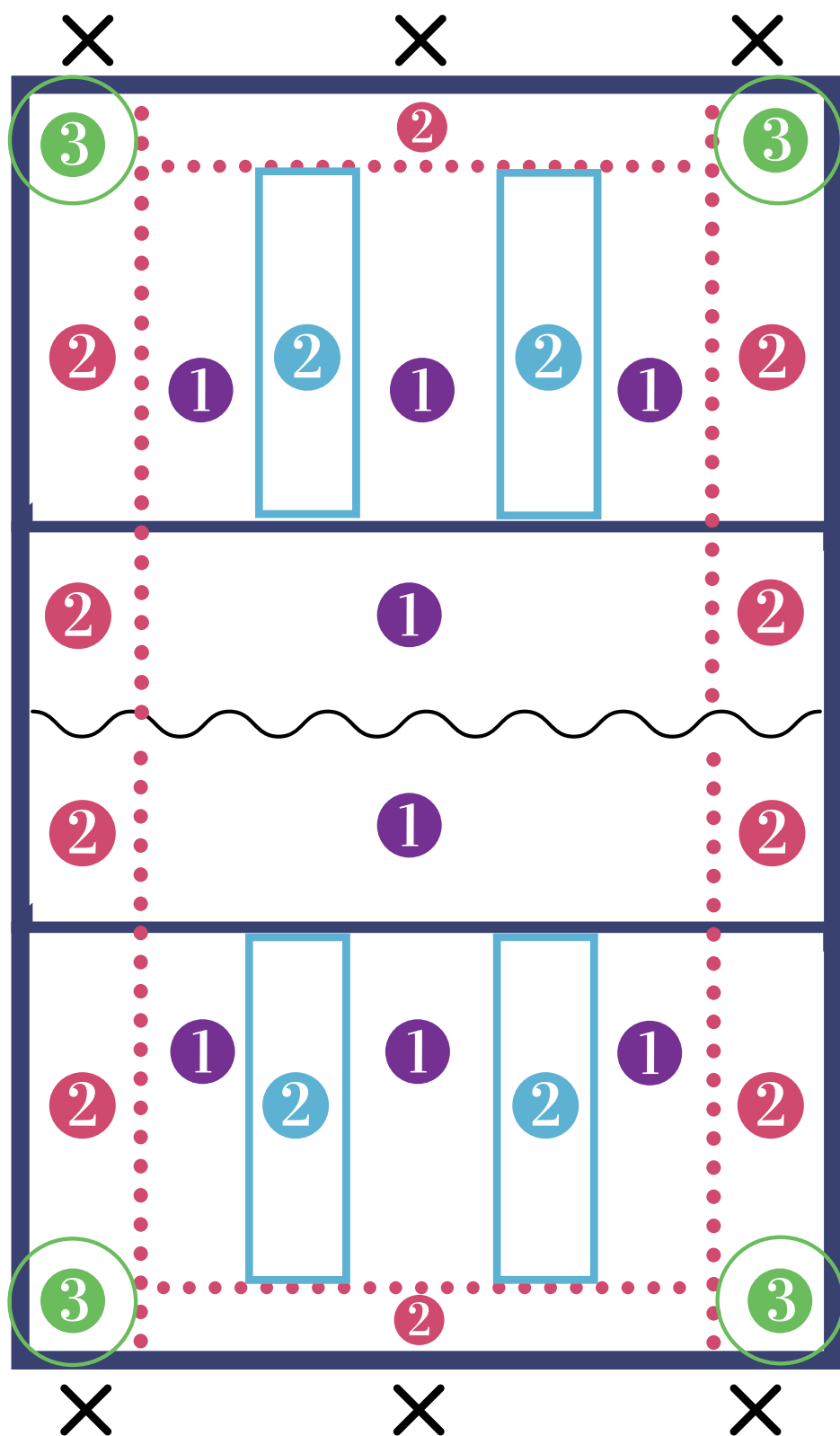


PRESSURE SERVING



What can I use to create targets?

- jump ropes
- hula hoops
- exercise mats
- pool noodles

Divide team into two. One group serves from each end-line. The TEAM (both groups combined) must reach a point goal (ie. 20 points). Serve one at a time and chase ball. Serves in the court are scored as per graphic. Serves **out of bounds are -1**. Serves **in the net are -5**. Adjust scoring according to team's ability.