

Balloon Volleyball

Get a parent or adult's permission to play inside the house. You can use a standard balloon or if you have a latex allergy you can use a nylon balloon or beach ball.

Individual Challenges

Challenge #1

Level 1 challenge-Set the balloon 3 times to self without it hitting the ground

Level 2 challenge-Set the balloon 5 times to self without it hitting the ground

Level 3 challenge-Set the balloon 10 times to self without it hitting the ground

Challenge #2

Level 1 challenge-Bump/pass the balloon 3 times to self without it hitting the ground

Level 2 challenge-Bump/pass the balloon 5 times to self without it hitting the ground

Level 3 challenge-Bump/pass the balloon 10 times to self without it hitting the ground

Partner Challenges

Challenge #1

Level 1 challenge-Bump/pass or set the balloon to a partner 3 times without it hitting the ground

Level 2 challenge-Bump/pass or set the balloon to a partner 5 times without it hitting the ground

Level 3 challenge-Bump/pass or set the balloon to a partner 10 times without it hitting the ground

Partner Game

Set up a court with an area with both players boundaries designated. Hit the balloon back and forth without letting it hit the ground on your side of the court. You can only hit it 3 times on your side before the other player has to hit it. Points are scored each time the balloon hits on the other player's side of the ground.