



National
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Center

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Water Balloon Volleyball

This protocol was developed in the field by educators affiliated with NSRF.

Task

The first team to score a certain number of points wins. A team gets a point when they successfully send a water balloon over the net and in bounds and the other team is unable to return the volley. (Either the balloon bursts, the other team doesn't catch it or the other team throws it out of bounds.)

Materials

Water filled balloons, bed sheets

Rules

1. Each team member must have both hands on the sheet.
2. One team begins the volley.
3. A team scores a point when the other team fails to successfully return a volley.
4. Play as long as you want.