



COMMONWEALTH GAMES CHALLENGE

WEEK 5 – VOLLEYBALL

Players take part in teams of 4, play takes place on a badminton court with a net across.

2 players stand on one side of the net with 2 on the other side.

Count how many passes you can make over the net before the ball touches the floor.

To make it harder you can set a time limit of 60 seconds, or have players clap in between touches.

