

Atomic Smashbal: Game Play & Skill Progression

Summary Sheet

							Skill progression sequence
Level 1	2 v 2	One ball	SERVE (hit or toss)	Catch & Run (to the net)	Toss to Self	Spike / Smash	Attack (Spike) Arm swing
Level 2	2 v 2	One ball	SERVE (hit or toss)	Catch & Toss (to the net)	Catch & Toss to Self	Spike / Smash	OH pass
Level 3	2 v 2	One ball	SERVE (hit or toss)	Catch & Toss (to the net) * then move to a hitting position @ the net	Catch & Toss (along the net)	Spike / Smash	Fore-arm pass
Level 4	3 v 3	One ball	SERVE	Catch & Toss (to the net)	Catch & Toss (along the net)	Spike / Smash	Attack (Spike) Approach / Foot work
Level 5	3 v 3	One ball	SERVE	Catch & Toss (to the net)	Catch & Toss to Self Overhead pass (OH) (along the net)	Spike / Smash	Underhand serve
Level 6	3 v 3	Two ball - Ball 1	SERVE	Catch & Toss (to the net)	Catch & Toss to Self Overhead pass (OH) (along the net)	Spike / Smash	Attack (Spike) - Approach & Arm swing
		Two ball - Ball 2	Tossed ball from the Instructor* * Tossed ball originates from the side that served	Fore-arm Pass (to the net)	Catch & Toss to Self Overhead pass (OH) (along the net)	Spike / Smash	
TWO BALL - Note: The serve alternates between teams at the end of EACH Two ball (2 ball) sequence							

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							Skill progression sequence
Level 7	3 v 3	Triple ball - Ball 1	Serve	Catch & Toss (to the net)	Catch & Push the ball (along the net)	Spike / Smash	Overhand serve
		Triple ball - Ball 2	Tossed ball from the Instructor* * Tossed ball originates from the side that served	Fore-arm Pass	Catch & Toss to Self Overhead pass (OH) (along the net)	Spike / Smash	
		Triple ball - Ball 3	Tossed ball from the Instructor** ** Tossed ball originates from the side opposite to the serve	Fore-arm Pass	Catch & Toss to Self Overhead pass (OH) (along the net)	Spike / Smash	
TRIPLE BALL - Note: The serve alternates between teams at the end of EACH Triple ball (3 ball) sequence							
Level 8	3 v 3	Triple ball - Ball 1	Serve	Catch & Toss (to the net)	OH pass / Set (along the net)	Spike / Smash	OH pass a Tossed ball Blocking
		Triple ball - Ball 2	Tossed ball from the Instructor* * Tossed ball originates from the side that served	Fore-arm Pass	Catch & Toss to Self Overhead pass (OH) (along the net)	Spike / Smash	
		Triple ball - Ball 3	Tossed ball from the Instructor** ** Tossed ball originates from the side opposite of the serve	Fore-arm Pass	Catch & Toss to Self Overhead pass (OH) (along the net)	Spike / Smash	

