

Game: Seated Volley



Purpose: twist on a classic for a slightly less active group

What do you need: a ball & net

Divide the group into two teams, with one on either side of the net. This game will be similar to volleyball except all the players sit on their bum for the whole game. You can play with similar rules of rotating the serve & points scoring. The game requires a bit more communication & you can make your boundaries as small as you need to depending on the amount of players.