



NitroBall Unit

Day 1

Rules

Gameplay

Days 2-3 game play continued

Day 4 – Tournament





NitroBall Unit

I can recall two rules of NitroBall

I can demonstrate teamwork while playing a game of NitroBall.

Standards

6.4.RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities.

6.4.SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

7.4-8.4

Benefits:

Health and wellness can be increased by participation in lifetime physical activities.



History

NitroBall was created in summer of 2005 in Sarasota, Florida. And was first known as “inverted volleyball 2. Created by Peter Boucher and became NitroBall at Canton High School in Massachusetts.



History

Equipment: Volleyball or other bouncy ball.

Court: Volleyball courts and nets work best. The net will hang at 3 feet off of the ground like tennis. Teams of 3 to 6 players work well.

Scoring: Rally scoring. Games are played to 15 or 21 points, win by 2.



Overview

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Overview

NitroBall contains the same skill techniques as Volleyball (striking and serving). However, the net height resembles a pickleball net (3ft).



Rules

The serve **must** be underhand volleyball serve or may be bounced off the ground then hit underhand.

The ball must bounce once before it is hit.

Each team has three attempts to get the ball over the net just like in Volleyball.

No player can hit the ball 2 times in a row.

Blocks are illegal because the ball must bounce first.

If the ball hits the net on the serve, it's still in play





Scoring

A team earns a point when:

The ball bounces twice in a row on the opponent's side

The opponent hits the ball before it bounces once

The opponent cannot return the ball within 3 hits

The opponent hits the ball out of bounds

The ball is not legally returned

Play to 21 win by 2.



Example Video

NitroBall

