

CENTRE OF THE COURT

PREVENTS THE BALL

OPPONENT SIDE

THREE TIMES

SIX

BOUNCE

HANDS

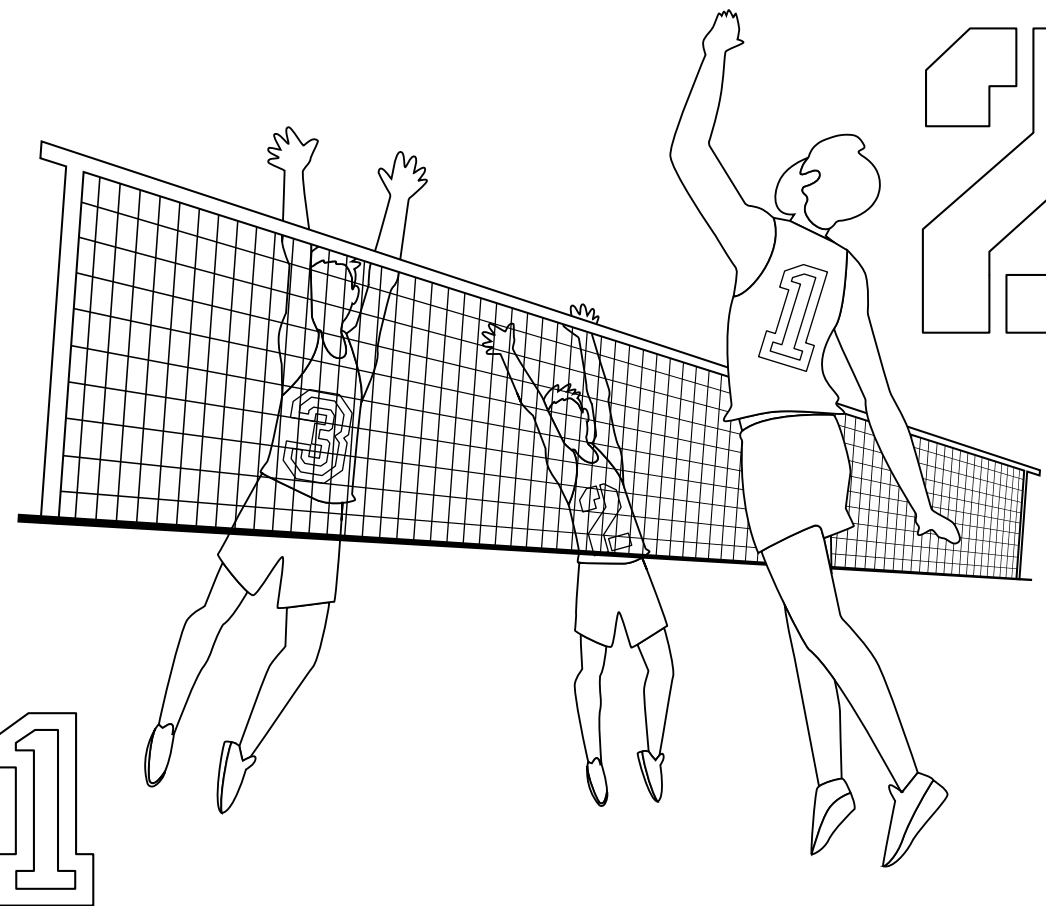
Volleyball is a team sport with two teams of
[] players. The object of the
game is to hit the volleyball with the players'

[] and over a net placed at the
[] Each team tries to get the

ball to [] in the opponent half,
and the opposing team [] from
bouncing and returns it to the []

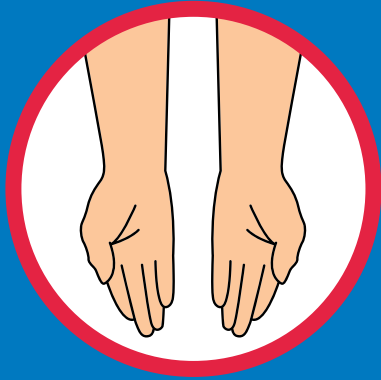
One of the players blocks the ball and returns it to
the opponent team or passes it to their teammates
hitting it a maximum of []

VOLLEYBALL

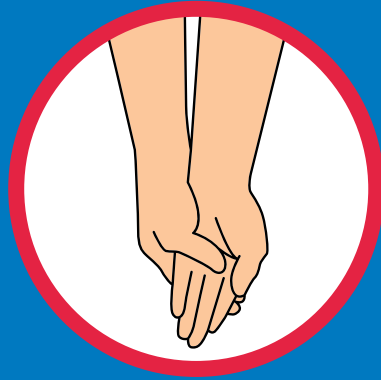


Please share your digital coloring page at QOSMEducation@qm.org.qa

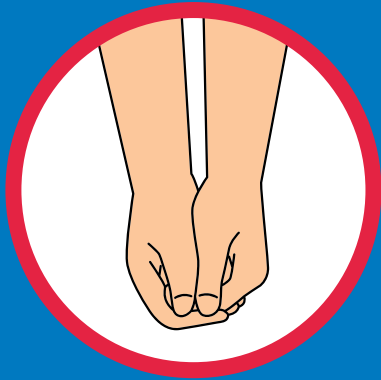
Learn how to join your hands to receive the ball. Follow the numbered steps on the images.



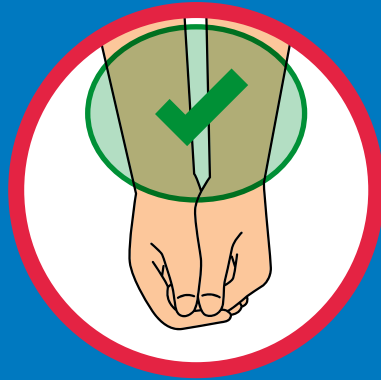
1. Place your hands out and palms up



2. Place your right thumb in your left palm



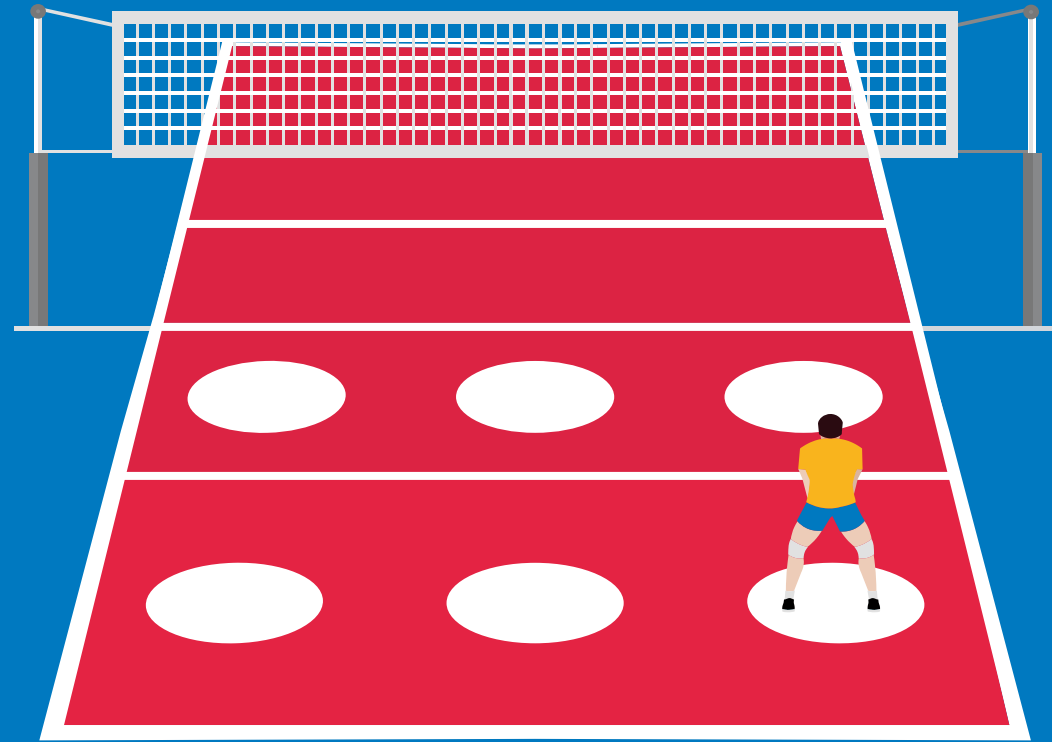
3. Wrap your fingers around your thumb



4. Bring forearms close together, hit the ball between forearms and wrists

PLAYERS ROTATION

Each player will rotate to each position in a clockwise manner before each serve.



Help Rashed move to each of the six positions in the right way!

