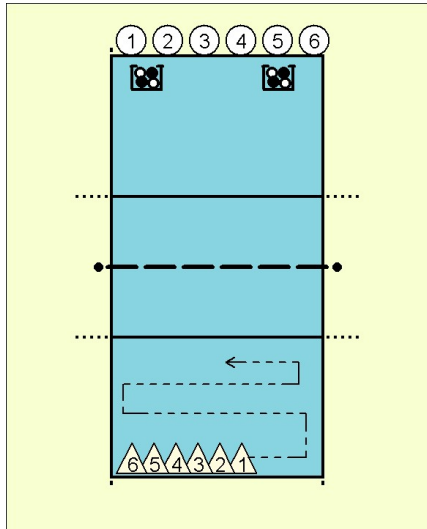


# Serving Asteroids

1



Objective: This drill is excellent practice serving to the target and is a fun way for younger athletes to interact.

## Directions:

1. The players are divided into two even groups of six or more and each group goes to its own side of the court.
2. One group is chosen to serve first and the other will be the "asteroids."
3. The asteroids group lines up along its baseline with their backs toward the servers on the other side of the court.
4. The asteroids interlock arms and then shuffle step sideways in a straight line from one sideline to the other.
5. When the asteroid group reaches the other sideline, the entire group takes one big step backwards and toward the net.
6. Then the asteroids shuffle to the other sideline and take another big step backward toward the net.
7. This process keeps going until the asteroid group actually touches the net.
8. Simultaneously, the serving group tries to hit the asteroids by serving volleyballs.
9. When an asteroid is hit, her or she has to leave the group and the rest of the asteroids interlock arms once again and keep going.
10. Once the asteroids get to the net or they are all hit, the two groups switch.
11. Whichever group has the most remaining asteroids when they reach the net wins the game.

This drill was borrowed from AVCA Powertips, October, 2004. It was submitted to AVCA Powertips by Tom Peterson, Head Men's Volleyball Coach, BYU