



Atomic Smashbal: Game Play - Summary Sheet



Game play Level	# players/team (on the crt)	Game play Format	Serve	Receive	Set	Spike	Defend	Set	Spike	Skill progression
1	2	One ball	Underhand or Toss (3m from net)	Catch - with or without a bounce	Self-toss	Jump & spike or Stand & spike	Catch - with or without a bounce	Self-toss	Jump & spike or Stand & spike	Attack (spike) - Arm swing
2	2	One ball	Underhand or Toss (3m from net)	Catch - (with or without a bounce) & Toss	Catch & Self-toss	Jump & spike or Stand & spike	Catch - (with or without a bounce) & Toss	Catch & Self-toss	Jump & spike or Stand & spike	OH pass Attack (spike) - Arm swing + Jump
3	2	One ball	Underhand or Toss (3m or more from net)	Catch, toss the ball to your teammate near the net, and get ready to spike	Catch & toss: to your teammate	Jump & spike or Stand & spike	Catch, toss the ball to your teammate near the net, and get ready to spike	Catch & toss: to your teammate	Jump & spike or Stand & spike	Fore-arm pass OH pass
4	3	One ball	Underhand or Toss (3m or more from net)	Catch (no bounce), toss the ball to your teammate near the net	Catch & toss: to a teammate	Jump & spike or Stand & spike	Catch & toss - with or without a bounce	Catch & toss: to a teammate	Jump & spike or Stand & spike	Attack (spike) - Approach Fore-arm pass
5	3	One ball	Underhand (3m or more from net)	Catch (no bounce), toss the ball to your teammate near the net	Catch, Self-Toss & Volley (STV) {Overhead pass - OH}: to a teammate	Jump & spike or Stand & spike	Catch & toss - with or without a bounce	Catch, Self-Toss & Volley (STV): to a teammate	Jump & spike or Stand & spike	Underhand serve Attack (spike) - Approach & Arm swing
6	3	Two ball - Ball 1	Underhand or Overhand (3m or more from net)	Catch (no bounce), toss the ball to your teammate near the net	Catch, Self-Toss & Volley (STV): to a teammate	Jump & spike	Catch & toss - with or without a bounce	Catch, Self-Toss & Volley (STV): to a teammate	Jump & spike	Overhand serve Underhand serve
		Two ball - Ball 2	Tossed ball from the Coach* * Tossed ball originates from the same side as the serve	Fore-arm Pass	Catch, STV: to a teammate	Jump & spike	Catch & toss - with or without a bounce	Catch & STV: to a teammate	Jump & spike	
TWO BALL - Note: The serve alternates between teams at the end of EACH Two ball (2 ball) sequence										

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Game play Level	# players/team (on the crt)	Game play Format	Serve	Receive	Set	Spike	Defend	Set	Spike	Skill progression
7	3	Triple ball - Ball 1	Overhand or Underhand (6m or more from net)	Catch (no bounce) and toss the ball to your teammate near the net	Catch in OH passing position & push the ball to a teammate using proper OH passing technique	Jump & spike or Approach, Jump & spike	Catch & toss - with or without a bounce	Catch, <i>STV</i> : to a teammate	Jump & spike or Approach, Jump & spike	Overhand serve Attack (spike) - Approach & Arm swing
		Triple ball - Ball 2	Tossed ball from the Coach* * Tossed ball originates from the same side as the serve	Fore-arm Pass	Catch, <i>STV</i> : to a teammate	Jump & spike or Approach, Jump & spike	Catch & toss - with or without a bounce	Catch, <i>STV</i> : to a teammate	Jump & spike or Approach, Jump & spike	
		Triple ball - Ball 3	Tossed ball from the Coach** ** Tossed ball originates from the side opposite of the serve	Fore-arm Pass	Catch, <i>STV</i> : to a teammate	Jump & spike or Approach, Jump & spike	Catch & toss - with or without a bounce	Catch, <i>STV</i> : to a teammate	Jump & spike or Approach, Jump & spike	
TRIPLE BALL - Note: The serve alternates between teams at the end of EACH Triple ball (3 ball) sequence										
8	3	Triple ball - Ball 1	Overhand or Underhand (6m or more from net)	Catch (no bounce) and toss the ball to your teammate near the net	Emphasize the use of proper OH passing technique	Jump & spike or Approach, jump & spike	Catch & toss - with or without a bounce	Emphasize the use of proper OH passing technique	Jump & spike or Approach, jump & spike	Set a tossed ball Blocking
		Triple ball - Ball 2	Tossed ball from the Coach* * Tossed ball originates from the same side as the serve	Fore-arm Pass	Catch, <i>STV</i> : to a teammate	Jump & spike or Approach, jump & spike	Catch & toss - with or without a bounce	Emphasize the use of proper OH passing technique	Jump & spike or Approach, jump & spike	
		Triple ball - Ball 3	Tossed ball from the Coach** ** Tossed ball originates from the side opposite of the serve	Fore-arm Pass	Catch, <i>STV</i> : to a teammate	Jump & spike or Approach, jump & spike	Catch & toss - with or without a bounce	Emphasize the use of proper OH passing technique	Jump & spike or Approach, jump & spike	