

# Atomic Smashbal: Game Play Summary

SKILL PROGRESSION SEQUENCE

GAME PLAY SEQUENCE

**Level 1**  
2 v 2  
(one ball)

Attack (Spike)



**Level 2**  
2 v 2  
(one ball)

OH pass



**Level 3**  
2 v 2  
(one ball)

Forearm pass



**Level 4**  
3 v 3  
(one ball)

Attack (Spike)  
Approach / Foot work



**Level 5**  
3 v 3  
(one ball)

Underhand Serve

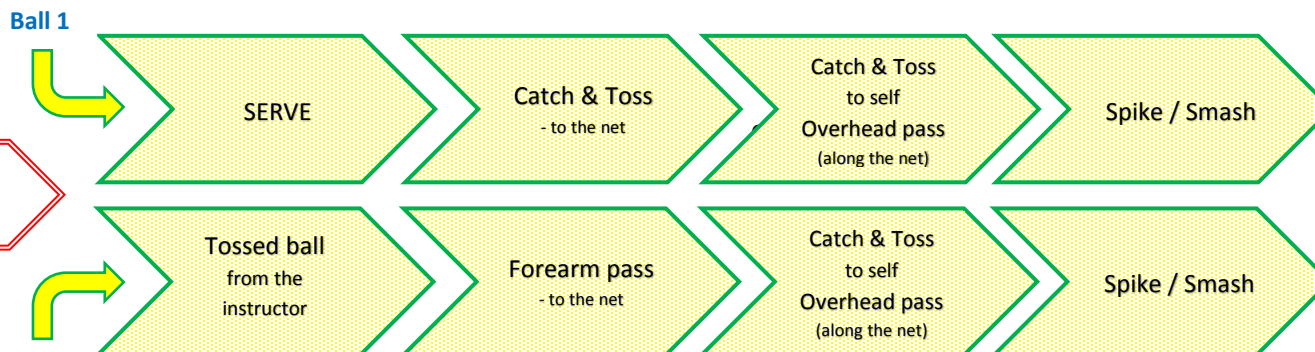


**SKILL PROGRESSION SEQUENCE**

**GAME PLAY SEQUENCE**

**Level 6**  
3 v 3  
**(Two ball)**  
The serve alternates between teams at the end of EACH Two ball (2 ball) sequence ball.

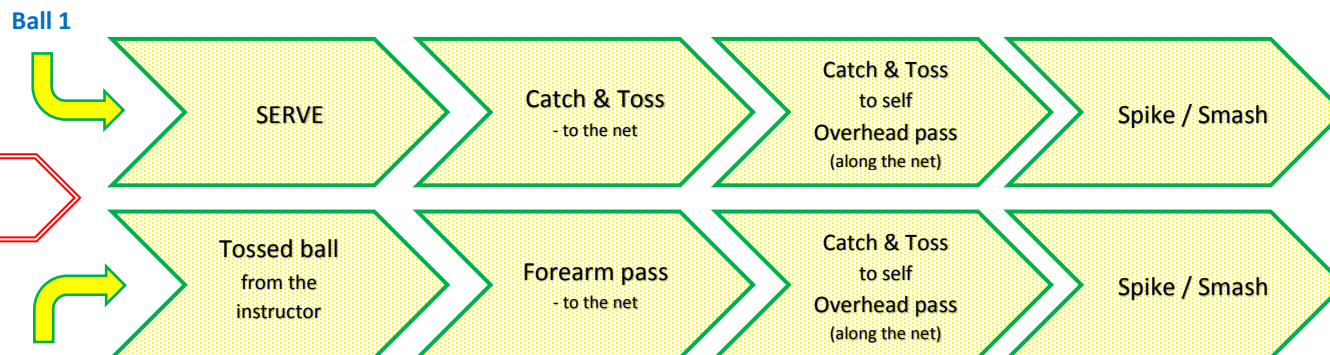
**Attack (Spike)**  
Approach & Arm Swing



**Ball 2**  
Toss originates from the same side as the serve

**Level 7**  
3 v 3  
**(Triple ball)**  
The serve alternates between teams at the end of EACH Three ball (3 ball) sequence ball.

**Overhand serve**



**Ball 2**  
Toss originates from the same side as the serve



**Ball 3**  
Toss originates from the side opposite the serve

**Level 8**  
3 v 3  
**(Triple ball)**

**Ball 1** - Encourage the use of proper OH passing technique for the pass along the net.  
**Ball 2** - Tossed ball from the instructor  
**Ball 3** - Tossed ball from the instructor