

## How to Dig a Volleyball

**PARENTS/CARERS PLEASE MAKE SURE THERE IS NOTHING BREAKABLE AROUND**

You will need:-

Volleyball or similar size. A lightweight football, balloon or rolled up socks will do.

Plenty of space with nothing breakable around.

How to Dig a Volleyball:-

1. There are two ways to put your hands together to do this. The way that is **NEVER** used is inter-locking the fingers of your hands together. This can lead to lots of injuries of fingers, thumbs and hands so fingers are **NEVER** inter-locked together.
2. The first way is done as follows.....
  - Hold flat out the hand you do NOT write with as in picture 1.
  - Put your writing hand flat on top as in picture 2
  - Keep your fingers straight, but fold hands up so thumbs are together as in picture 3.



The second way is done as follows:-

- The hand you write with, make a fist with your thumb on top as in picture 1.
- The hand you do not write with, put so the thumbs are together.
- Then wrap the fingers round the hand you do write with as in picture 2



Choose which one of the above you prefer and then stick with it.

3. Stand so your arms are relaxed and sticking out in front of you as in the picture.



4. Ask someone to gently throw the ball/socks to you, gently lift your arms up to dig (hit) the ball back to them.
5. If you're feeling confident, can you throw the ball up into the air in front of you, quickly get your hands back into the correct manner and then dig the ball before it comes down and hits the floor?

