

Modifications for Spikeball®

Spikeball® can be utilized in so many ways. You can change the equipment, rules, number of players, and surface to make it fun for anyone, anytime, anywhere.

Equipment Modifications

Change the ball!

Try using a bigger ball for players that are younger or have a lower ability level. This will allow them to use two hands and have more control over the ball.

Recommendations:

- Beach Ball
- Foam Dodge Ball – Any size
- Cheap Bin Rubber Balls from Department Stores
- Volleyball or Light Training Volleyball

When using the bigger and heavier balls, you will want to tighten the net so that the ball bounces off the net easier. Tightening the net will also make the ball bounce more cleanly and will diminish the amount of weird bounces.

-Make the target bigger!

If you have multiple sets, take 1 extra rim piece and 1 extra leg piece and add it to the others. Now you have a bigger target so it is easier to get the ball on!

-Make the target smaller!

Take 1 rim piece and 1 leg piece away and connect the pieces. Now you have a mini set and it will take more accuracy to get the ball back in play!

-Add a second set!

Place a second set a few feet from the other one. Now you have 2 targets! You may hit the ball off either net! This makes you stay on your toes at all times and can add a lot of deception to the game. It also expands the playing area so there is more physical activity!

Change the Rules

Straying from the normal rules can really expand the possibilities with Spikeball® and create a fun experience no matter the age or ability.

Throw and Catch – Instead of striking the ball with your hand or any part of your body for that matter, catch the ball, toss it to a partner as a pass, throw the ball off the net. Self tossing and then striking the ball is a great progression. This is great for the younger players and is also a great way to slow the game down and make sure the players are learning to pass and use teamwork rather than just spiking the ball every time!

Modifications for throwing and catching –

- Only let each team have 1 catch per possession.
- Allow a time limit for how long you can hold the ball.
- Once you catch it, you must self toss and strike the ball. Great lead up drill for control.

Let the Ball Bounce – This is one of my favorite modifications! Letting the ball bounce 1 time per possession is a great way to:

- Make longer rallies happen which will increase the activity level of the players.
- Longer rallies means more touches on the ball which will help increase their skill and control of the ball
- It will increase the success of the players giving them more time and chances to react to the ball. Success creates confidence which can help them participate for longer periods of time.

Play off the walls! - Have a tight space

Change the Number of Players – Sometimes you will not have 4 players! Here is what you can do!

1v1 – This is a great way to practice your touch and control. Same rules except you are only allowed 2 touches per possession. Because there is only 1 person on a team, they are allowed to touch the ball twice in a row. You can do as many touches as you want, but two touches will force you to make the first touch as close to the net as possible which is great training for actual game-play.

-A great modification is to add boundaries so that you cannot hit as far as you want. A 10 ft circle is a great way to make longer points happen and is incredible training for:

- Control
- Drop Shots
- Spin
- Deception

1v1 w/ All Time Setter -

You are playing 1v1 but each player has the use of the 3rd player to control the ball. The All Time Setter is only allowed to play the 2nd touch and is not allowed to skippable the ball on the net. Their touch must be a pass. Great for working on touch, control, and positioning.

1v1v1 - Team and Individual

Team - One player serves to the returner, the returner uses the 3rd player as their teammate. The 3rd player can either pass or spike the ball. Whoever spikes the ball onto the net is now on defense!

Example: Player 1 serves to player 2 who then passes it to player 3, player 3 passes it back to player 2 who then spikes the ball off the net. Player 1 and 3 are now a team and try to get it back on the net while player 2 is getting ready to defend!

Individual - Just like 1v1 where each player gets 2 touches to get the ball back onto the net, but there is a distinct rotation. Player 1, then player 2, then player 3 and back to player 1.

2v2v2v2 or 4v4 - Relay!

If you do not have enough sets for every 4 players, this is a great way to keep the students moving! Each pair is a team or 2 pairs are on the same team. Game-play is just like normal but once one team hits the ball off the net, a team waiting on the outside jumps in and replaces the team that just spiked it

off the net, the new team plays defense and then tries to get the ball back off the net. If they are successful, the other pair rotates in. Every time the ball hits the net, a team is rotating in.

*Great way to include the whole class practicing control and try to have the longest rally possible.

*Works great when you add a bounce to keep rallies going and keep students moving more often.