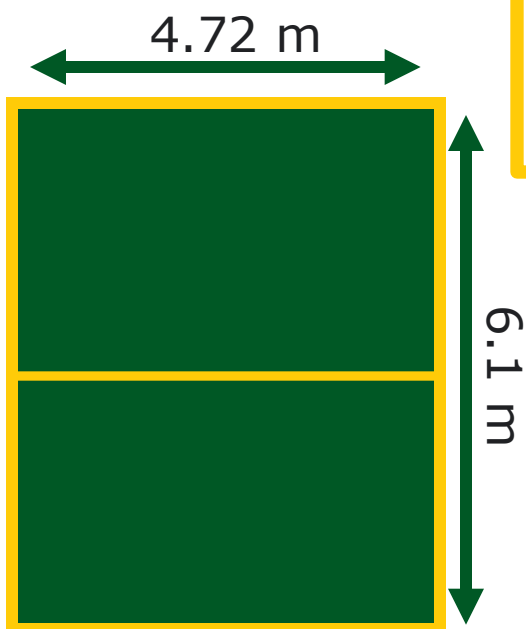
Volley Sport (U11)

Space: 2vs2. See diagram below total area equates to half a Badminton Court. For sitting volleyball use 1.05m net height.

Task: One set to 15 points (2 points clear) or 6–8 minute timed game.

Equipment: Volleyball, Volleyball Net, Correct floor markings.

People: 2 teams, 2 vs 2.



Rules

- Points are awarded to individuals based on scores from the match
- 3 touches allowed per pair
- Points are scored if the ball touches the ground, goes out of bounds or doesn't go over the net

Adaptations

- A catch could be allowed on the first contact in each point to help develop rallies
- An under arm serve or throw could be allowed to increase the success of the serve.
- This format can be used for sitting volleyball.



Mini Volley (U13)

Format

Round Robin Tournament.
Can be adapted to sitting volleyball using a lower net.

Equipment

Volleyball, Volleyball Net,
Correct floor markings.

Teams

2 teams, 3 vs 3.

Court Layout

Court (13.4m x 6.1m) or
modified badminton
court. For sitting volleyball
use 1.05m net height.

Game timing/ Scoring

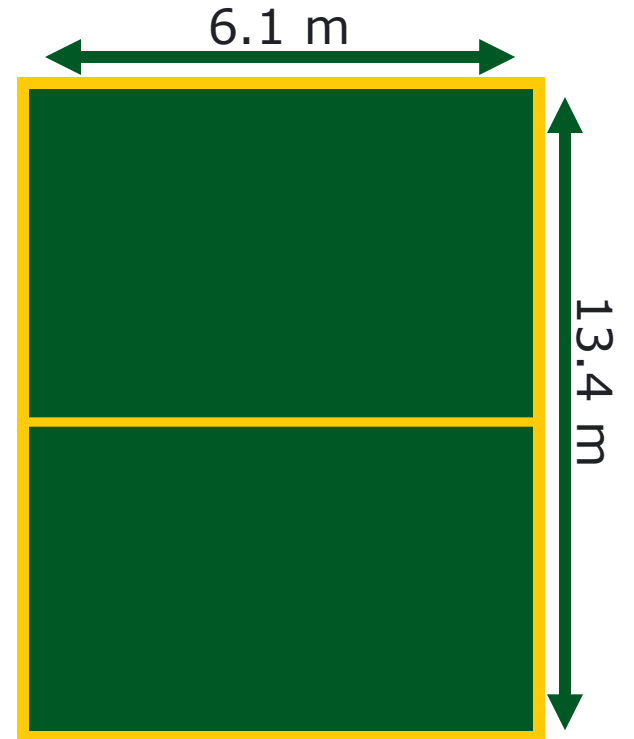
One set to 21 points (2 points clear)
or 10 minute timed game.

Rules

- Points are awarded to individuals based on scores from the match
- 3 touches allowed per team.
- Points are scored if the ball touches the ground, goes out of bounds or doesn't go over the net.

Adaptations

- A catch could be allowed on the first contact in each point to help develop rallies.
- An under arm serve or throw could be allowed to increase the success of the serve.
- This format can be used for sitting volleyball.



Mini Volley (U13)

Space:

3vs3. See diagram below total area equates to a Badminton Court. For sitting volleyball use 1.05m net height.

Task:

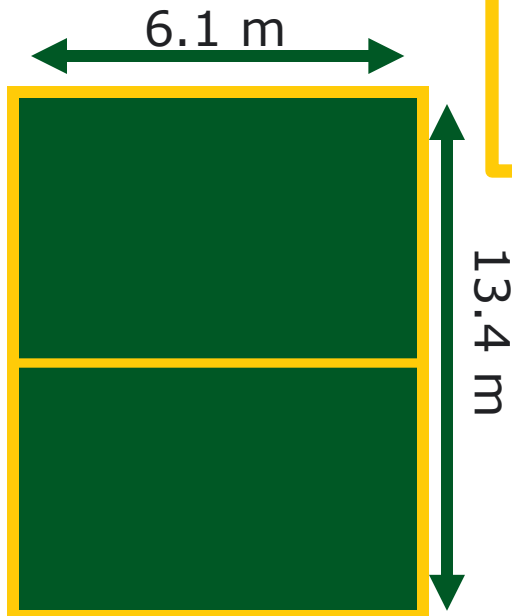
One set to 21 points (2 points clear) or 10 minute timed game.

