

Serving to the Net

(Individual Challenges)

Watch this activity demo on  YouTube



The Goal:

Complete as many levels as you can.

Silver Medal = 3 hits in a row on target

Gold Medal = 5 hits in a row on target

What You Need:

A Spikeball™ (or similar ball) and

Spikeball™ Net (or hula hoop)

How To Play:

- Level 1 - Stand 3' from net, self-toss and serve onto the net using a standard serve
- Level 2 - Stand 3' from the net, self-toss and serve onto the net with a Fwango serve
- Level 3 - Stand 3' from the net, self-toss and serve onto the net using a sidestep serve
- Level 4 - Stand 3' from the net, self-toss and serve onto the net using a dropshot serve
- Level 5 - Stand 3' from the net, self-toss and serve using your non-dominant hand
- Level 6 - Stand 6' from the net, self-toss and serve using a standard serve
- Level 7 - Stand 6' from the net, self-toss and serve using a Fwango style serve
- Level 8 - Stand 6' from the net, self-toss and serve using a sidestep style serve
- Level 9 - Stand 6' from the net, self-toss and serve using a dropshot style serve
- Level 10 - Stand 6' feet from the net, self-toss and serve using your non-dominant hand



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