

CROSSNET™

PHYSICAL EDUCATION CURRICULUM



CROSSNET SETUP

HOW LONG DOES CROSSNET TAKE TO SET-UP?

Setup time typically ranges from five to ten minutes. We suggest having all players involved help with setup to reduce time.

WHAT COMES IN THE GAME

CROSSNET Net (1)
CROSSNET Volleyball (1)
Spring Fastener Poles (4)
Tension Strings (4)
Inner Boundary (2)
Outer Boundary (1)
Volleyball Pump (1)

ASSEMBLY INSTRUCTIONS

1. Attach four spring fastener poles set (4)
2. Slide net over two poles
3. Buckle tension strings to top of poles
4. Stake opposite side of tension strings
5. Zip up both detachable nets
6. Repeat steps 2-5
7. Set-up inner & outer boundaries
8. You are ready to play CROSSNET

ASSEMBLY ASSISTANCE VIDEO



CROSSNET™

GAMEPLAY RULES:

SET-UP



DIVIDE THE PLAYING FIELD INTO FOUR SQUARES.

SERVE



THE 4 SERVES FROM OUT OF BOUNDS DIAGONALLY TO THE 2.

GAMEPLAY



WHOEVER MISPLAYS IS ELIMINATED AND RETURNS TO THE 1 SQUARE. REMAINING PLAYERS ROTATE CLOCKWISE.

SCORE



THE 4 SCORES A POINT EVERY TIME THE BALL IS MISPLAYED.

GAME TO 11, WIN BY 2

WELCOME TO CROSSNET



UNIT OVERVIEW:

Day 1: Experience CROSSNET

Day 2: The Serve

Day 3: Return Practice and Strategy

Day 4: D-E-F-E-N-S-E

Day 5: Bump, Set, Spike

Day 6: Short Court

Day 7: Defend The Court

Day 8: King of the Court

Day 9: CROSSNET

Day 10: King of the Classroom

DAY 1: EXPERIENCE CROSSNET

Learn the basic fundamentals of CROSSNET and volleyball:

- Class video
- Q&A Segment
- Overview of the week ahead

Prepare:

- Video area
- CROSSNETS Set-Up (Indoor or Outdoor)

Practice: Hot Potato

- Object is to not be the last player with a CROSSNET ball in their hand
- Put four students in each quadrant and have them pass & catch catch the ball over the net
- Each round lasts 15 seconds
- Player with the ball in their hands when time expires goes to the back of the line and new player enters the quadrant
- Players rotate clockwise to the vacant square

DAY 2: THE SERVE

Goal:

- Explain the importance, rules, and variations of serving

Prepare:

- Video area of professional volleyball players serving
- CROSSNETS Set-Up (Indoor or Outdoor)

Serving Time:

- The student in the 4th square serves diagonally to the 2 square
- The student in the 3rd square serves diagonally to the 1 square
- The student receiving the serve, serves the ball back to the opposite square
- Each student should practice the essential serving and controlling skills such as: bump serve, underhand, and overhand

DAY 3: RETURN PRACTICE AND STRATEGY

Goal:

- Explain the importance, rules, and variations of serving

Prepare:

- Video area of incredible volleyball returns
- CROSSNETS Set-Up (Indoor or Outdoor)

Return Time:

- The student in the 4th square serves diagonally to the 2 square
- The student receiving the serve, returns the ball back to any square
- Each student who returns the ball should practice the essential controlling skills to keep the ball in play such as the bump, the volley, or the set

DAY 4: D-E-F-E-N-S-E

Goal:

- Explain importance of being in ready position and how defense plays a role in the game of volleyball

Prepare:

- CROSSNET Set-Up (Indoor or Outdoor)
- Explain importance of being in ready position and how defense plays a role in the game of volleyball.

Warm-up:

- Four players enter the CROSSNET quadrant and select one partner
- Two students then spike or serve the ball over the CROSSNET, while the other two students defend against the spike B defends against the attack at the net
- Each student has five attempts to serve or spike and then five attempts to defend

Attack The King:

- The player in the 4th square serves the ball diagonally to the player in the 2nd square
- The player in the 2nd square then returns the ball to the player in the 4th square
- The player in the 4th then can return the ball back to any square
- All returns that follow must be directed to the player in the 4th square, where he/she will practice their newly learned defense skills to own their square
- When the ball lands in their court, they are eliminated and move back to the 1 square, or back of the line, with remaining players rotating clockwise

DAY 5: BUMP, SET, SPIKE

Goal:

- Teach students gameplay techniques used in a traditional game of volleyball

Prepare:

- CROSSNET Set-Up (Indoor or Outdoor)
- Show each student how to properly hit a volleyball

Warm-up:

- Four players enter the CROSSNET quadrant and select one partner
- Have partners throw ball over net to each other to practice bump and set back to each other
- Repeat until each player is comfortable volleying back Partners try to keep ball alive for as long as possible while volleying back and forth

