

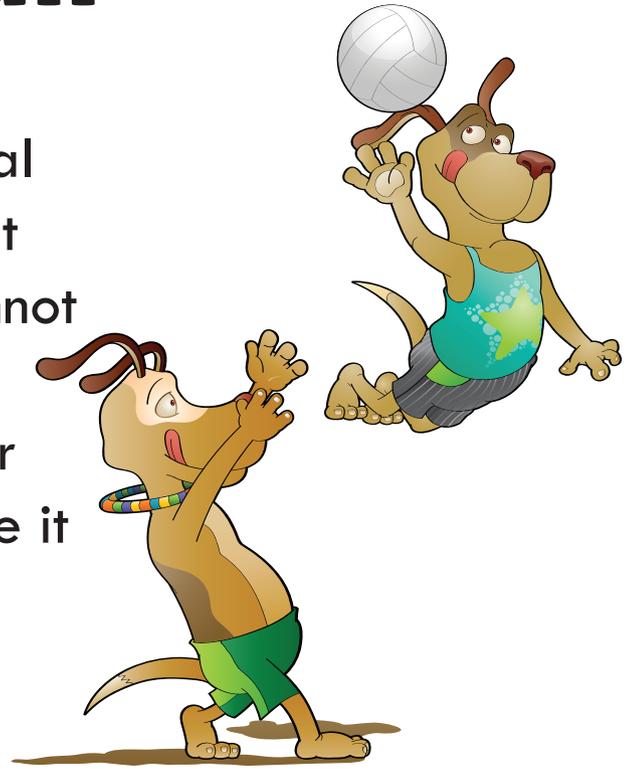
Blind Volleyball

Play in two teams.

Set the team members into normal volleyball positions. Cover the net with a tarp so that the teams cannot see what the other side is doing.

A team scores a point if the other side cannot get to the ball before it bounces on the ground.

Look out for incoming balls and listen for those bouncing balls!

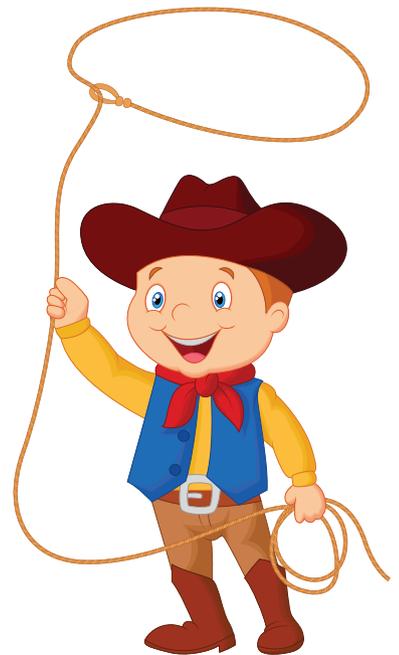


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Stocking Slings

Cut the legs off a couple of old pairs of pantyhose and place a tennis ball into the foot section of each stocking.

Take turns to play. Standing at the starting line, swing the stocking around your head and release it into the playing field. Place a marker to record the longest distance to beat. The person who can sling the stocking the furthest wins.



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