

Beach Ball Volleyball

There's no need to buy an expensive volleyball set when you can make your own. Using simple materials, including the rocks in your yard, you can make a perfect net for Beach Ball Volleyball.

This game will help younger children develop their tossing and catching skills and cooperation skills and will help older children work on teamwork, creativity, and score-keeping.

What You Need:

- 2 large coffee cans
- Rocks
- 2 dowels (each 1 1/2 inches in diameter and 4 feet long)
- Large beach ball
- 2 pieces of string (each 6 feet long)
- Colored tape
- Large container



What You Do:

1. To make the net for beach ball play, have your child hold the dowels upright in the coffee cans while you fill the cans with rocks.
2. Place the cans about 3 feet apart and have your child tie a string across the top ends of the dowels.
3. Tie the second string two feet below the first.
4. Use colored tape to mark the play area, either indoors or outdoors. Have ample room on each side of the net so the children can chase the ball comfortably.
5. Place the ball inside the play area in a large container.
6. This activity is best done in pairs. All they have to do is get the ball and toss it back and forth across the net to each other. Older children can create their own rules and develop a way to keep score.

This game is easy to set up at the park, the beach, or even a friend's house, so bring it with you when you're looking for a way to spice up an outing.

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