

# Give it a Go Rangers Volleyball badge



To gain your 'Give it a Go' volleyball badge, you should try each of the following activities with the help from your unit leader or attend a taster session with a local qualified coach

- Understand and learn the rules of volleyball.
- Research the difference between indoor volleyball and beach volleyball.

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## 1 Activity 1 - Keepy uppies

- Working as a team how long can you keep the ball up in the air by hitting it back and forth.
- You can only touch the ball once to pass onto the next person.
- If the ball touches the floor, then you start again.

## 2 Activity 2 - Game time

- Play a small sided volleyball game in your units.
- Take it in turns to referee the volleyball games (5minutes each).
- Organise a volleyball game with another local unit.

## 3 Activity 3 - Para volleyball

- Take part in an inclusive game of volleyball.
- This only requires a small space/area.
- The rules are identical apart from the fact that you must be sitting down on your backside at all times.

