



Indoor Volleyball

Developed in the field by educators affiliated with NSRF.

Task

To score the most points by getting the balloon volleyball over the net and in bounds without the other team returning the volley in bounds.

Set Up

Use a string to create a net. Set up chairs on either side of the net in rows so that each person has a seat. Use balloons for the ball.

Facilitation

1. Each participant is to sit in a seat.
2. They are to play volleyball by following the regular volleyball rules.
3. One side serves the ball.
4. The ball must go over the net without touching the net.
5. The ball can be touched by up to three players before it must get over the net to the other side.
6. A player can not touch the ball two times in a row.
7. If the ball touches the ground or goes out of bounds, then it is out of play.
8. A team scores a point only when they have served and the ball is not returned properly.
9. If the team serving the ball fails to return it to the other team then a side out is called and the other team gets the ball and serves it.
10. It is hard for people to remain on their chairs. If a person gets out of his/her seat, the facilitator can create their own consequences i.e. person stays out for one serve, person must sing a song during the next volley, person must use opposite hand, etc.