

NAME OF ACTIVITY: Castle Game	TYPE: Net and Wall
CYCLE: III	ACTIVITY LEVEL: M
TACTICS: Keeping eye on object, anticipation, prepared to move at all times with legs bent and feet staggered, precision accuracy and aiming, controlled movements.	
QEP: Comp. II, using the space available, throwing an object (hitting a stationary target), receiving an object (moving to the point where the object will fall).	
PURPOSE: To try and score points by getting the ball to hit the cone (castle) placed in the middle of play.	
PREPARATION: Cone placed in the center of play and is the target/objective of the game.	
MATERIALS: Cones, volleyballs.	
PROCEDURE: Players will be paired up. 1 V 1 games.	
INSTRUCTIONS: Each pair will have a volleyball. There will be many 1 V 1 games going on at the same time all within similar boundaries placing the cone in the center of an imaginary circle. Players will take turns bumping and setting the ball while attempting to hit the target before their opponent does. The rules are that the ball must be bumped/set high in the air so that the ball will bounce off the floor and above head height and the ball may only bounce once before being contacted again by the opponent. A point is scored when the ball hits the cone placed in the center.	
ADAPTATION/VARIATIONS: Incorporate 2 v 2 games, force the players to alternate between bumping and setting.	

DIAGRAM:

