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 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.

**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.

**Lesson Link**

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

Skills > Serving · digging · setting · spiking · teamwork

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?