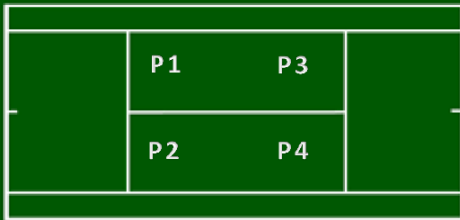


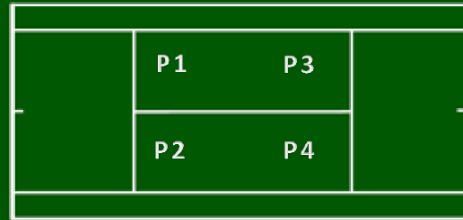
1.1 - 4 PLAYERS AT THE NET



TOUCH VOLLEYBALL

- Play 2 sets first to 10 points, swap side with your partner after the first set. The playing area is only the service boxes.
- Players should stand close to the net.
- Like in volleyball you can pass the ball to your partner but the 3rd touch has to go over the net
- When you hit the ball over the net you can't hit the ball down, your contact has to be on the bottom of the ball.

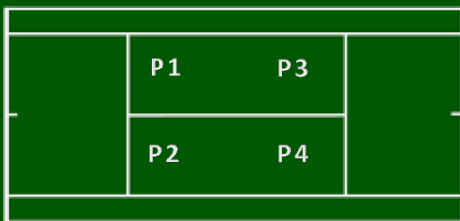
1.2 - 4 PLAYERS AT THE NET



TRADING VOLLEYS

- Play 2 sets first to 10 points, swap side with your partner after the first set. The playing area is full doubles court.
- Players should stand in the middle of the service box.
- Do a volley of 4 and then play the point out. If the rally breaks down (or the ball bounces) before you get to 4 you have to replay the point.
- The ball is allowed to bounce after the first 4 volleys. No lobs allowed.
- It's a reaction and consistency game, try to outally the other team. All shots have to be trading shots you can't go for the "kill".

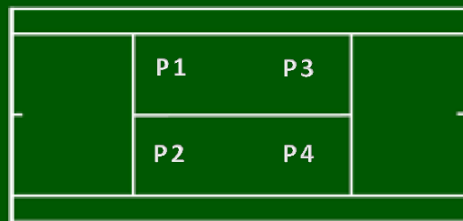
1.3 - 4 PLAYERS AT THE NET



WINNING VOLLEYS

- Play 2 sets first to 10 points, swap side with your partner after the first set. The playing area is full doubles court.
- Players should stand in the middle of the service box.
- Do a volley of 4 and then play the point out. If the rally breaks down (or the ball bounces) before you get to 4 you have to replay the point.
- Volley no 4. has to be a trading shot, you can go for the "kill" on shot no 5 and after.
- The ball is allowed to bounce after the first 4 volleys. No lobs allowed.

1.4 - 4 PLAYERS AT THE NET



ATTACK vs DEFENSE VOLLEYS

- Play 2 sets first to 10 points, swap side with your partner after the first set. Teams have to change roles after 2 sets. The playing area is full doubles court.
- Players should stand in the middle of the service box. One team plays ATTACK other team plays DEFENSE.
- Do a volley of 4 and then play the point out. If the rally breaks down (or the ball bounces) before you get to 4 you have to replay the point.
- Volley no 4. has to be a trading shot, you can go for the "kill" on shot no 5 and after if you are the attacker.
- Defense team tries to neutralise and outally the attackers.
- The ball is allowed to bounce after the first 4 volleys. No lobs allowed.