

Levels - Who will get to level 10 first?

All 10X

Youth U8 – U10

Level 1a: One ball. Throw the ball over the net, when you have thrown the ball over the net quickly tap it again

Level 2a: One ball. One throws the ball over the net, the other bounces it under the net

Level 3a: One ball. You throw the ball over the net as the ball comes to you you play it underhand up and off you. Then you throw it over the net again.

Level 4a: Both a ball. Throw two balls at the same time

Level 5a: Both have a ball. Simultaneously bounce the balls under the net

Level 6a: Both have a ball. One throws the ball over the net the other bounces it under the net

Level 7a: Both have a ball. Simultaneously throw the ball over the net. When the ball comes to you, play it up underhand and catch it.

Level 8a: One ball. Play 10x over the net

Level 9a: One ball. Serve underhand to each other. When you have served, quickly tap the net.

Level 10a: Throw up, jump and smash the ball over the net.

Levels - Who will get to level 10 first?

All 10X

Youth U12

Level 1b: One ball. Both bounce under the net

Level 2b: One ball. Throw one over the net and the other under the net.

Level 3b: Both a ball. Bounce under the net at the same time.

Level 4b: Both a ball. Throw one over the net and the other under the net at the same time.

Level 5b: One ball. Throw the ball over the net. When the ball comes to you play it up overhead and catch it. Then throw it over the net and play the other overhand and catch.

Level 6b: One ball. Same as the previous level only both are overhand

Level 7b: Both a ball: You simultaneously throw the ball over the net. At the same time, you play the ball coming towards you overhand and catch it. Then throw again.

Level 8b: Both a ball, Same as previous level only underhand.

Level 9b: One ball. Pass it 10 times

Level 10b: One ball. Overhand serve

Levels - Who gets to level 10 first?

All 10X

U12+

Level 1c: One ball. Play 10x across. When you have played the ball over the net tap the net.

Level 2c: One ball. Play 10x across. One plays underhand the other overhand. When you have played the ball over the net tap the net.

Level 3c: One ball. Pass the ball 10 times. You first play the ball up for yourself underhand and then overhead over the net. Then you tap the net.

Level 4c: Two balls. Pass the ball 10 times.

Level 5c: Two balls. Pass 10x. One plays everything underhand the other everything overhand.

Level 6c: One ball. You play ball under the net.

Level 7c: One ball. One plays the ball under the net the other plays the ball over it.

Level 8c: One ball. You play the ball in front of yourself into the net and then over the net. So does the other.

Level 9c: 10x overhand serve the other has to catch the ball

Level 10c: 10x smash to each other. The ball is allowed to bounce once.