

VOLLEYBALL KEEPY UPPYS BALL CONTROL



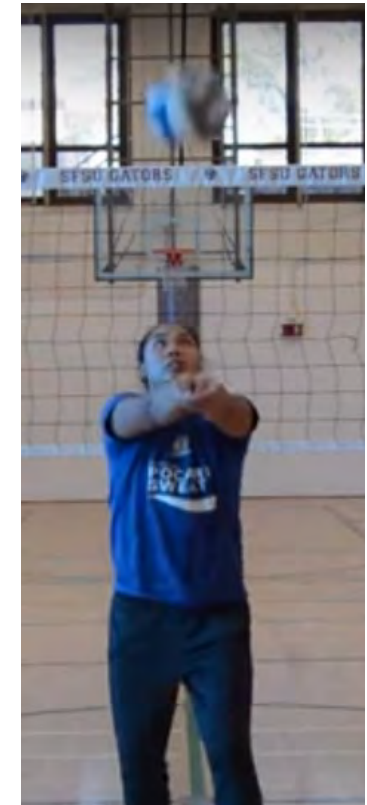
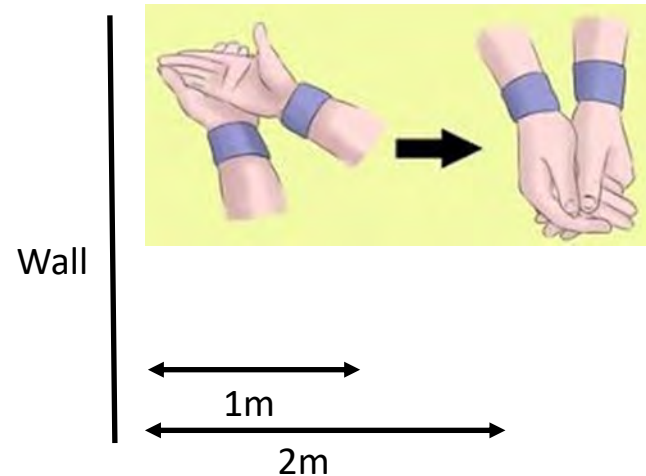
CHALLENGE

Each player aims to keep the ball in the air. You can choose to volley the ball against the wall or into the air. This is all about controlling the ball and technique seen in the picture on the right.

Try it both ways and see which work best.

You have 1 minute to keep the ball in the air as long as you can.

(Safety note, please make sure you are playing in an open space)



EQUIPMENT

- Volleyball/ball/balloon/beach ball- you can use anything that replicates a volleyball.
- Wall – find a wall where you have space and can play comfortably.

HOW TO PLAY

This is a ball control game suitable for any age group

COUNT HOW MANY TIMES YOU CAN KEEP THE BALL IN THE AIR FOR A MINUTE

If the ball hits the ground , try again and take your best score

Add up your score as you go along.

At the end of the minute, record your score.

INCLUSIVE

Move closer to the wall / Push the ball high so you have more time.

Change the size of the ball, make it larger to make it easier to hit. Or change the colour of the ball if a certain colour is easier to see.

Try using a balloon or a beachball to give you more time.

For secondary students, to make it more challenging, try accessing the skill from 2m away from the wall.

SPIRIT OF THE GAMES VALUES

DETERMINATION

To learn a learn a new skill and complete the challenge successfully



SELF BELIEF

In your own ability and to challenge yourself!



HONESTY

When submitting the amount of successful keepy uppy's you



Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

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