

CHALLENGES	DISTANCES	LEVELS (PASSES)		
Challenge 1 Both players sitting Volleying to each other		L3	L2	L1
	Under 8 – 70cms-----	10	20	30
	Under 12 – 80cms-----	20	30	40
	Under 16 – 200cms-----	30	40	50
	Under 20 – 300cms-----	30	40	50
	Over 20 – 400cms-----	50	60	70
Challenge 2 One player standing the other sitting. Volleying to each other		L3	L2	L1
	Under 8 – 70cms-----	10	20	30
	Under 12 – 80cms-----	20	30	40
	Under 16 – 200cms-----	30	40	50
	Under 20 – 300cms-----	30	40	50
	Over 20 – 400cms-----	50	60	70
Challenge 3 Both players standing and volleying to each other		L3	L2	L1
	Under 8 – 70cms-----	10	20	30
	Under 12 – 80cms-----	20	30	40
	Under 16 – 200cms-----	30	40	50
	Under 20 – 300cms-----	30	40	50
	Over 20 – 400cms-----	50	60	70
Challenge 4 One player sitting and volleys to partner who returns with a dig		L3	L2	L1
	Under 8 – 70cms-----	10	20	30
	Under 12 – 80cms-----	20	30	40
	Under 16 – 200cms-----	30	40	50
	Under 20 – 300cms-----	30	40	50
	Over 20 – 400cms-----	50	60	70
Challenge 5 Players standing digging only		L3	L2	L1
	Under 8 – 100cms-----	10	20	30
	Under 12 – 150cms-----	20	30	40
	Under 16 – 200cms-----	30	40	50
	Under 20 – 300cms-----	30	40	50
	Over 20 – 400cms-----	50	60	70
Challenge 6 Players standing, Volley, dig and smash in sequence		L3	L2	L1
	Under 8 – 100cms-----	10	20	30
	Under 12 – 150cms-----	20	30	40
	Under 16 – 200cms-----	30	40	50
	Under 20 – 300cms-----	30	40	50
	Over 20 – 400cms-----	50	60	70

CHALLENGES	DISTANCES	LEVELS (PASSES)		
Challenge 7 Players jump volley, standing smash and dig in sequence		L3	L2	L1
	Under 8 – 100cms-----	10	20	30
	Under 12 – 150cms-----	20	30	40
	Under 16 – 200cms-----	30	40	50
	Under 20 – 300cms-----	30	40	50
	Over 20 – 400cms-----	50	60	70
Challenge 8 Players jump volley, jump smash and dig in sequence		L3	L2	L1
	Under 8 – 100cms-----	10	20	30
	Under 12 – 150cms-----	20	30	40
	Under 16 – 200cms-----	30	40	50
	Under 20 – 300cms-----	30	40	50
	Over 20 – 400cms-----	50	60	70