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## **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.



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