

Volleyball

Volleyball ranks third among the team sports, after football and basketball. It's a game that can have any number of players with the maximum being six and the least being two. The activities we have replicated for the children to enjoy have similar benefits to the athletes playing the game and provide great ways to develop; hand-eye coordination, agility, speed, coordination, stamina as well as improved core strength and flexibility. The skills in the activities transfer to sports and activities that involve dynamic balance and speed like volleyball as they get older.



So let's play volleyball!

Bounce and Count

Encourage the child to **bounce** and **catch** the ball five times in a row by holding the ball with both hands. Pushing the ball down to the floor in front of them and catching it as it bounces up with both hands.

Alternatively use a large Ikea bag and encourage the children to bounce the balls into the bag. For younger children use balloons.



Balloons work really well for encouraging children to keep an object in the air and works well with a group or 2 children against each other.

See how many times they can keep a balloon in the air using your very own volleyball court.



To make this you will need:

- two chairs
- a pool noodle or thick ribbon as a dividing line.

Alternatively use large foam balls

Bubble Catch

You will need lots of space so the children can move about whilst blowing the bubbles, so outside is ideal for this game.

Encourage the children to run, jump, and catch the bubbles as they float in the air. The aim is to focus, **jump** and **coordinate catching** a bubble with both hands, supporting midline crossing.