

Volleyball – Game Instruction

Title: Volleyball

Category: Outdoor

Subcategory: Males

Players: 4–12 players (2 teams)

Time Required: 20–40 minutes

Description

A dynamic team sport where players use their hands to hit a ball over a net and aim to ground it on the opponent's side.

Materials Needed

- Volleyball
 - Volleyball net (or rope strung between poles)
 - Boundary markers (optional)
-

How to Play

- Divide players into two teams, usually 3–6 players per side.
 - Teams position themselves on opposite sides of the net.
 - One team serves the ball over the net to start play.
 - Each team can touch the ball up to three times (not by the same person twice in a row) to return it.
 - The rally continues until the ball hits the ground, goes out of bounds, or a fault occurs.
 - A team scores a point when the opposing team fails to return the ball correctly.
 - Play to a set number of points (e.g., 15 or 25), and win by at least 2 points.
-

Tips & Variations

- Use a beach ball or lighter ball for younger players.
- Play "catch-and-throw" volleyball for beginners learning the flow.
- Add fun challenges like playing barefoot in the sand or with only bump passes.