

# Smashball

## General information

Information about preconditions such as the court, net and team. Clubs can make their own decisions about these preconditions (provided they do not change the rules of the game and the basic principles). As such, the preconditions may differ slightly, depending on location or tournament.

## Court

Smashball can be played within the outer lines of a badminton court or on half a volleyball court with a C-youth (7m) end line. The 3-metre line can be used as serve line when having to serve within the court.

## Net height

The duration of a rally is predominantly determined by the height of the net. The net height can be set depending on the players' level of play (basic rule: the top of the net is level with the wrist of an extended arm). A correct net height facilitates longer rallies. Net height indication: 1.50 to 2.10 m.

## Team composition

A smashball team can comprise two or three persons. You can even play this game in two against three formations.

## More information

Contact Ruben Nijhuis for more information about Smashball.

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Smashball is a challenging volleyball game that focuses on the most attractive volleyball technique: the smash. The volleyball experience is the basic principle, giving smashball a tough, attractive and challenging character. Smashball comprises 4 levels, with each rally ending with a smash.

## LEVEL 1

- Team A serves the ball from behind the 2-meter line (badminton court) or the 3-metre line (volleyball court). This can be an overarm or underarm serve.
- The receiving team catches the ball (directly or after a bounce).
- The child that catches the ball can run to the net and throw up the ball for himself. He then hits the ball over the net (while standing still or jumping).
- The defending team catches the ball (directly or after a bounce).
- The child that catches the ball can run to the net and throw up the ball for himself. He then hits the ball over the net (while standing still or jumping).
- After the team has hit the ball over the net, it rotates.
- After scoring, the team that has ball possession starts serving.
- One on one is possible for training purposes.



## LEVEL 2

- Team A serves the ball from behind the 2-meter line (badminton court) or the 3-metre line (volleyball court). This can be an overarm or underarm serve.
- The receiving team catches the ball (directly or after a bounce).
- The child that catches the ball throws the ball to his team mate (setter) at the net by means of a catch-throw movement.
- By means of a catch-throw movement, the setter throws the ball to his team mate, who hits it over the net (while standing still or jumping).
- The defending team catches the ball (directly or after a bounce) and throws it to a team mate (setter) by means of a catch-throw movement.
- By means of a catch-throw movement, the setter throws the ball to his team mate, who hits it over the net (while standing still or jumping).
- After the team has hit the ball over the net, it rotates.
- After scoring, the team that has ball possession starts serving.
- You can play this level in two against two, three against three or two against three formations

- Team A serves the ball from behind the end line of the badminton court or the 7-metre line of the volleyball court. This can be an overarm or underarm serve.
- The receiving team catches the ball directly, so without a bounce.
- The child that catches the ball throws the ball to his team mate (setter) at the net by means of a catch-throw movement.
- By means of an overarm or underarm setup, the setter passes the ball to his team mate, who hits it over the net (while standing still or jumping).
- The defending team catches the ball (directly or after a bounce) and throws it to a team mate (setter) by means of a catch-throw movement.
- By means of an overarm or underarm setup, the setter passes the ball to his team mate, who hits it over the net (while standing still or jumping).
- After the team has hit the ball over the net, it rotates.
- After scoring, the team that has ball possession starts serving.
- You can play this level in two against two, three against three or two against three formations



- Team A serves the ball from behind the end line of the badminton court or the 7-metre line of the volleyball court. This can be an overarm or underarm serve.
- The receiving team makes an underarm or overarm pass.
- By means of a catch-throw movement, the setter throws the ball to his team mate, who hits it over the net (while standing still or jumping).
- The defending team catches the ball (directly or after a bounce) and throws it to a team mate (setter) by means of a catch-throw movement.
- By means of an overarm or underarm setup, the setter passes the ball to his team mate, who hits it over the net (while standing still or jumping).
- The scoring team serves.
- You can play this level in two against two, three against three or two against three formations

## LEVEL 3

## LEVEL 4