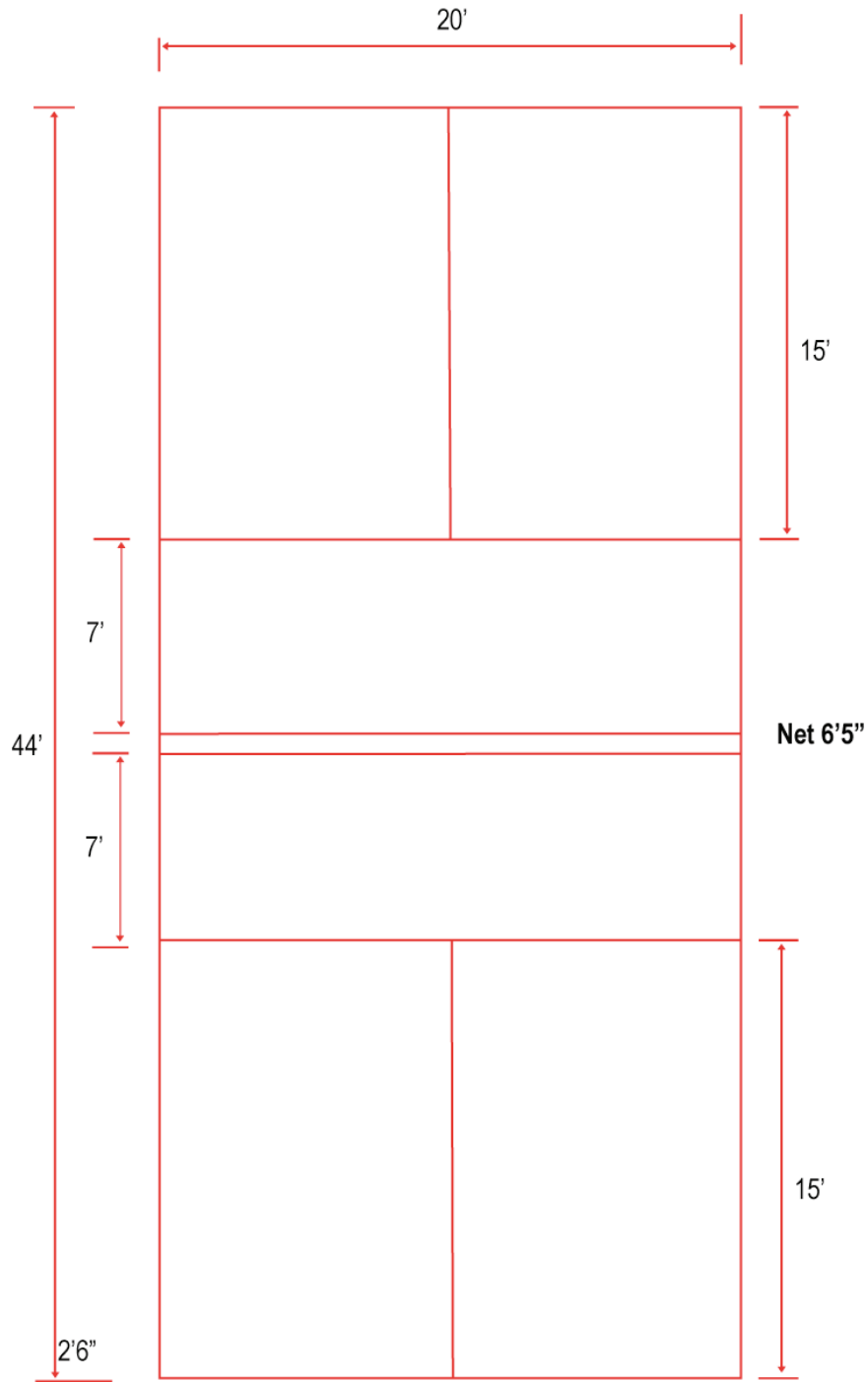




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MINI-VOLLEYBALL COURT





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MINI-VOLLEYBALL RULES

Mini-Volleyball is an initiation to "regular" volleyball and was derived from the question, "How do we make volleyball more accessible?" The answer was simple: Adapt the game by teaching to the youngsters' abilities, not the reverse.

Players

Mini-Volleyball is played by elementary school aged girls and boys in teams of 2-4 players. (Studies have shown that in a four player per side situation, players will come in contact with the ball up to 100% more often than in a six-per-side situation. The 4-person side still allows the same offensive and defensive features as traditional volleyball).

Court and Equipment

Mini-Volleyball is played on a badminton-sized court measuring 20 feet by 44 feet with a net height of 6 feet 5 inches and a mini-volleyball. The smaller court will promote defense and more interesting play, while allowing more contacts in each rally. The lower net height allows young players to experiment with volleyball's most spectacular move, the attack. Also, with the net being lower, successful volleys are easier and more frequent. The specially designed mini-volleyballs are easier on the arms of small children and are more visible. Such balls are better suited to children's hands, which mean better ball control.

Playing the Game

The object of the game is to send the ball over the net to touch the ground of the opponent's court. Play begins with a serve, and the opposing team has three touches to return it. The team winning the rally scores a point and the right to serve. The same player serves for as long as his/her team wins the rally. A change of server occurs when the other team wins the serve. Each player takes turns serving the ball. A team wins a set when it makes a specific number of points (from 15 to 25). The team wins the match if it wins two of three sets.

Contact with the Ball

Mini-Volleyball is played like "regular" volleyball with 3 passes per side; however it is recommended that the students be allowed to catch the passes and "set" them to players on their team to better learn the techniques of the game. For beginners, all 3 contacts may be caught. For intermediate players, the first 2 contacts are caught and for advanced players, only the 2nd contact is caught.

