

VÒLEI PLATJA/ VOLEY PLAYA/ BEACH VOLLEYBALL

We would like to invite you to try out one of the most popular sports of the summer – Beach Volleyball!

Apart from the campus sports centre, the Physical Activity Service offers an outdoor space with a volleyball court next to a swimming pool where you can cool down and benches in the shade to have a rest and a bite to eat.

The activity is carried out in 4 groups competing against each other. The competition is flexible and depends on the participants. It could be a tournament, matches, etc. Changing the group members or keeping them the same for the whole day. The important thing is to play volleyball and have a good time!

Volleyball activity

1. After class we will walk down to the SAF sports centre, but before we go we'll pass by the UAB cafeteria to buy something for lunch.
2. When we get to the sports centre we will pick up the equipment from the gym staff and then head on to the volleyball court. We can have lunch at the picnic tables next to the court.
3. Our Buddy will briefly explain the rules of the game so that we all know how to play. Then we'll split into groups of 4 people per team.
4. Let's play!
Now we have the kit and the teams ready we can start to play.
Before we start, between us we can decide on the kind of competition we want to play.
Remember that right next to the court there is a pool where you can cool down between matches.
5. At the end of the activity we have to make sure we leave the space as we found it. Before we go we have to return all the equipment to the sports centre staff.