

How to Volley 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 Volley a Volleyball:-

1. Hold the ball as in the picture below.



You now have a choice. You can either.....

1. Push the ball straight back up into the air.

Or

1. Bring the ball down in front of your face and then push it back up into the air. If you do this you will get more power into the volley, but it will be harder to control and in the rules of the game, you are NOT allowed to bring the ball any lower than your face.