

# Give it a Go Rainbow Volleyball badge



To gain your 'Give it a Go' Volleyball badge, you should try each of the games below with the help from your leader or take part in a volleyball taster session with a local coach.

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## 1 Activity 1 - Big bumps, little bumps

- Everyone gets a volleyball each.
- Call out big bumps – hit the ball high in the air.
- Call out little bumps – hit the ball lower in the air.

## 2 Activity 2 - Keepy uppy

- Everyone has a ball each.
- How many times can you bump the ball in the air without it hitting the floor.
- How many bumps can you do in a minute whilst the leader times you.

## 3 Activity 3 - Bump and spike

- In pairs you should practise bumping and spiking.
- Bump the ball to your partner by hitting the ball using your forearms.
- Spike the ball to your partner by using the palm of your hand to hit the ball as hard as you can.

## 4 Activity 4 - Come knock down

- How many cones can you knock down?
- Everyone has a ball.
- Set up cones all over the area.
- Aim of game is to spike the ball and hit down the cones.

