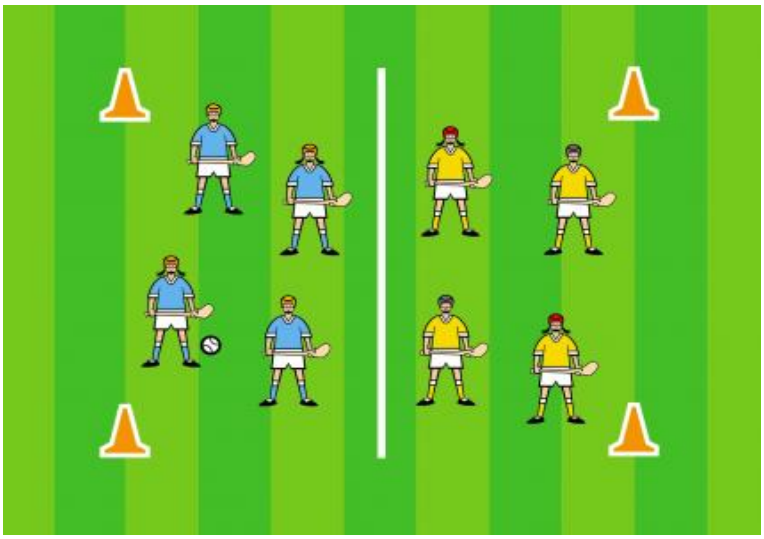
LEVEL 3

BATTING A BALL OVERHEAD - BATTING VOLLEYBALL



EQUIPMENT LIST

- Cones
- Sliotar

This is a fun game to develop the batting technique.

Organisation

- Mark out a court using cones
- Place a net or dividing line to mark the court into 2 sections
- Divide the players into 2 equal teams
- The objective of the game is to bat the ball overhead into the opponents section of the court. The ball may be controlled, passed among players of the same team (without catching the ball) and set up for a bat but may only be played across to the opponents section using the bat.
- Points are scored when the ball is batted into the opposing section of the court and touches the ground. If the opposition control the strike before it hits the ground play continues.

STEP Variation

Task - As players progress, limit the number of touches that each team can have before the ball is batted back across the net

Notes