

Volleyball: Blanket Ball

Blanket ball is a cooperative toss and catch game that builds teamwork and interaction.

What you need

- Lightweight volleyball, football or beach ball
- Suitable indoor or outdoor playing space.
- Net or barrier.
- Blankets, sheets, duvet covers, large plastic bags.

How to play

- Agree a playing space and divide players into teams (3-6 players per team).
- Each team uses a blanket, sheet or plastic sheeting or similar.
- Teams begin by playing with a ball each and work together to toss and catch their ball in the blanket.
- Each team gets together with another team. Using one ball, they cooperate to toss and catch the ball between teams.
- Finally, using a barrier (for example, net or rope) and basic court, the teams play a competitive game. Teams toss the ball over the barrier and score if their opponents fail to catch the ball or throw the ball 'out'.



Think about

- Developing good cooperation, coordination and teamwork before moving into a competitive game.

Use the STEP model to modify this game

Space

- Initially each group has its own personal space, but as teams improve working on their own, gradually put them together with other groups.
- Try different kinds of barriers. Initially, it may just be two lines marked on the ground. The ball must travel over both lines. If it lands between them, the ball is out and the other team scores.

Task

- The focus of this game is to encourage players to work together as a team; they will only succeed if they help each other.
- When playing with opponents use very basic volleyball rules or ask each pair of teams to devise rules on which they can agree.

Equipment

- If some individuals find it difficult to use a large blanket or sheet in a group, then they can try working in pairs using a large plastic bag or smaller piece of material.

People

- Initially, it may be helpful to place players who are similar in height in the same teams.

Safety

- Make sure that everyone has enough space and that teams do not get too close to each other.
- Ensure that the playing area is free of obstacles – players' attention may be focused above them and the blanket may obscure the ground.

Extension game 'Down the line'

- All the teams line up in a straight line with their blankets from one end of the playing area to the other.
- In turn, from one team to the next, a ball is passed right down the line.
- The game can start with 5 balls at one end that must be moved to the other end as quickly as possible; if a ball is dropped, it goes back to the beginning.
- Each run can be timed, or the total time to move the 5 balls; alternatively, more than one ball can be moving at once.

How to improve

- Players can work together to achieve a coordinated effort by appointing a leader; this player counts everyone in so that the blanket is raised in unison.

Integrity

- Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

- Visit: www.volleyballengland.org