

NITROBALL – VOLLEYBALL WITH A TWIST

Nitroball is a lead-up game used to reinforce the skills and rules that are applied in Volleyball.

SET UP

Equipment needed - Volleyball (or any ball that will bounce – playground ball)
2 poles and net – about 36 inches high

RULES OF THE GAME –

Students divided into two teams.

Ball is served over the net at the start of each point. Server must be beyond back line. Ball is served with an underhand hit.

Rally scoring is used, team that wins point also wins right to serve.

Receiving team may only hit the ball after it has **bounced** once on the floor. Each team must return the ball over net by the third hit.

Students will use the Volleyball skills of the bump, pass and spike.

Ball can and/or will be played off the net.

Any ball landing on the line is “good”.

All rules of volleyball will apply.

MODIFICATIONS FOR ALL GRADE LEVELS

Serve may be tossed underhand to opposing team.

Server may serve ball from anywhere on their side.

Teams may hit the ball as many times needed on their own side in order to get it over the net.

Students may hit the ball with an open hand or “carry it” in order to keep the rally going.

Students may catch it off the bounce and throw it to teammate or over net. (For younger students)

When passing to teammates there is no “out of bounds”

MODIFICATIONS WITH A TWIST

Four Square Nitro Ball –

Equipment needed: Four nets and five poles set up in a “cross”

Game is played like Four Square with Nitroball rules.

Class is divided into 5 or more teams.

Team in “Serving Box” may serve to team in box directly diagonal from them. (Or to any box the server wants) The server may be behind the back line or not, you decide.

When a team is unable to return the ball over the net or hits it “out” they must leave the court and go to the end of the line. The other teams rotate to the next vacated box. A team in waiting enters the game in the first box.

“HUSTLE RULE”- Once a team is “out” the new team, as well as the remaining teams, rotate as fast as possible to the next court. The serving team may serve as soon as they receive the ball. If a team rotating does not get the next court “on time” to play the ball, they are “Out”. This forces all the teams to rotate as fast as possible.