



GAME: BALLOON VOLLEYBALL

Game Type: Warm Up Sport

Activity Level: Medium

Players: 2-6

Field: Anywhere

Equipment needed: Balloons

Time: 5-10 minutes

RULES

Balloon Volleyball is Volleyball with a balloon. It can be played anywhere, the net can be replaced with any boundary- a piece of tape, a couch, books on the floor. Since the balloon floats in the air and gradually descends, Balloon Volleyball is good for younger kids. Playing by themselves they can hit the balloon multiple times to get it over the line. Also if people of different abilities are playing the better player can get less hits to get it over. For groups its fun to start out regularly, and then switch to a harder version, for example people can only hit the balloon with their legs or even their head.