

Icebreaker: Chair Volleyball – Session 4

Summary:

This icebreaker allows participants to be active while engaging in some friendly competition.

Time to complete: 20-30 minutes

Size of group:

Between 8 and 12. If your group is bigger, you can devise a way to substitute players in and out of each team. You could also appoint referees if you have extra participants.

Materials needed:

A balloon that has been blown up (12-15" in diameter), a roll of masking or duct tape to outline the "court", 8-12 chairs set up on either side of the mid court line (facing each other – see diagram), a coin to determine which team gets to start.

Space considerations:

An open area large enough for the court.

Steps:

1. Use the roll of tape to outline the playing court.
2. Divide the participants into 2 groups. You can do this by asking people to number off (e.g., 1,2,1,2 etc.).
3. State the rules of the game to all participants.

Game Rules:

The objective of this game is score points for your team by 'volleying' the balloon in the air without getting out of your chair and without letting the balloon touch the ground. Each team is allowed a maximum of 3 hits before the balloon goes to the

other side of the court (on the 3rd hit the ball MUST go to the other side of the court or the other side scores a point). No 'spiking' is allowed. Players may use 1 or 2 hands to hit the balloon. A point is scored if the balloon touches the floor either in bounds or out of bounds. A point is scored when a team hits the balloon more than 3 times on one turn. A player (let's say Chris) cannot touch/hit the balloon twice in a row, however, the player (Chris) may touch/hit the balloon twice during one turn as long as another player (Sue) touches/hits the balloon in between each of Chris' touches/hits.

- The educator flips a coin to see which team will begin.
- The game begins by the player in the back right position gently tossing the balloon in the air and hitting it (this is called a serve and would be Hit 1).
- The game then proceeds until a point is scored. That server serves a total of 2 points. All players move one spot in a clock-wise fashion as soon as their teammate is finished serving. Then the opposing teammate in the back right position serves 2 points. This continues until a total of 15 points has been scored by one team. It is not necessary for a team to win by 2 points.
- The game is over when one team reaches a score of 15. The team does NOT have to win by 2 points.

Closing:

You can go as long as you'd like with this activity. The point is to get people moving and active. Hopefully this activity will be one that will become a favorite of your group.

Court Set and Player Set-up

