

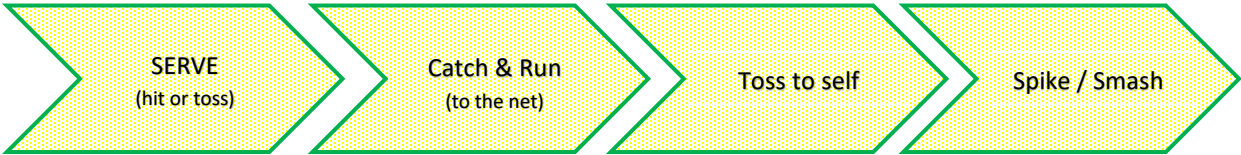
SMASHBALL: Game Play Summary

SKILL PROGRESSION SEQUENCE

GAME PLAY SEQUENCE

Level 1
2 v 2
(one ball)

Attack (Spike)



Level 2
2 v 2
(one ball)

OH pass



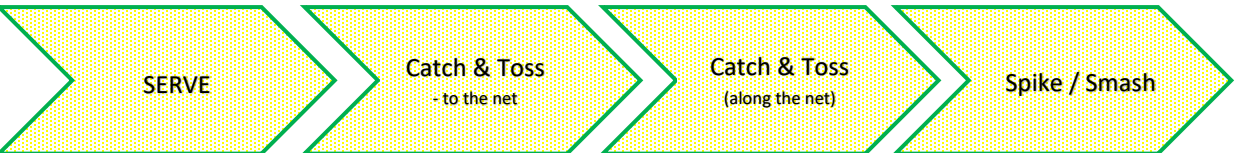
Level 3
2 v 2
(one ball)

Forearm pass



Level 4
3 v 3
(one ball)

Attack (Spike)
Approach / Foot work



Level 5
3 v 3
(one ball)

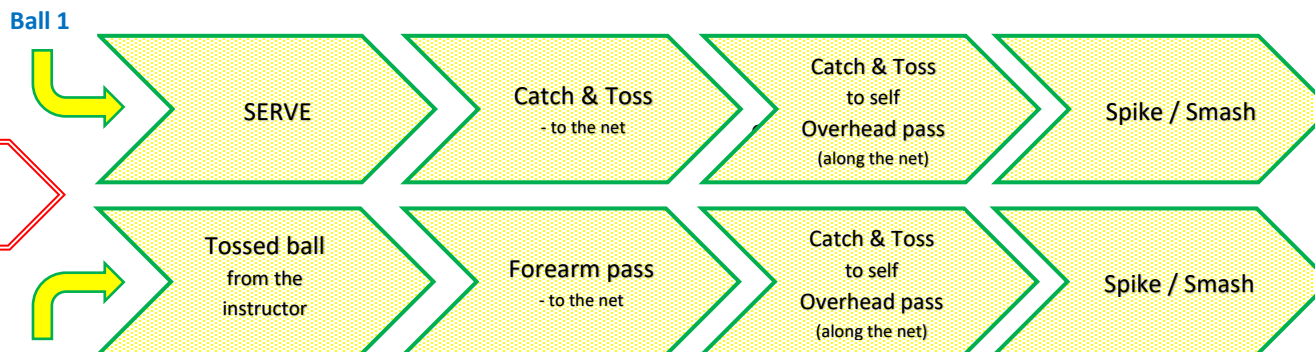
Underhand Serve





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

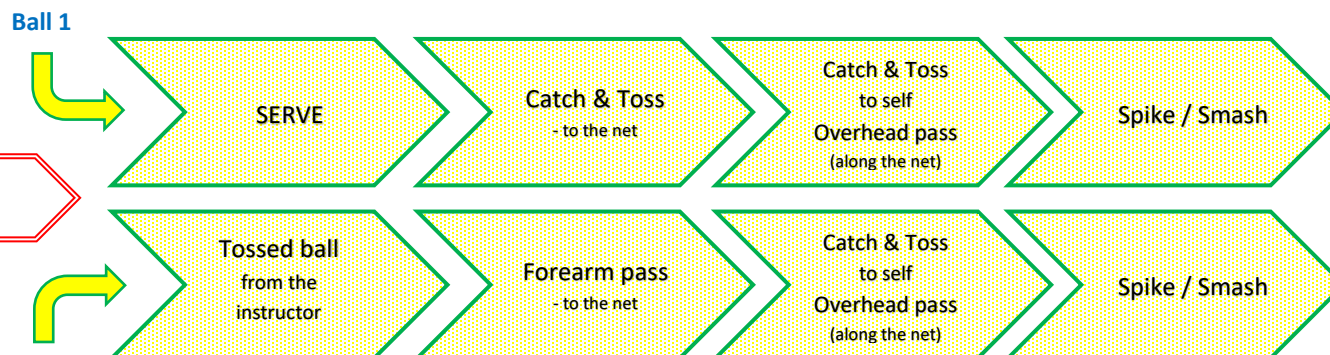
Attack (Spike)
Approach & Arm Swing



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



Toss originates from the same side as the serve



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