



Australian Government  
Australian Sports Commission

EASY MED HARD



# King/Queen of the court

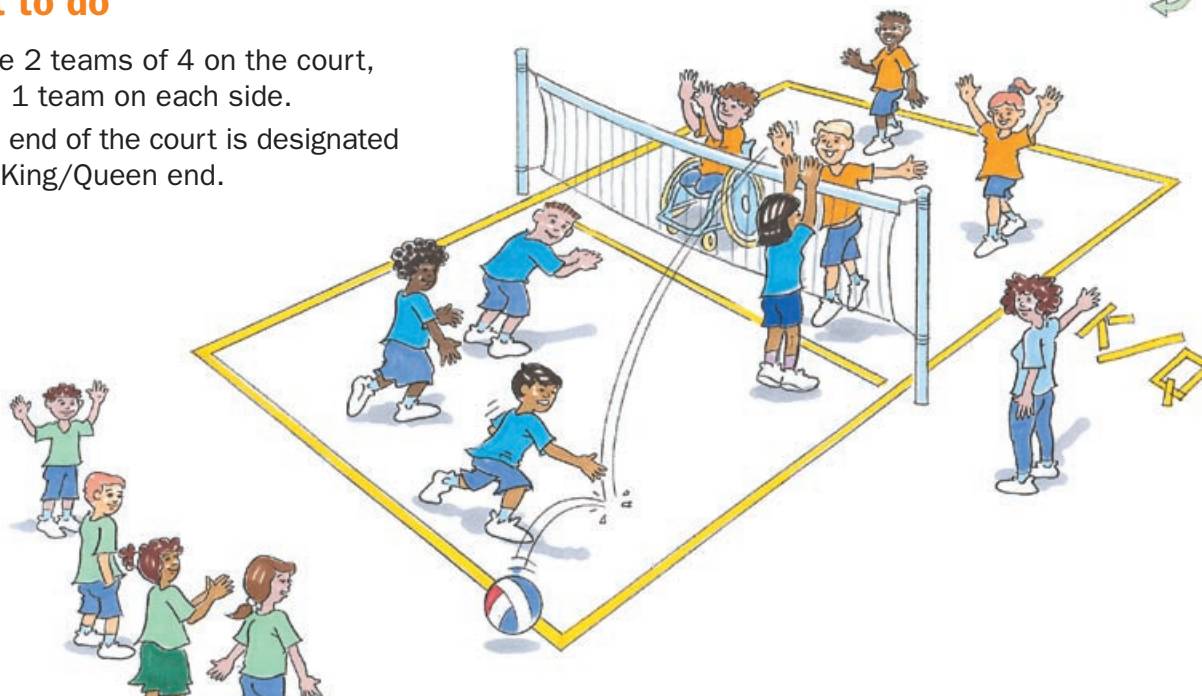
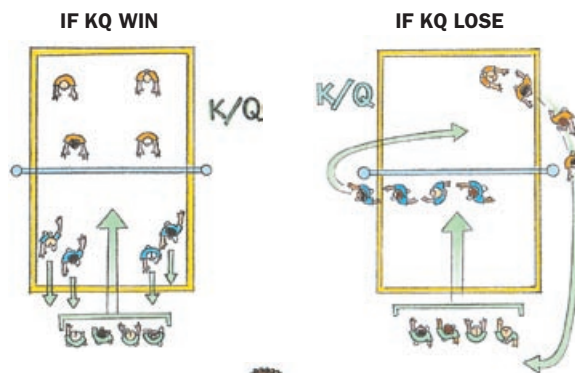
**A modified version of volleyball, played on a smaller court. The team that wins the rally stays on the court and becomes King/Queen. The losing team leaves the court to be replaced by the next challenger. When a team beats the King/Queen, they move to the other side of the net to replace the King/Queen. (Play with 3 teams of 4.)**

## What you need

- > A suitable indoor or outdoor area
- > A mini volleyball court (14m x 7m) with a net at a height of 2 metres (a rope or no-go zone are suitable alternatives)
- > One mini-volleyball (or similar) per court

## What to do

- > Have 2 teams of 4 on the court, with 1 team on each side.
- > One end of the court is designated the King/Queen end.



- > A player on the King/Queen team serves the ball to start the rally.
- > A rally is won when:
  - the ball is not returned over the net within 3 hits
  - the receiving team lets the ball hit the ground
  - a player makes contact with the net, or
  - the returned ball lands outside the court boundaries.
- > Winning the rally gives that team the right to serve.
- > The winner of the rally stays on the court (if they are not King/Queen, they move to the King/Queen end), and the losing team is replaced by the next team.
- > Play for a set period of time.

## LESSON LINK

*King/Queen of the court* requires players to work as a team to cover the court when defending and to pass the ball reliably to gain the advantage when attacking. It works well following any activity that includes some or all of these skills, as it encourages players to further develop the skills.

SESSION PLANS

Combo > Start Out NC 02A + Get Into It NC 10 + Get Into It NC 09  
Mixed combo > Start Out INV 03 + Get Into It TG 06 + Get Into It NC 10

# King/Queen of the court

Skills > Skills of volleyball · cooperating as a team

## change it...

### Playing area

- > Lower the net height or use a no-go zone until players develop the skills of serving and spiking.



### Game rules

- > When one team wins 5 points, they become King/Queen and stay on court.
- > The challengers serve to start the rally.
- > Allow teams to serve the ball for the next rally as soon as possible, forcing teams to get on court quickly.

### Equipment

- > Use different types of balls or balloons, depending on the ability of the players



### Time

- > Instead of playing to a particular score (e.g. 5 points), play for a set period of time.
- > The winning team is the one with the most points scored when time runs out.

### Safety

- > Teams must wait off-court at a safe distance to avoid interference with play.

### ASK THE PLAYERS

- > How can your team get on court and be ready straight away?
- > What is the advantage of staying as King/Queen of the court?