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| **Volleyball exercise 1**  Stand on the small mat and serve the ball over the net.  Try and hit one of the objects on the other side.  Each object is worth one point. | http://www.schoolmetdebijbel.com/Reglement/Fairplay_volleybal.jpg |

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| **Volleyball exercise 2**  Stand on the box, throw the ball to your team mates who are standing in hoops.  They will have to play the ball back to the player on the box using the upper arm technique.  If the ball is caught you receive one point. | http://www.schoolmetdebijbel.com/Reglement/Fairplay_volleybal.jpg |

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| **Volleyball exercise 3**  Stand on the box, throw the ball to your team mates who are standing in hoops.  They will have to play the ball back to the player on the box using the under arm technique.  If the ball is caught you receive one point. | http://www.schoolmetdebijbel.com/Reglement/Fairplay_volleybal.jpg |

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| **Volleyball exercise 4**  A player standing in a hoop throws the ball towards a player standing on a mat.  The player on the small mat plays the ball over the trapeze using the upper arm technique.  If the ball is played over the trapeze and in between the ropes and caught by the player, standing on the other mat you receive one point. | http://www.schoolmetdebijbel.com/Reglement/Fairplay_volleybal.jpg |

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| **Volleyball exercise 5**  A ball is thrown over the net. One of the players on the other side of the net plays the ball, using an under arm technique, towards a player who is standing on a small mat. If the ball is caught you receive a point. | http://www.schoolmetdebijbel.com/Reglement/Fairplay_volleybal.jpg |

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| **Volleyball exercise 6**  Stand in a circle and keep the ball up in the air as long as you can, using the under arm and upper arm technique. The highest rally you achieve is your score.  So do not keep adding the scores up!! | http://www.schoolmetdebijbel.com/Reglement/Fairplay_volleybal.jpg |

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| **Volleyball exercise 7**  A player, standing near the net throws the ball towards the player, standing at the cone.  This player plays the ball, using the upper arm technique, and tries to hit one of the objects at the other side of the net.  Each object is worth one point. | http://www.schoolmetdebijbel.com/Reglement/Fairplay_volleybal.jpg |

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| **Volleyball exercise 8**  Serve the ball over the net.  If the ball is caught by the player, who is standing on a small mat you score a point.  The player who served the ball moves to the small mat and the player who caught the ball brings the ball back to the other side of the net. | http://www.schoolmetdebijbel.com/Reglement/Fairplay_volleybal.jpg |