

Give it a Go Brownies Volleyball badge



To gain your 'Give it a Go' volleyball badge, you should follow the instructions below with help from your leader or take part in a volleyball taster session with a qualified local coach.

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1 Activity 1 - Volleyball rules

- Name 3 ways of hitting the ball in volleyball.
- Name 2 rules of volleyball.

2 Activity 2 - Warm it up

- You must create a warm up game that targets the main muscles used for volleyball and make sure you cool down afterwards.

3 Activity 3 - Demo

You will demonstrate the correct technique of:

- How to bump a ball.
- How to set a ball.
- How to spike a ball.



4 Activity 4 - Pairs

- In pairs you will complete 10 bumps, sets and spikes each. Complete 10 passes without dropping the ball on the floor.

5 Activity 5 - Two sided game

- Play a 2v2 two sided game
- First team to score 10 wins.
- Use the rules of the game you named above.
- Move on to play against a different team.

A small game is to be played so you can still develop your skills – it will challenge you to think of the rules and how to earn points.

