



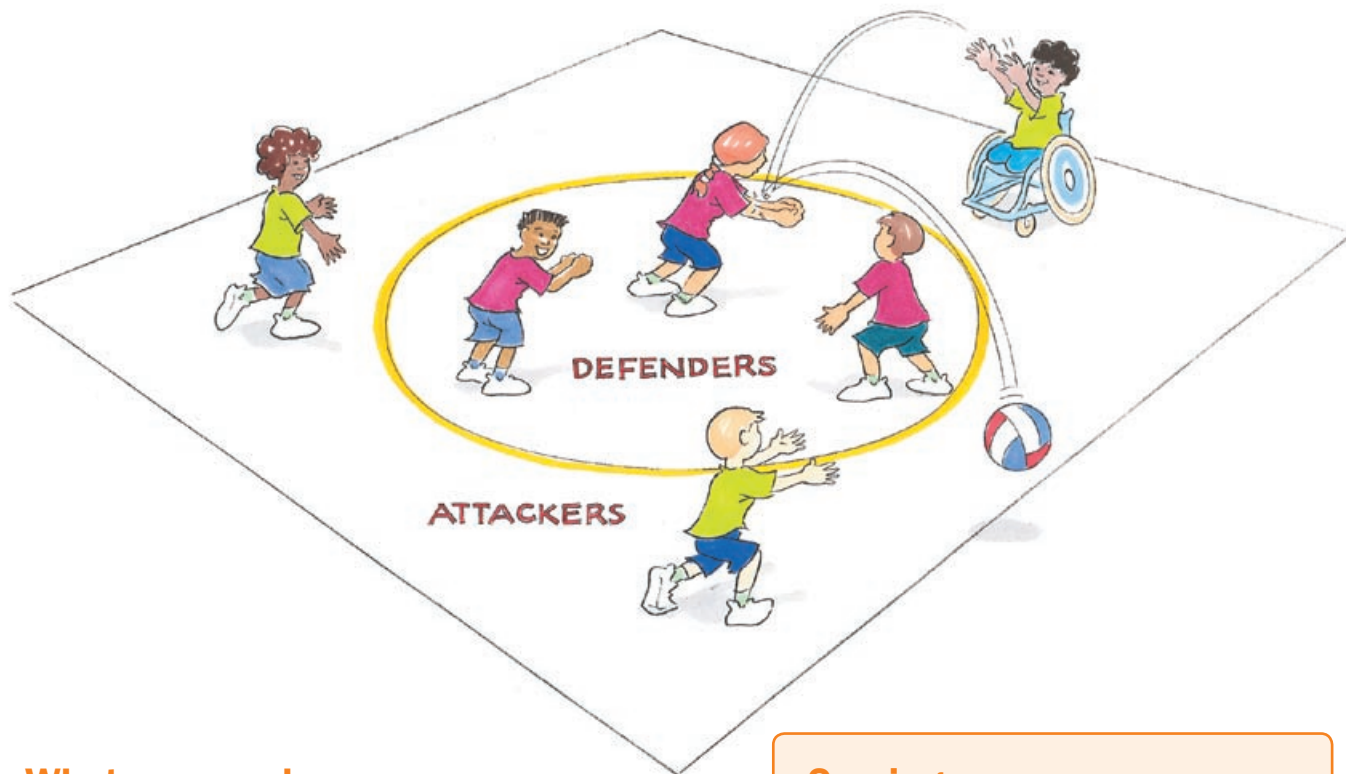
Australian Government
Australian Sports Commission

EASY MED HARD



Zone ball

Players are divided into two teams – an attacking team and a defending team. The defending team prevents balls from landing in their zone by digging, setting or spiking them away. (Play in teams of 3 or more.)



What you need

- > A suitable indoor or outdoor area
- > 1 mini-volleyball (or similar) per attacking team
- > Cones or markers to define the zone area

Scoring

- > Not scoring is an option.
- > A point is scored by the defending team each time the team successfully digs, sets or spikes the ball away from the zone.

What to do

- > Mark out a circle zone area approximately 4 metres in diameter with players in position as shown.
- > The attacking team has one ball.
- > On GO, the attacker throws the ball into the zone.
- > Balls must enter the zone above waist height.
- > Defenders try to stop the ball from landing in their zone by digging, setting or spiking it away.
- > Defenders may need to work as a team by passing the ball to one another to prevent the ball from landing in their zone.
- > Play for a set time limit (eg: number of points scored in 3 minutes), and then swap teams.

