


Warm Up		VOLLEY RELAYS	
EQUIPMENT: 1 ball per team.			5 Minutes
<h2>DESCRIPTION</h2> <p>1. Form teams of 1 to 4 players. Have the groups spread along a starting line and have another line identified with existing lines, chalk or markers as the turnaround point. Place a ball for each team on the turnaround line. Using different activities conduct relays:</p> <ul style="list-style-type: none"> <li>• Run to the turnaround point, pick up the volleyball and perform three consecutive <b>passes</b> to yourself. Before putting the ball down and running back to tag the next person</li> <li>• Run to the turnaround point, pick up the volleyball and perform three consecutive <b>sets</b> to yourself, before putting the ball down and running back to tag the next person</li> <li>• <b>Pass</b> the ball to yourself, making sure to keep it off the ground, while heading to the turnaround point and back again</li> <li>• <b>Set</b> the ball to yourself, making sure to keep it off the ground, while heading to the turnaround point and back again</li> </ul>			
ANC CODE	Moving	<a href="#">ACPMPO27</a>	
	Our	<a href="#">ACPMPO45</a>	
	Body	<a href="#">ACPMPO63</a>	