

# Give it a Go Guides Volleyball badge



To gain your 'Give it a Go' volleyball badge, you should complete the requirements below.

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## 1 Activity 1 - Demo

- Warm up before exercising and complete a valid cool down afterwards.
- Create your own up making sure you target all the main muscles used for volleyball.
- Name the main rules in volleyball, how to score points, how many players on a team, etc.



## 2 Activity 2 - Circuits

Create a circuit that incorporates the different types of hitting the ball in volleyball

- serve
- bump
- spike
- set



## 3 Activity 3 - Demo

Play small sided games against another team in your unit:

- 2v2
- 3v3
- 4v4

## 4 Activity 4 - Game on

- Organise a volleyball game within your unit or against another unit in your area.

