



36) Drop-Hit Challenge:

Great game to teach young players how to introduce the ball with a drop hit feed.

Level: Ages 5-6

Players start on one side of the net in 2 lines. The first player in each line attempts to drop hit the ball over the net and hit one of the cones.

Scoring is as follows:

Hit a big cone = 10 points

Hit a small cone = 5 points

Hit no cone, but ball lands in the proper court boundary = 1 point

We have had good luck by using the phrase “lift-bounce-send” to help the kids with their rhythm

This game could be played as a competition against other players or against another court of players.