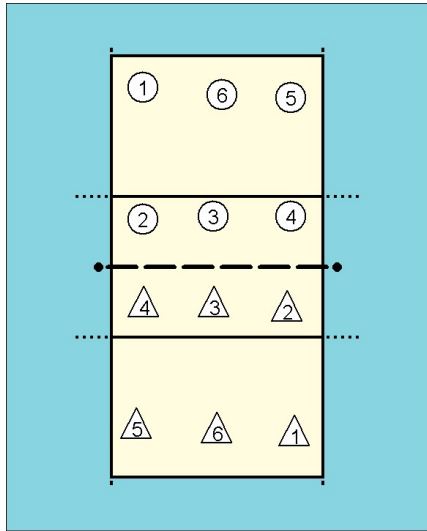


Offense/defense Around the world

1



Objective:

Allows teams to work on side-out offense, team defense, teamwork, consistency, and confidence.

Setup:

Two teams of six align in serve rotation order like starting a match.

Actions:

Both teams run offense and defense. Each team will rotate and receive serve again if they side-out. If a team doesn't side-out, they can "chance it." If they don't side out on the "chance it" option, they move back a rotation. If they do, they move to the next rotation. The first team to rotate six times (go through every rotation) wins.

Borrowed from Rolly Keenan's website,
www.volleyball.org/rolly/coach.html.