

Balloon Volleyball



For the below activities the only equipment you will need is a balloon and a inside space.

In each video they use other equipment and also go into the garden as well. Feel free to copy this if you would like to.

Hold control and click on each link to access each video that explains the actions / techniques required and a suggestion of a drill to complete.

Try to finish your session with a quick game of trying to keep the balloon up, either by yourself or with someone else. You could play a little game if of can find a space large enough within your home. You could make a net by putting a couple of chairs in the middle of the players.

Have fun, stay active and most importantly stay safe.

Mr Welsh

The Dig Shot

Video

https://www.youtube.com/watch?v=Hrf_GoXSEwg

The Set Shot

Video

<https://www.youtube.com/watch?v=oKpuyRWjeD0>

The Underarm Serve

Video

https://www.youtube.com/watch?v=hecirvV_JYI