

# VOLLEYBALL

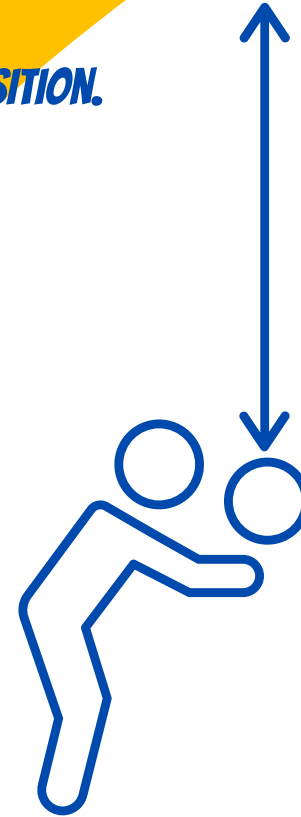


## OBJECTIVES

- ★ **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.**
- ✓ **A PLAYER MUST USE ONE OR TWO HANDS TO HIT THE SOCK BALL IN THE AIR TO THEMSELVES WITHOUT LETTING THE BALL HIT THE GROUND.**
- ✓ **PLAYERS CAN USE THE SAME HAND MORE THAN ONCE OR HIT / USE THEIR OTHER HAND.**



## CHANGE IT UP



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



**ALTERNATE HANDS EVERY TIME.**



**CREATE PATTERN. RIGHT HAND TWICE, LEFT HAND ONCE AND REPEAT ETC.**