



**Active School**

**Week**

**Volleyball**

**Challenge**



# 'Re-Create Skills' Challenge



**Groups of two, facing each other**

**Each person in a group has a ball**

**One person in a group performs a sequence of  
volleyball skills**



**other person observes and tries to re-create the  
same pattern**

**Make the sequences challenging**

**Have FUN!**



# 'Volley in a hoop' Challenge



Use Volley/Overhead pass to get the ball into a basketball hoop from the free-throw line

Hands are in ball-shaped position



Knees are slightly bent



Get as many balls in as you can in 10 attempts

Have FUN!

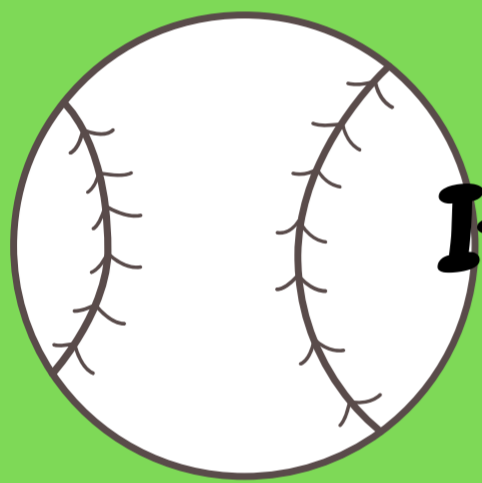


# 'Zig-Zag' Challenge



Students line up in two lines, forming a zig-zag

The goal of the challenge is to pass the ball from one end to the other using the forearm pass



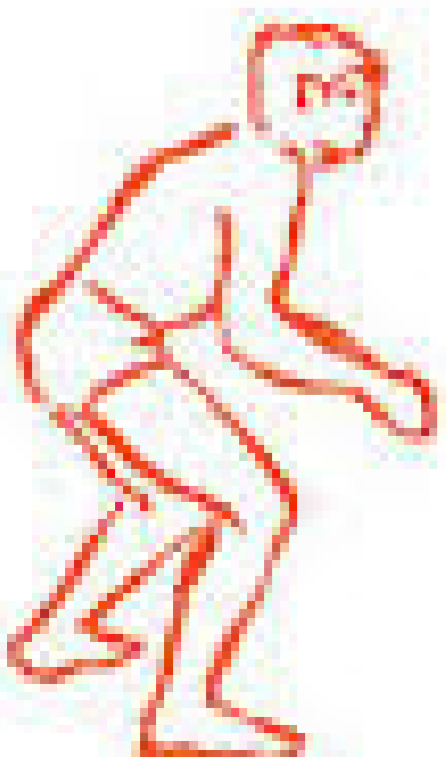
If ball is dropped the challenge starts from the beginning



To make the challenge more difficult, try to get the ball back to the start position

Have FUN!

