



Volleyball Association of Ireland

Presents the

Sitting Volleyball 60 Second Challenge



1. Find a partner and grab a ball and sit down.

2. Set your watch for 60 seconds.



60 Second Challenge

3. Using either the volley or the dig to keep the ball in the air.

4. Count how many shots you and your partner got.

5. Challenge your classmates!



#Can You Dig It?



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