Safety

- > Attackers must be at least 1 metre from the zone when throwing the ball.

LESSON LINK

Zone ball requires players to work as a team to cover a zone when defending.

SESSION PLANS

Combo > Start Out NC 02A + Get Into It NC 06 + Get Into It NC 11
Mixed combo > Start Out INV 03 + Get Into It TG 06 + Get Into It NC 11

Zone Ball

Skills > Serving · digging · setting · spiking · teamwork

change it...

Coaching

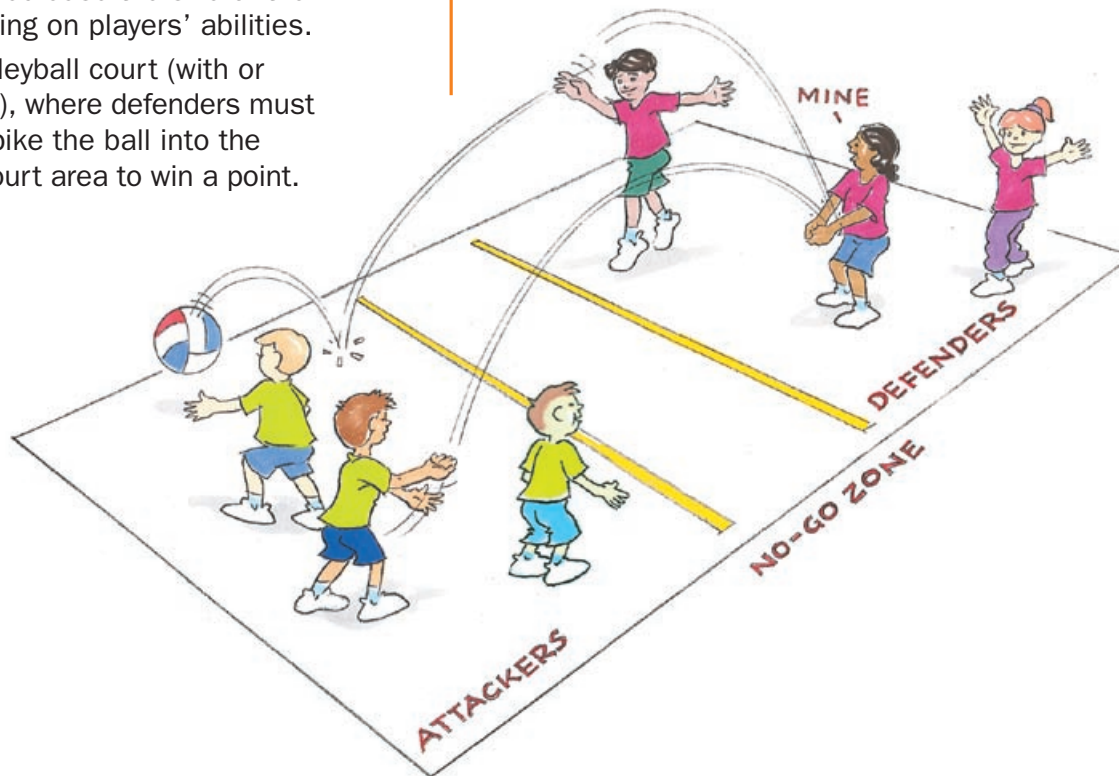
- > Start playing the game and introduce new game rules as situations arise. Players can easily learn new rules in the course of play.
- > Use players as role models to highlight competent skills.

Playing area

- > Increase or decrease the size of the zone depending on players' abilities.
- > Play on a volleyball court (with or without a net), where defenders must dig, set or spike the ball into the opposition court area to win a point.

Game rules

- > Allow the ball to bounce once before being dug, set or spiked away.
- > Players serve the ball either underarm or overarm.
- > Increase or decrease the number of defenders, depending on players' abilities.



Equipment

- > Use different types of balls, depending on the ability of the players.
- > Increase the number of balls used by the attacking team.

Safety

- > Use a smooth surface and a playing area free of obstructions.
- > When players are going for a ball, encourage them to call 'MINE!' to avoid collisions with team-mates.
- > Ensure sufficient space between groups.

ASK THE PLAYERS

- > When defending, where should you stand on the court to defend your area?
- > When attacking, what tactics could you use to improve the chances of winning the point?