

"Soccer Volleyball"

Here's how you play:

Divide your players into two teams (ideally you'd like 5-10 players per team).

This game is best played on a volleyball or tennis court.

If you don't have access to a court, just use cones to set up a rectangle 20 yards by 40 yards with a net stretched across the middle (just like you would at a 4th of July BBQ).

The lower the net, the easier the game (so adjust the difficulty for your players skill level).

Place one team on each side of the net.

Flip a coin to determine who serves first.

One player serves the ball from behind the end line: the ball must be kicked off the ground, over the net, and land within the opponent's court in order to count.

The ball may bounce once or be returned immediately out of the air.

Teammates are allowed to pass to one another using heads or feet to play the ball.

A fault is called if a serve or returns fails to clear the net, ball lands out of bounds, ball bounces more than once, or a player uses their arms/hands to control the ball.

The serving team earns 1 point for each fault committed by the receiving team.

If the serving team commits a fault, it loses the serve to the opponent.

First team to 21 wins.