

# EnTeam Volleyball



## Purpose

The **object of the game** is for players to work together to volley the ball across the net\* as many times as possible in 3 minutes. The purpose is to build players' skills in achieving goals collaboratively.

## Requirements

- **Time:** Each game is 3 minutes.
- **Number of Players:** 6-12 on each court
- **Player Requirements:** Players must be able to hit and volley a ball
- **Space:** Traditional volleyball court is optional
- **Equipment:** Volleyballs, a net\*, and countdown timer.  
\*If a standard volleyball net is not available, use any type of divider such as a table, a row of chairs, etc. With young children, use a beach ball or other soft ball.
- **Prerequisites:** Ability to pass a ball with others

## How to Play

- A. Before each game, players vote whether to use one or two volleyballs.
  - If using two balls, each side serves a ball to the other side at the same time.
- B. Play begins with a serve over the net after the timekeeper starts a 3-minute timer.
- C. Any player may serve from any position on the court by tossing the ball over the net.
- D. Each time the ball is volleyed over the net (except the serve), a point is earned.
- E. When 3 minutes are up, players strategize together before the next game.
- F. The discussion between games is the opportunity for developing plans for winning together.

## Rules

1. Players on both sides of the net must not bunch together:
  - a. One player must be within arm's length of the back-court line.
  - b. One player must be within arm's length of the net.
  - c. Other players may move anywhere on the court.
2. After a ball is served, players may not catch or hold the ball. It must keep moving.
3. Each player on the receiving side must hit the ball at least once before volleying the ball across the net.
4. Players can only hit the ball once in a row - no one can hit it twice in a row.
5. Neither side may serve twice in a row. Sides must alternate serving.
6. The serve does not count for scoring points.
7. If the serve does not go over the net, anyone can reserve to start play.
8. The ball must not hit the floor/ground or stop moving.
9. There are no out of bounds.

**If any rule above is broken, no point is scored and the ball must be served again.**

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## Scoring and Winning

- A point is scored each time the ball is volleyed over the net.
  - Both teams own the score that they achieve together.
- Teams win or lose together depending on whether they can increase the score each time they play in a series of games.

## Variations

### *Distinct teams*

If established teams or groups are playing EnTeam Volleyball (such as teams from different classrooms, schools, after-school programs, camps, etc.), arrange each court so players from different groups are on each side of the net.

- The objective is for the players from different groups to collaborate.

### *Match Play*

If a large number of players are involved, such as a whole school, arrange the players into teams and play a series of matches.

- A match consists of 3 or 4 teams playing a series of games. Each team plays one game with each of the other teams.
- Using the EnTeam score sheets (see below) the teams can see if they are improving their collaboration skills.
- The object of the match is to increase the combined number of points that all of the teams score each time they play.