



Volleyball - Serving

INDIVIDUAL SKILLS EVENT



EQUIPMENT NEEDED



Designated Markers

(You can use cones, chairs, or any large objects that will not move)



Volleyball

(If you do not have a volleyball, you can use a beach ball, a kickball, etc.)



Tape to Mark Square on Wall



Measuring Tape

If you do not have measuring tape, take big steps.
1 Big Step = 1 Meter (3 Feet)



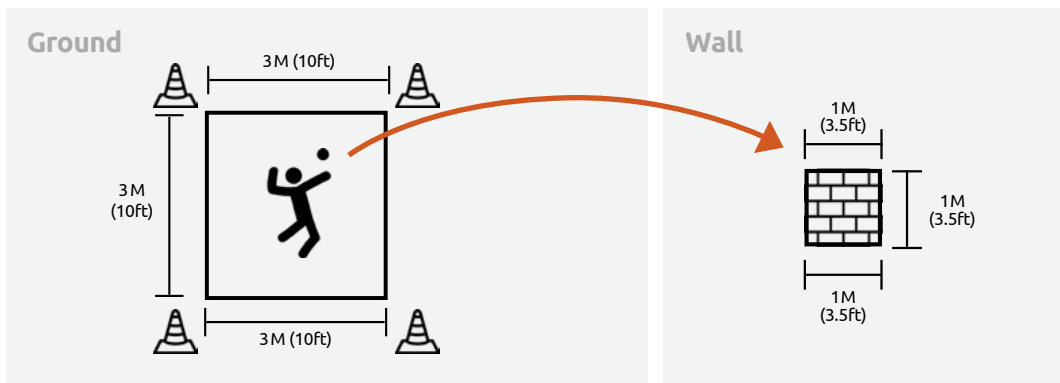
Solid Wall to Serve Ball

RULES

- 1 Mark a 1M (3.5ft) square on the wall 1M (3ft) off the ground and mark a 3M (10ft) square on the ground 2M (7ft) from the wall
- 2 Stand inside the square and serve the ball at the wall, trying to hit inside the marked square (don't step outside of the square)
- 3 You have 5 consecutive attempts to serve the ball at the wall (underhand or overhand)
- 4 Using the Score Chart below, add all five attempts together (Record score on your scorecard)

How accurate are your serves?

SETUP



Remember to take a picture or video of yourself competing in this event! Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

#sowavirtualgames

SCORE CHART

0pts awarded if ball bounces before hitting the wall

1pt if ball hits wall outside of the square

2pts if ball hits the line of the square

3pts if ball hits inside of the square

Volleyball Event Overview

INDIVIDUAL SKILLS EVENT

Special Olympics Washington





Volleyball - Passing

INDIVIDUAL SKILLS EVENT



EQUIPMENT NEEDED



Volleyball

(If you do not have a volleyball, you can use a beach ball, a kickball, etc.)

RULES

- 1 Use your forearms to pass the ball to yourself as many times in a row as possible
- 2 You have 5 consecutive attempts to get as many forearm passes in a row as you can
- 3 An attempt ends when the ball hits the ground or another surface that is not your forearms
- 4 Record the highest score from any one of your five attempts on your scorecard

How many forearm passes can you get in a row?

SETUP



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Volleyball Event Overview

INDIVIDUAL SKILLS EVENT

Special
Olympics
Washington





Volleyball - Setting

INDIVIDUAL SKILLS EVENT



EQUIPMENT NEEDED



Volleyball

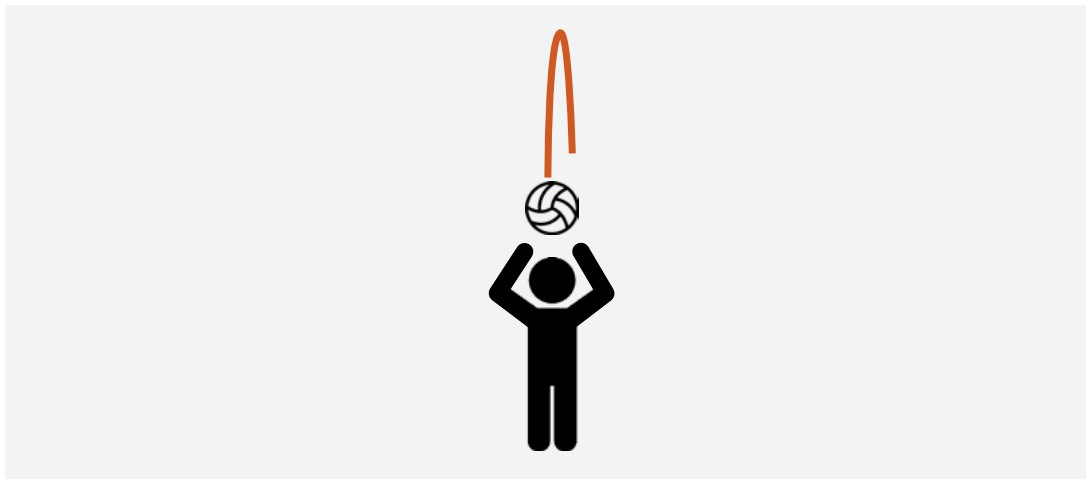
(If you do not have a volleyball, you can use a beach ball, a kickball, etc.)

RULES

- 1 Use your fingertips to pass the ball up and over your head to yourself as many times in a row as possible
- 2 You have 5 consecutive attempts to get as many sets in a row as you can
- 3 An attempt ends when the ball hits the ground or another surface that is not your fingertips
- 4 Record the highest score from any one of your five attempts on your scorecard

How many times can you set in a row?

SETUP



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