

# VOLLEYBALL

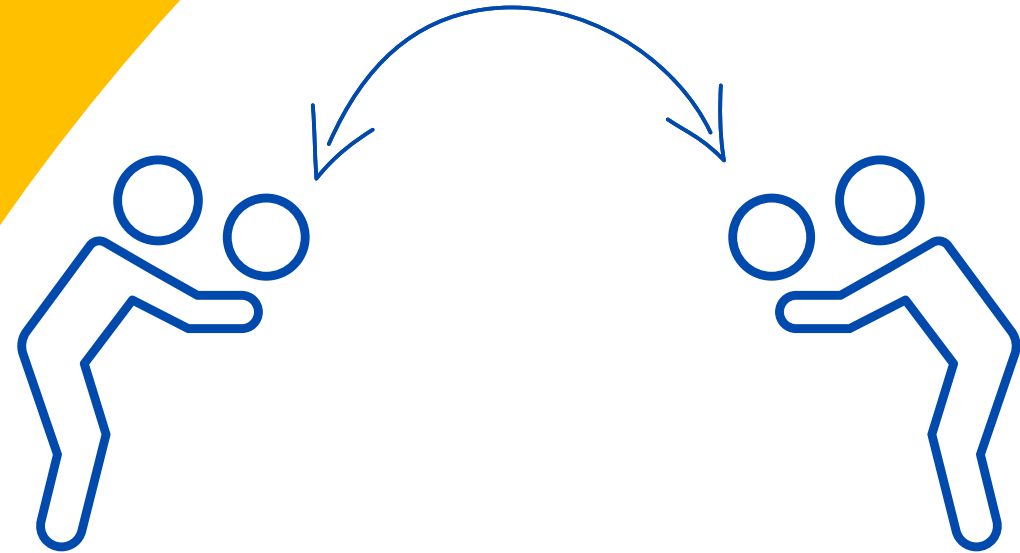


## OBJECTIVES

- ★ **IMPROVE HAND-EYE CO-ORDINATION.**
- ★ **TRACK THE OBJECT AND MOVE HAND INTO POSITION.**

## INSTRUCTIONS

- ✓ **ROLL UP A PAIR OF SOCKS TO MAKE A BALL OR USE A BALLOON.**
- ✓ **AGAINST A PARTNER, PLAYERS USE THEIR HANDS TO HIT THE SOCK BALL, WITH IT GOING BACK AND FORTH UNTIL THE SOCK BALL HITS THE GROUND.**
- ✓ **PLAYERS SCORE POINTS BY MAKING THE BALL HIT THE GROUND NEAR THEIR OPPONENT.**



## CHANGE IT UP



**ADD MORE SOCKS TO THE BALL TO INCREASE THE SIZE.**



**USE WEAK HAND ONLY.**



**ALLOW EACH PLAYER TO HAVE TWO HITS BEFORE SENDING THE BALL TOWARDS THEIR PARTNER.**