



Volleyball - Bump-Set-Spike

TEAM 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)



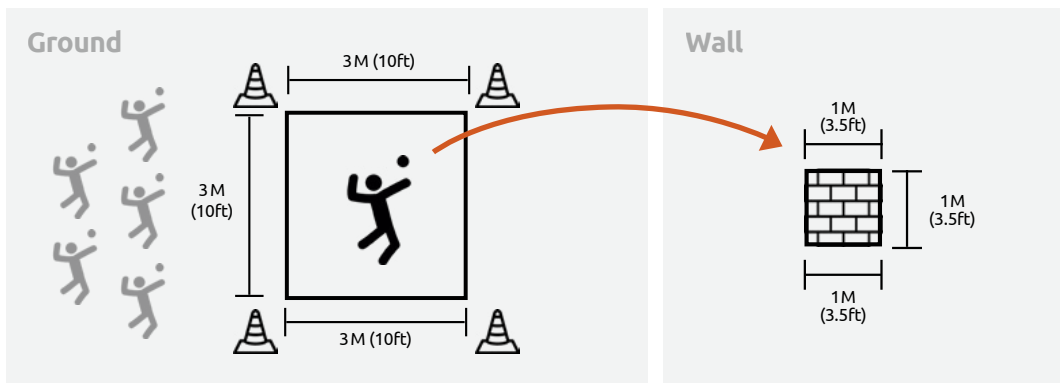
Solid Wall to Serve Ball

RULES

- 1 Gather your team of 6 (A Unified team consists of 3 athletes and 3 partners)
- 2 Mark a 1M (3.5ft) square on the wall, with the center of the square at eye level and mark a 3M (10ft) square on the ground 2M (7ft) from the wall
- 3 In one attempt, individuals will bump pass, set, and then spike the ball at the square on the wall (don't step outside of the square)
- 4 Each individual has 5 consecutive attempts (underhand or overhand)
- 5 Record the total for each individual's best attempt on your scorecard, based on the Score Chart below (Add all five attempts together for total Individual score)

How well can your team complete all three skills?

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 not all three skills were completed without dropping the ball, or if ball bounces before hitting the wall

1pt if ball hits the 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

TEAM EVENT

Special Olympics Washington

