



Active School

Week

Volleyball

Challenge



'Catch & Throw'



Challenge



Get as many catch & throws as you can in groups of two in 60 seconds.

Use soft balls varying in size and shape (avoid using basketballs, footballs etc.)



Catch & Throw the ball high



Catch & Throw the ball low

Make your partner move

Have FUN!



'Forearm Pass' Challenge



Start with throwing the ball to your partner

Using the forearm pass, get the ball back and forth with your partner as many times as you can

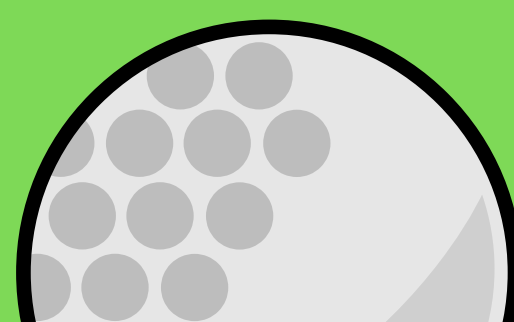
Bend at the knees



Hit the ball with forearms

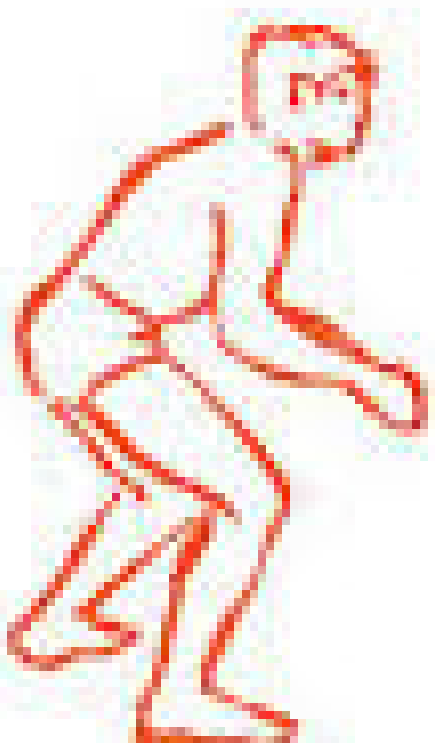
Get as many passes as you can in 60 seconds

Make your partner move

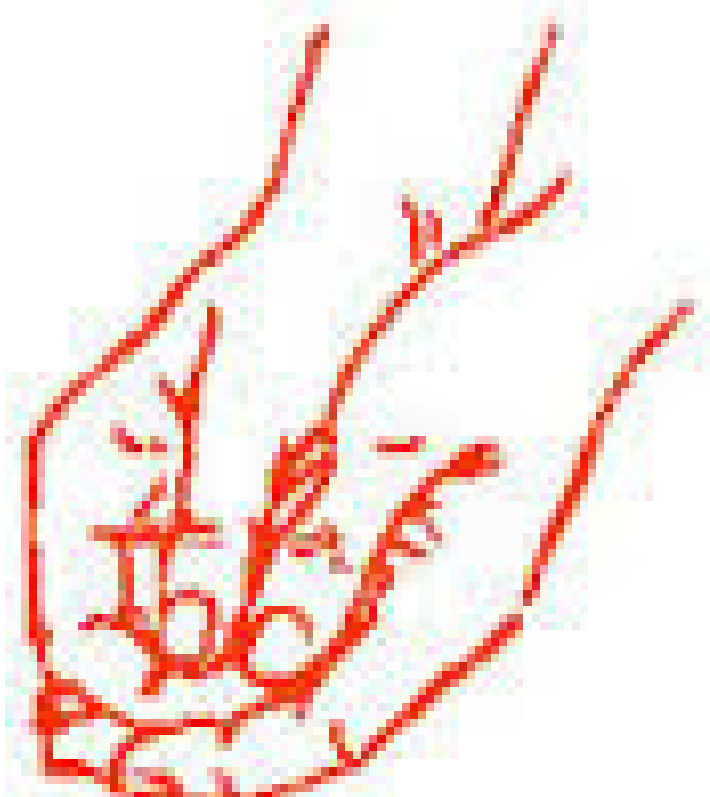


Have FUN!

THE FOREARM PASS



HAND POSITION



'Volley/Overhead' Pass Challenge



Start with throwing the ball to your partner



Using Volley/Overhead pass, get the ball back and forth with your partner as many times as you can

