



# Mini volleyball

A modified version of volleyball played on a smaller court with no designated positions. Play in teams of 4.

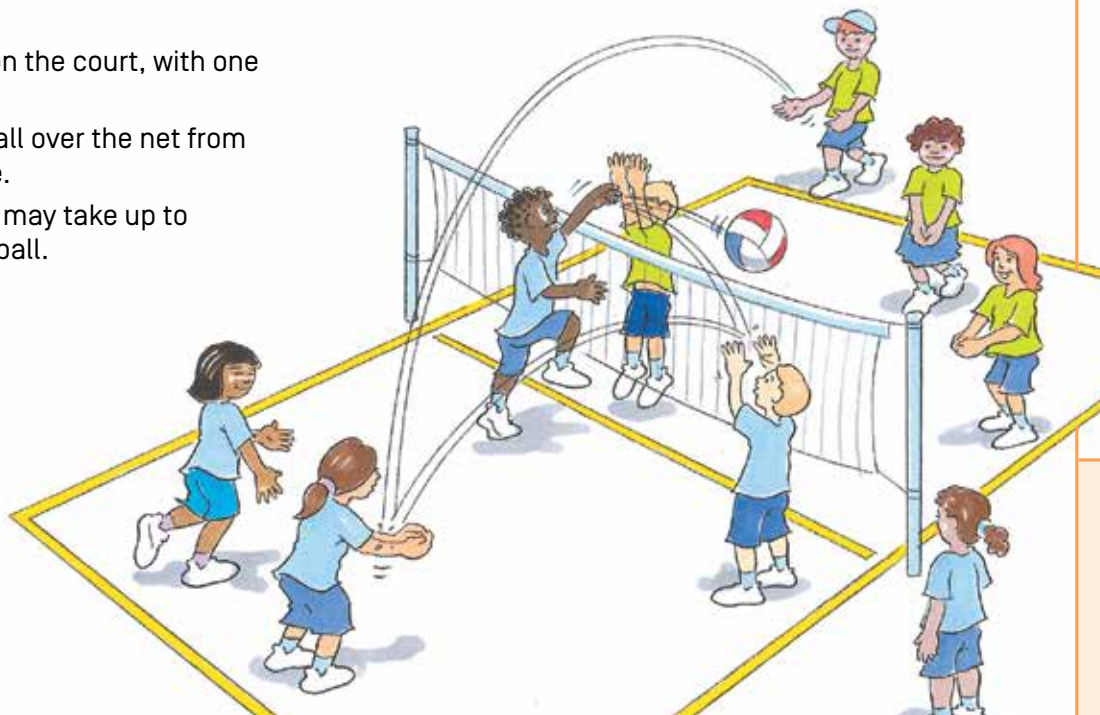
## What you need

- > A suitable indoor or outdoor area
- > A mini volleyball court (14m x 7m) with a net at a height of 2 metres (a rope or no-go zone are suitable alternatives)
- > One mini-volleyball (or similar)
- > Cones or markers to define the court area (if needed)

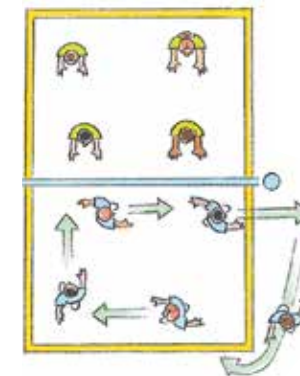
- > Rallies continue where both teams try to return the ball to the other side.
- > A rally is won when:
  - the ball is not returned over the net within 3 hits
  - the receiving team lets the ball hit the ground
  - a player makes contact with the net, or
  - the returned ball lands outside the court boundaries.

## What to do

- > Have 2 teams of 4 on the court, with one team on each side.
- > Players serve the ball over the net from behind the baseline.
- > The opposing team may take up to 3 hits to return the ball.



- > If the receiving team wins the rally, they win the right to serve.
- > Players rotate clockwise after winning the right to serve.
- > A player is allowed a maximum of 3 serves in a row.



Rotation to include a fifth player

## Scoring

- > A point is scored by the team that wins the rally.
- > The first team to score 25 points wins the set.
- > A team must win with a minimum margin of 2 points (e.g. 25-21, 28-26).

## LEARNING INTENTION

Mini volleyball requires players to work as a team to cover the court in defence and to pass the ball reliably to gain an advantage in attack. It works well following any activity that includes some or all of these skills, as it encourages players to further develop the skills.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION COLLABORATION

STRATEGY AND PLANNING TACTICS

PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO61  
ACPMPO63

# change it...

## Coaching

- > Start playing the game and introduce new game rules as situations arise. Players can easily learn new rules in the course of play.
- > Use players as role models to highlight competent skills.
- > Provide students time between points/sets to work together to form new strategies.

## How to score

- > Score a bonus point each time a team uses its maximum 3 hits before returning the ball.
- > If you want to encourage players to relax and try new skills, do not keep score.

## Playing area

- > Lower the net height or use a no-go zone until players develop the skills of serving and spiking.



## Game rules

- > Allow the server to serve from inside the court (closer to the net) to improve their chances of success.
- > Allow the ball to be caught on first contact.
- > Allow the ball to bounce once before first contact.
- > Service can be either underarm or overarm.
- > Change the maximum number of hits allowed before returning the ball over the net.

## Equipment

- > Use different types of balls or balloons, depending on the ability of the players.



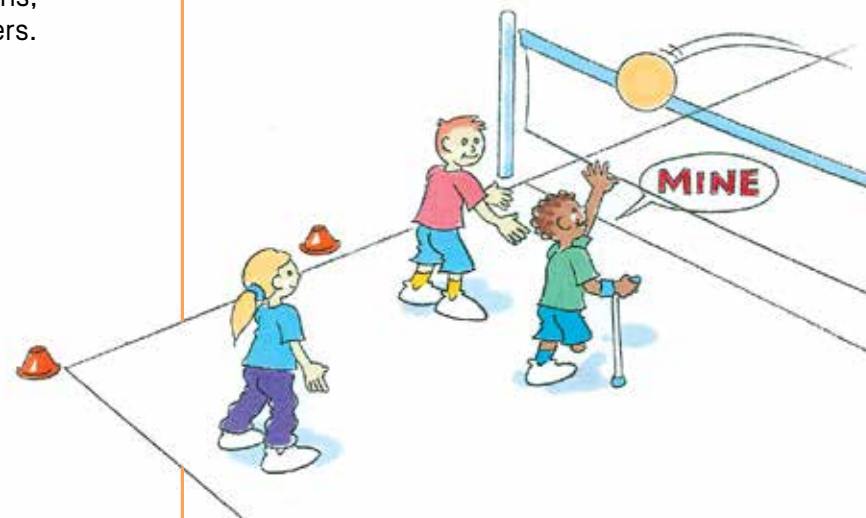
## Time

- > Instead of playing until a set is completed, play for a defined period of time.
- > The winning team is the one with the most points scored when time runs out.

# Mini volleyball

## Safety

- > Players are not permitted to make contact with the net.
- > Playing the ball with any part of the body, including the feet, is permitted in volleyball but kicking the ball is discouraged for safety reasons.
- > Make sure players or teams waiting off-court are a safe distance away to avoid interference with play.
- > When players are going for a ball, encourage them to call 'MINE!' to avoid collisions with team-mates.



## Ask the players

- > When defending, where should you stand on the court to defend your area?
- > When attacking, what tactics could you use to improve the chances of winning the point?