



Eden Church VBS 2020: The Armor of God Helmet of Salvation Balloon Volleyball

Materials:

1. An open space - family room, basement, playroom, or outdoors
2. Two chairs (the taller the better)
3. String or ribbon
4. A “helmet” (hat) for each player - almost any type of hat can work
5. 1 inflated balloon (at least - more may be necessary)

* **Prep:** In the middle of the open space, set the two chairs several paces across from one another, with the backs facing the middle. Tie each end of the string to a chair back, and then adjust the distance of the chairs to keep the string taut. If you have a better idea about how to attach and stretch the string in your house, try it (with parent permission of course!). The string will act as your “volleyball net,” and so it does need to be a bit higher, if possible. Just above your head usually works best.



Object: Use your helmeted head to keep the balloon from hitting the floor on your side of the net while passing it to the other side of the net in 3 “bumps” or less.

Directions:

1. Each player gets a “helmet” (hat) to wear.
2. Split into 2 teams, separate to opposite sides of the “net”/play area, and play “Rock, Paper, Scissors” to see which team will serve first.
3. “Bump” the balloon to your teammates and across the net to the other team. You may not use your hands or arms to hit the balloon. You may use your legs and feet to “save” the balloon from hitting the floor, but you must use a head “bump” to get the balloon across the net to the other team.
4. If the balloon hits the floor on your side or if you take more than 4 “bumps” to get the balloon over the net, then the other team gets a point. Set a point goal, and the first team to meet that point total is the winning team.

5. Have fun!