

TOOLS FOR LEARNING ROUNDNET



TACTICAL TEAM CHALLENGE CARD

Team 1 begins the challenge with an underhand toss to Team 2.

Team 2 must then complete the tactical challenge.

Change team roles after every 5 attempts.

Junior Varsity (JV) = 5 in a Row

Varsity = 10 in a Row

Level 1	Use 3 hits. Finish with a spike that can't be caught.
Level 2	Use 3 hits. Finish with a drop shot that lands within 1 foot of the net.
Level 3	Use 2 hits only. Finish with a spike that can't be caught.
Level 4	Use 3 hits with your non-dominant hand only. Finish with a spike that can't be caught.
Level 5	Team 1 tosses, Team 2 uses 3 hits to return a spike, then Team 1 completes 1 pass off of the spike.