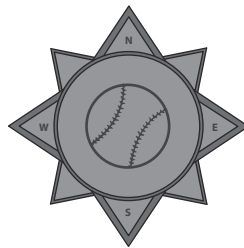


HOW TO PLAY VOLLEYBALL

Volleyball is a super fun game if you are with a group of friends. The great thing is you can play it anywhere where the ground is pretty clear. The softer the ground the better in many ways, which I suppose is why is so popular at the beach. So if you have six friends per team, or really any equal number, and a net and ball, you have the makings for a fun game.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Play in a volleyball game, whether a local group or a game that you organize at home with friends.

LEVEL 8

PERIOD 2

B-4

So volleyball is sort of like tennis in a way, only you use a super light soccer ball and lots of people can play. The basic idea is to stop the ball from touching the ground on your side of the court. So you have to hit it back over and pretty much make it as hard as you can for the opposing team to return the ball to you.

The server starts by serving the ball from the back of the court. The ball has to clear the net and land on the ground on the opponent's side to win a point. As soon as the ball is over the net, the opposing team has three attempts or bumps to try to get the ball back over the net. If the ball touches the ground or is knocked out of play (outside of the court) by an opponent, the point goes to the serving team. The same team member can't bump the ball twice in a row.



There are three basic ways of hitting the ball that will require further research by you. When you serve, you throw the ball up with one hand and hit it over the net with your bunched fist, almost like you are swinging an invisible tennis racket. When bumping the ball up to keep it in play, you have your hands together and hit the ball on your wrists. And then there is the almighty spike. This is done by a player next to the net who hits the ball downward with their fist on the opponents' side to try to strike the court floor and make an impossible shot for the opposing team to return.

Research the rules further. You can practice the moves alone. Simply toss the ball up and practice your bumps by keeping the ball up as long as you want. You can even spike it at a wall or practice the serve.