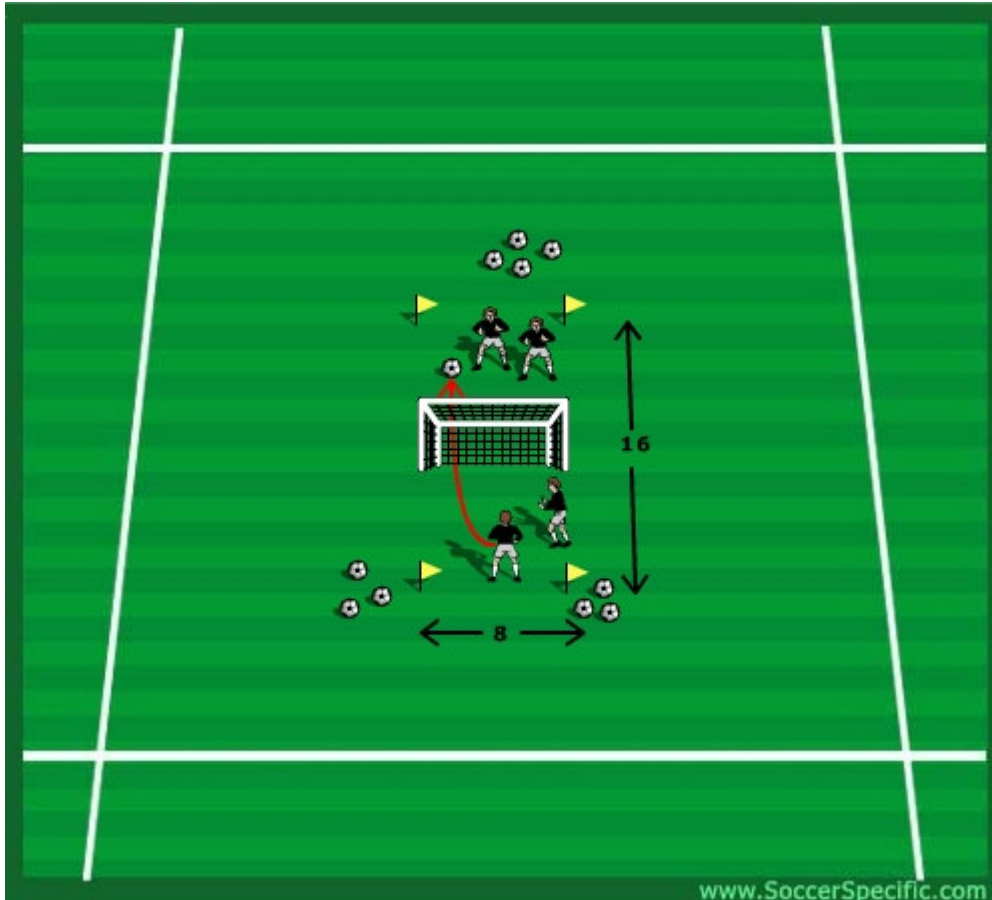


Boxing Volleyball

Emphasis: Boxing technique, dealing with crosses



Set-up:

Use a 8x16 yard grid and place a goal in the middle of the grid. Mark clear boundary lines with cones. Place two goalkeepers on each side.

Objective:

The play is started with a volley over the net and the goalkeepers must box the ball back over the net into the other grid. The goalkeepers must use the proper boxing technique. (See GK-Crossing section) They have three touches to return the service. The ball may touch the ground at any time. The first team to 11, 15, or 21 points wins the game.

Progression:

1. Make the area bigger, add another goal, and play 4v4 or 6v6.
2. Goalkeepers can only box with one fist.

Coaching Points:

- Create a big surface area with the hands and don't tuck the thumbs in.
- Use your arms as springs and punch through the ball.
- Communication and keep your feet moving in order to adjust to the flight of the ball.