

Game/Activity: Radiball (Adapted Volleyball)

Grade Level: Elementary/Middle/Secondary

Description:

Three versions: three catch, two catch, and one catch.

Three catch radiball: Ball is served regular style (or even thrown for younger players). Receiving team catches the ball (1st catch). That player self-tosses and overhead passes to a teammate who catches (2nd catch). That player self-tosses to a third teammate who catches (3rd catch). That final player self-tosses and overhead passes the ball over the net to the other team who Catches (1st catch). And so on... Limit the time each player has with the ball to 3 seconds. Points awarded for balls out/into net/lands within court boundaries.

Two catch radiball: Same first two catches as the previous version, but the third person does not catch, but instead, plays the ball directly over to the other team. This should encourage high enough passes to give the third player time to orient themselves to the net and play it over (forearm, overhead, or spike depending on age/ability level.) **The two catch version can also be adapted to catches by the second and third player, forcing the first touch to be played regular volleyball style.

One catch radiball: Only the ball coming over the net from the opposition may be caught. The receiving player self-tosses and passes to a teammate who may elect to put the ball over or make a second pass to a third teammate who must send the ball to the opposition. Variations can be made to change who gets to make the one catch.

Radiball is designed to encourage a slower-paced game but still reinforces volleyball actions (self-tosses and passes). It is less intimidating, allows for a greater margin of error in ball judgement (since they can catch it...).

Any of the above versions can and should at some point incorporate self-tosses with a forearm pass, although students will find this more challenging at the beginning.

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