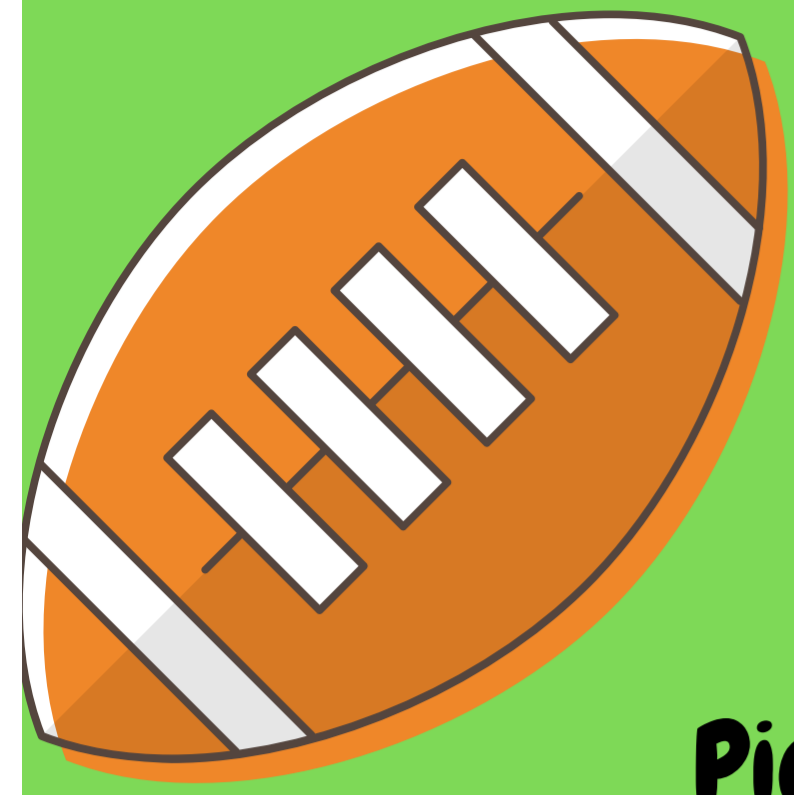
THE FOREARM PASS



HAND POSITION



# 'Serve over Net' Challenge



**Pick a target (hoop, bean bag, cone etc.)**

**Using overhand serve try to hit the target**

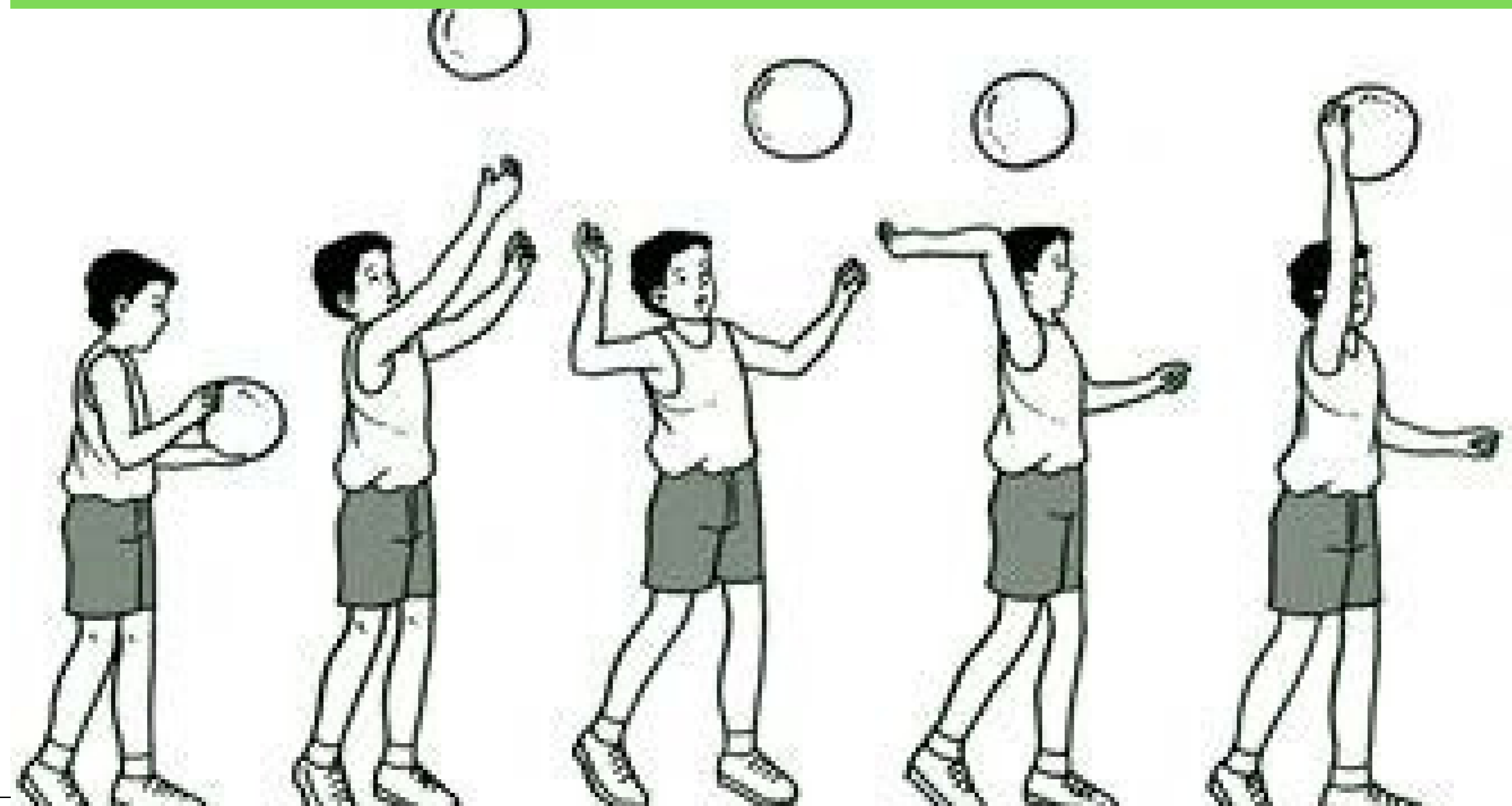
**Hit as many targets as you can in 10 attempts**



**Make targets harder/easier to hit  
depending on ability**



**Have FUN!**



# Find us at:

**Volleyball Association of Ireland, 141 Thomas St.,  
Dublin 8.**

**T +353 1 6707165**

**F +353 1 6707167;**

**E: [info@volleyballireland.com](mailto:info@volleyballireland.com)**

**W: [www.volleyballireland.com](http://www.volleyballireland.com)**

