



Volleyball Pass Challenge

What you are doing:

1. Your goal is to keep a volleyball off the floor by using a forearm pass or overhead volley.
2. Pick an area where it is safe, take three (3) attempts at keeping a volleyball off the floor with or without a wall. The goal is to pass the ball to yourself, under control, as many times as you can. Record the number of times you pass without the ball hitting the ground.
3. If you are an individual, from the three attempts submit the highest number of passes. If you are a team or class, record the average from the highest attempt for each individual.
4. Make sure your student leader or teacher-supervisor verifies your score.

Where should you do it?

Find a location that is safe and has a sufficient amount of space. Make sure your space is away from congested areas where you could hit someone with the ball.

What you need:

- A volleyball (or a similar ball that is safe) and a wall if available.
- Large area free of obstructions and has an ample amount of space.

Note for Student-Leaders and Teacher-Supervisors: Feel free to modify the challenge in order to provide opportunity to any students who would like to participate.

That's all there is to it!

Remember to stay safe, social distance, have proper supervision and the more students that participate the more points are earned for you and your school.

You have been challenged!