

# Balloon Volleyball – Game Instruction

**Title:** Balloon Volleyball

**Category:** Indoor

**Subcategory:** Kids

**Players:** 2 or more

**Time Required:** 10–20 Minutes 

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## Description

Balloon Volleyball is a fun and energetic indoor game where players hit a balloon back and forth over a “net.” It’s a great way for families to stay active indoors, encouraging teamwork, coordination, and laughter without the risk of broken furniture!

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## Materials Needed

- 1 balloon (or a few spares in case one pops)
  - A string, ribbon, or tape to act as a net (tied between two chairs or across a hallway)
  - Open indoor space
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## How to Play

**Setup:**

- Set up a "net" by tying a string or tape across the middle of a room, about 3–4 feet off the ground.
- Divide players into two teams.

**Objective:**

Keep the balloon from touching the ground while hitting it over the net to the other side.

**Rules:**

- Players can hit the balloon once before it must go over the net.
- If the balloon hits the floor on your side, the other team scores a point.
- Rotate servers every few turns.
- First team to reach a set number of points (e.g., 10 or 15) wins.

**Winning:**

The team with the most points at the end of the game (or who reaches the score limit first) wins!

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### **Tips & Variations**

- **Use multiple balloons for more chaos and fun.**
- **Make a no-jumping rule for younger kids.**
- **Allow only one hand per player to increase difficulty.**
- **Use furniture or cushions as obstacles for an indoor volleyball court feel.**
- **Play in seated positions for a fun variation.**