Hands are in ball-shaped position



Knees are slightly bent



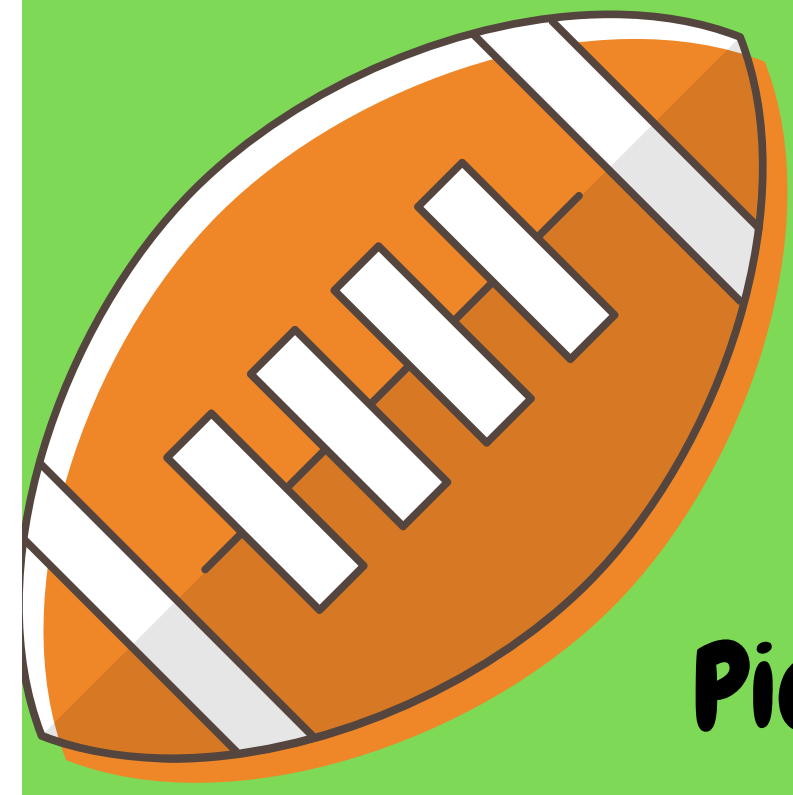
Get as many passes as you can in 60 seconds

Make your partner move

Have FUN!



'Serve over Net' Challenge



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

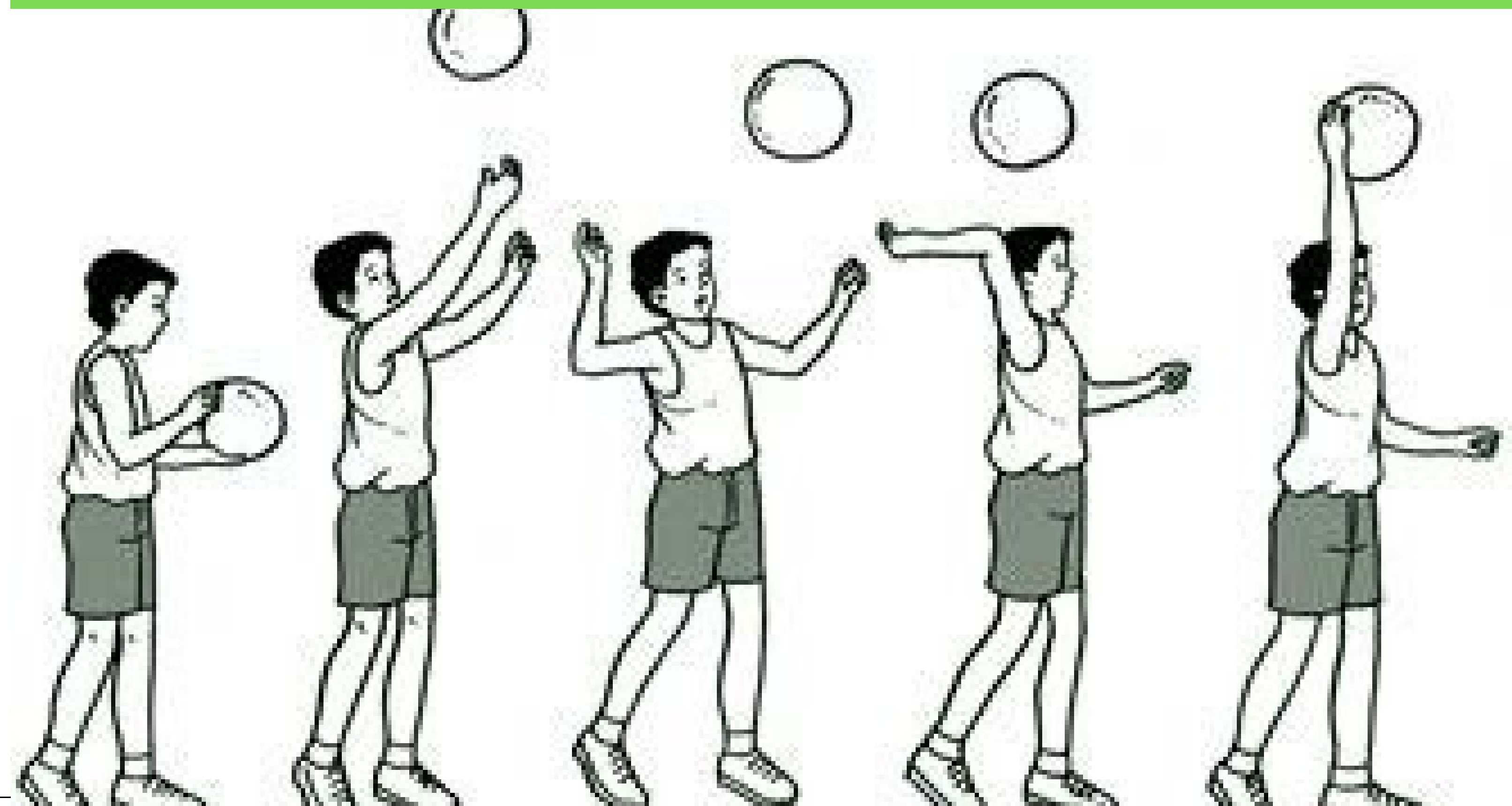
**Using overhand serve try to hit the target from
anywhere on the court**

Hit as many targets as you can in 10 attempts



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

Have FUN!



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