DAY 6: *SHORT COURT*

Goal:

- Begin to get comfortable defending your court and practicing their newly learned skills

Prepare:

- CROSSNET Short Court Setup (Indoor or Outdoor)
- Detach sides with zipper to make 2 traditional short court nets
- Set-Up the short court nets

Warm-up:

- Keep ball alive for as long as possible 2 versus 2
- One touch for as long as possible without hitting floor

Play:

- 2 players fill each side of the short court
Game to 11 win by 2

DAY 7:

DEFEND THE COURT

Prepare:

- CROSSNET Three-Way Set-Up (Indoor or Outdoor)
- Detach one of the sides with the zipper to make a three-way net
- Position the net so it is in the shape of a T, with one side being wider than the others

Warm-up:

- Practice volleys from previous day

Play:

- Teams of two fill each of the three sections and defend their box in a competitive game to 11 points
- Points can only be scored in the wider box and game begins by serving into either of the two smaller boxes
- If the team in the wider box misplays, they are eliminated and move into one of the smaller boxes
- The team that caused this mistake then steps into the serving square aka the wide box

DAY 8: *KING OF THE COURT*

Prepare:

- CROSSNET Set-Up (Indoor or Outdoor)
- CROSSNET Short Court Setup (Indoor or Outdoor)
- Detach sides with zipper to make 2 traditional short court nets
- Set-up the short court

Warm-up:

- Keep ball alive as long as possible without hitting ground

Play:

- Designate one court as the "winner's court"
- When a game is won, the winning team rotates with the goal of making it to the "winner's court" If a game is won in the "winner's court" a point is awarded to the winning team

DAY 9: *CROSSNET*

Prepare:

- CROSSNET Set-Up (Indoor or Outdoor)

Video:

- Watch CROSSNET Gameplay Video
- Watch CROSSNET Olympian Video

Warm-Up:

- Underhand volley & return practice
- Bump & set practice

Play:

- Four players enter the quadrants, with remaining players lined up outside of the 1 square
- The player in the 4th square starts the game and serves the ball diagonally to the 2nd square
- The player in the 2nd square then returns the ball to any square
- Points are only scored in the 4th square
- Game to 11, win by 2
- Refer to our gameplay rules, videos and FAQ for additional resources

DAY 10: *KING OF THE CLASSROOM*

Prepare:

- CROSSNET Set-Up (Indoor or Outdoor)

Objective:

- Crown the King of CROSSNET in your classroom

Tournament Time:

- Separate students into groups of four (or equally divide your students based on the number of nets you have)
- Start a traditional CROSSNET game, each student keeps track of their score
- Each game is played to 11, win by 2
- The winners of each court advance to a championship court
- The students finishing in 2nd place, 3rd place, and 4th of the previous games are then grouped off as well
- The championship game is played to 11, crowning the champion of the classroom

Closure:

- Feedback on game
- How to improve skills

FREQUENTLY ASKED QUESTIONS

HOW DO YOU SCORE?

Points are scored by remaining in the 4 square for a volley. A point is scored when any player besides the 4 hits the ball out of bounds or misplays the ball. Only the 4 can score a point.

HOW DO YOU WIN?

The first player to eleven total points wins. A player must be win by two.

WHERE DO YOU SERVE FROM?

The 4 serves from any section of his/her out-of-bounds square diagonally to the 2. From there the 2 can return the serve to any player.

CAN ONLY FOUR PEOPLE PLAY?

Only four people can be within CROSSNET's four squares at once. Additional players can form a line outside of the 1 square and enter once the volley is over. The player who is eliminated returns to the back of the line with the remaining 3 players rotating to the necessary positions.

CAN CROSSNET BE PLAYED INDOORS?

Yes, an indoor model is in the works! Stay tuned!

IF THE BALL HITS THE NET ON THE SERVE, WHAT HAPPENS?

If the ball hits the net and lands in square 2, it is a let. Person in square 4 may redo the serve. Only one let allowed per set.

If the ball hits the net and lands outside of square 2, person in square 4 is eliminated and returns to the square 1 of back of line.

CAN YOU REACH OVER THE NET TO HIT IT?

After making an attack hit, you are allowed to pass your hand beyond the net, but the contact must have been made within your own playing space.

HOW MANY TOUCHES CAN YOU HAVE?

You only have one touch with your hands. After that, you are allowed to make contact with the ball with any other body part other than your hands (i.e. feet and head).

CAN YOU RETURN THE SERVE TO ANYONE?

After the player in square 2 receives serve, they are allowed to return ball to any square.

CAN YOU SPIKE?

Yes, you are allowed to spike. However, spiking on the return of the serve is not allowed.

HOW BIG ARE THE SQUARES?

The sides of each square are 200 centimeters (6 foot 6 inches) tall.



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Have more questions about CROSSNET?
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