Equipment:

Volleyball, Volleyball Net, Correct floor markings.

People:

2 teams, 3 vs 3.



Rules

- Points are awarded to individuals based on scores from the match.
- 3 touches allowed per team
- Points are scored if the ball touches the ground, goes out of bounds or doesn't go over the net.

Adaptations

- A catch could be allowed on the first contact in each point to help develop rallies and defensive skills.
- An under arm serve or throw could be allowed to increase the success of the serve.
- This format can be used for sitting volleyball.



Super Mini Volley (U15)



Format

Round Robin Tournament. This format can be used for sitting volleyball by using a lower net.

Equipment

Volleyball, Volleyball Net, Correct floor markings.

Teams.

2 teams, 4vs4.

Court Layout

Court (6.10 x 13.4) net height 2.15m.
For sitting volleyball use 1.10m net height.

Game timing/ Scoring

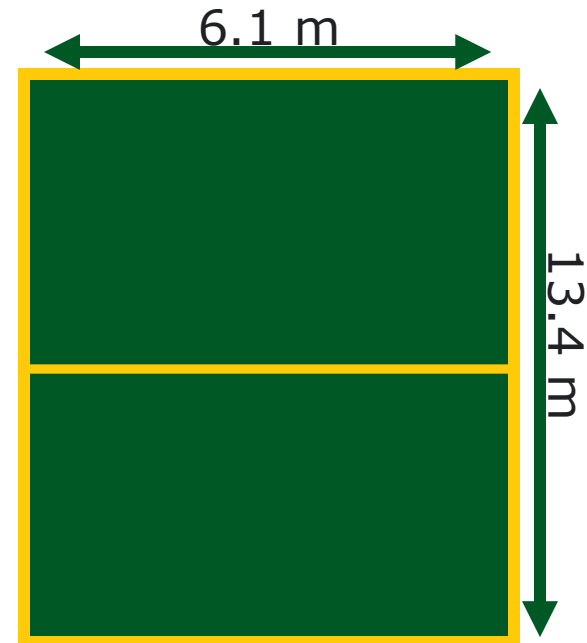
One set to 25 points (2 points clear) or 15 minute timed game.

Rules

- Points are awarded to teams based on scores from the match.
- 3 touches allowed per pair.
- Points are scored if the ball touches the ground, goes out of bounds or doesn't go over the net.

Adaptations

- A catch could be allowed on the first contact in each point to help develop rallies.
- An under arm serve or throw could be allowed to increase the success of the serve.
- This format can be used for sitting volleyball.



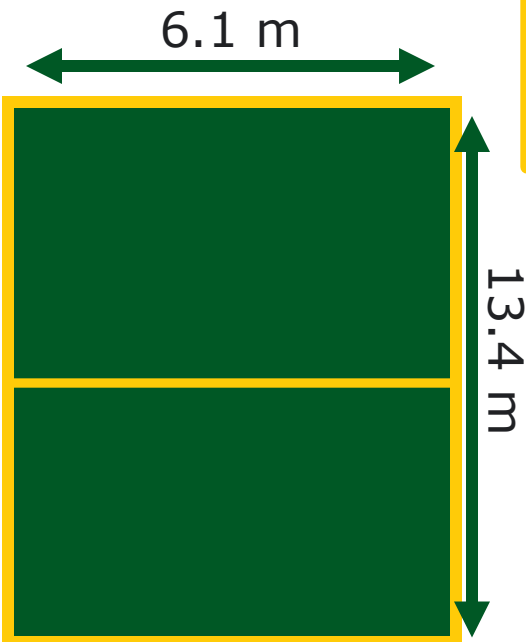
Super Mini Volley (U15)

Space: 4vs4. See diagram below total area equates to a Badminton Court (6.10 x 13.4) net height 2.15m. For sitting volleyball use a 1.10m net height.

Task: One set to 25 points (2 points clear) or 15-minute timed game.

Equipment: Volleyball, Volleyball Net, Correct floor markings.

People: 2 teams, 4 vs 4.



Rules

- Points are awarded to teams based on scores from the match.
- 3 touches allowed per pair.
- Points are scored if the ball touches the ground, goes out of bounds or doesn't go over the net.

Adaptations

- A catch could be allowed on the first contact in each point to help develop rallies.
- An under arm serve or throw could be allowed to increase the success of the serve.
- This format can be used for sitting volleyball.

