



USAVolleyball

Competition Ideas

Create Wall Standards

The BEST and least expensive way to double the number of nets in your training area is to put up wall rope standards. What you do NOT want to do is put an eyebolt in at the "right height" but instead to put one eyebolt up high, at 10 feet or so, and another one on the floor baseboard. Then simple trucker's knot a rope from the top to the bottom eyebolt, flush against the wall. Now you can tie your double long net/rope (as you are going down the middle of your regulation court, at a distance of at least 70 feet or more) to the rope on the wall. To change the net height, just slide the net rope attachment knot higher or longer up the wall rope. Slanting this rope from one wall to the other for varying ages (and height players) is also encouraged.

Short Court

A great warm-up game is to play short court. Play inside the 3meter line and use the full width of the court. You can play using doubles or triples. You can even play with an entire team of 6, with teammates rotating in, and the team rotating after every net crossing. Score cooperatively and try to beat the highest rally each time a ball is entered.

Four and Three Person Leagues

Every program primarily focuses on the 6-person game to maximize their court space and player numbers. However, there is a way to get even more players on the same court space, while doubling the amount of learning. Make the team sizes no more than four a team, with only one or two subs. If a team is short a player, have the team lose a point when that "ghost" player's turn for service happens, but don't make the team forfeit. Put up doubles courts down the middle of the court and use the 3 meter and end-lines as the court sidelines. Space permitting, extend the regular sideline to a deeper end-line with court tape, and use corner dot markers or any other sport boundary line.

Night Competition

Dusk to Dawn tournaments are popular in some of the faster growing regions and are normally held for coed, two to four person teams. They are played on lighted softball fields and created with nets and crossed 2x 4s of 6foot length for standards, or of course using the excellent portable court systems for sale.