

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Balloon Bag Volleyball

---

## **Balloon Bag Volleyball**

Materials needed are a trash bag and a few balloons. Set up a volleyball net and form teams, but instead of using a volleyball you use the trash bag filled with balloons. Seal the end of the bag with duct tape. Basic volleyball rules apply except that a person may hit the ball up to 6 times per side, and they can't use their hands or arms. They only use their head and feet.



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
[Comments or Questions, fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/icebreaker/balloon-bag-volleyball>