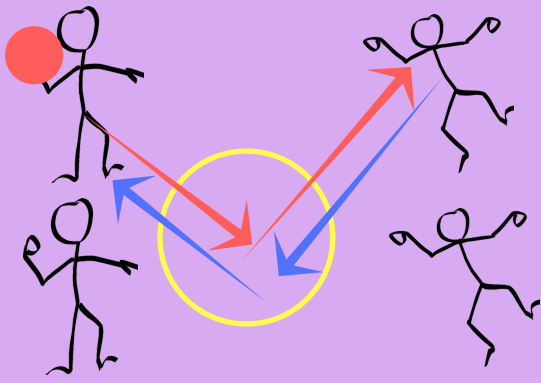
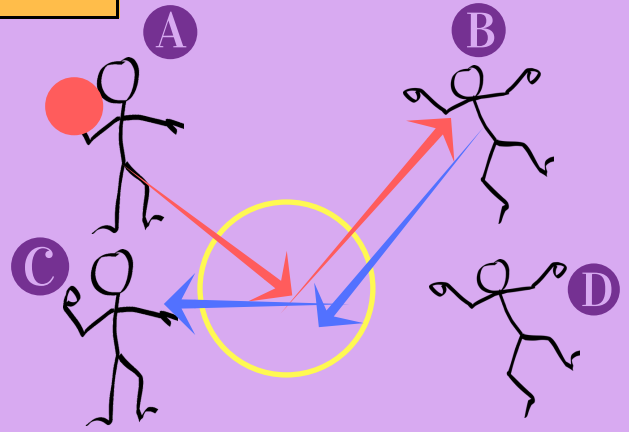


## Level 1



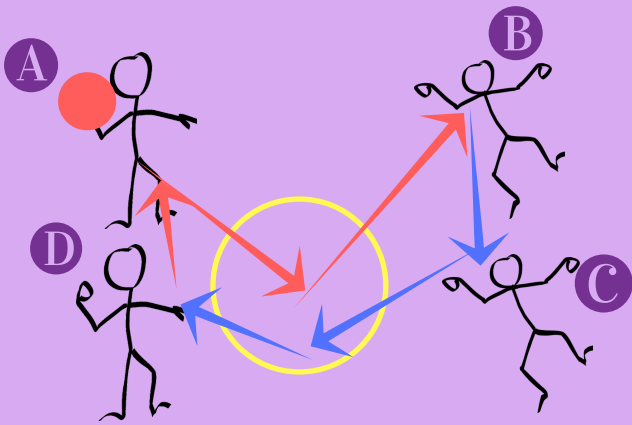
Rally with another pair, striking the ball first time into the hoop after one bounce. Play a **x10** shot rally to progress. High five your team!

## Level 2



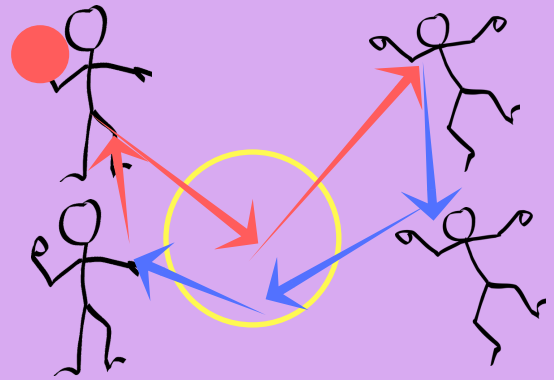
Repeat as level one. Alternate who strikes the ball in your pair each time (A-B-C-D). Play a **x15** shot rally to progress. High five your team!

## Level 3



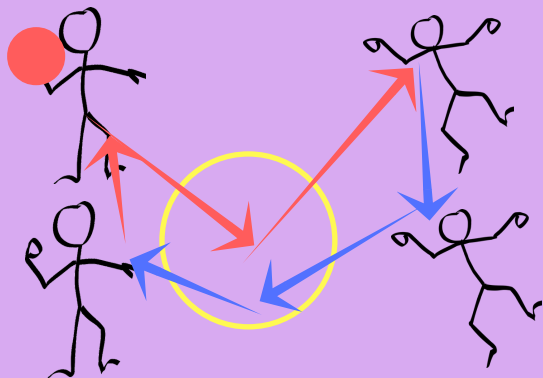
Co-operative rally. A pass must be played between partners before the ball is returned using the palm of the hand. See picture above (A,B-C-D) Play a **x5** shot rally to progress. High five your team!

## Level 4



Co-operative rally. As level 3, maximum of two touches of the ball per pair (one pass & one return). Play a **x10** shot rally to progress. High five your team!

## Level 5



Co-operative rally. Introduce the 3 touch rule. Pairs can now have one more extra pass between them before returning. Play a **x5** shot rally using the 3 touch rule to complete the game. High five your team!

## Spikeball - Doubles Rally

I can strike a ball with accuracy using my hand  
I know what a rally is  
I can play a short co-operative rally  
I can explain the strengths & weaknesses of my group

If students are struggling striking into the hoop, remove it for a while so they can experience rallying success without it.