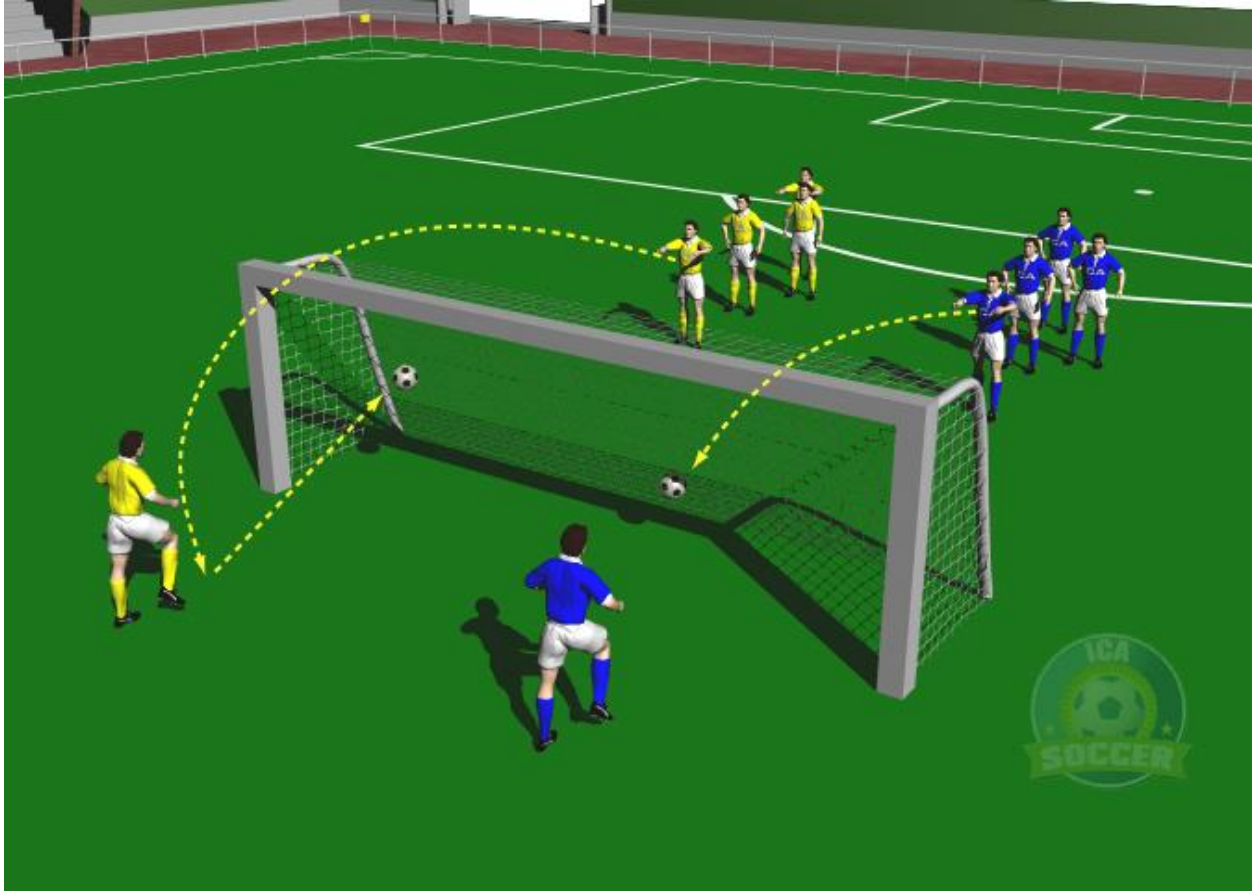


Fun Volley Game



Exercise Objectives:

Players love this game! This fun volley challenge game is designed to improve each player's technical ability when volleying the ball. It can be used as a fun warm up game as a pre-cursor to your shooting session. It also sets a fun tone to the start of your practice session.

Coaching Pointers:

Perform the exercise in the following sequence; Divide your team into two equal groups. Place one player from each group in front of the goal. The first player from each group serves the ball (using both hands) over the crossbar for his teammate to volley into the open net. The ball cannot hit the ground. It must be "all net". If the player successfully volleys and hits the net, he quickly sprints to the end of the line and the server becomes the next person to volley. First team to get every player to score a volley wins.

If the player doesn't score, he keeps trying until he does. They cannot swap until the player scores.

Progression of game:

Server must scoop the ball over the crossbar using his foot, no hands allowed.

Receiver must control the ball first "one touch" then volley the ball. Can use head, chest, thighs or feet.

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