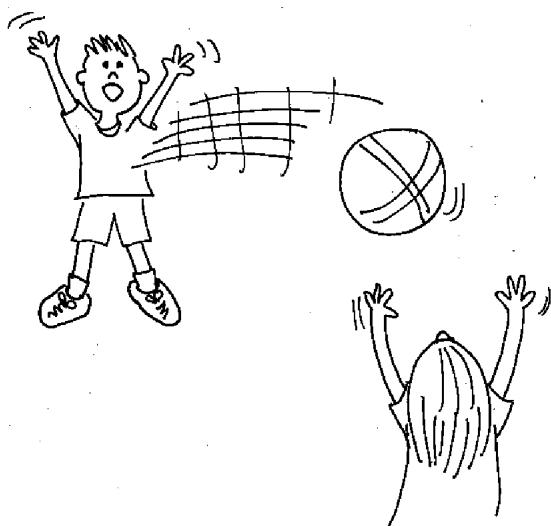


Trigger Ball

Ages 7-14

Activity Objective:

A modified and active game of volleyball will help players to reinforce their actions when triggers are introduced into their environment.



Instructions:

- Two teams should be established for this volleyball game with points awarded exactly like traditional volleyball.
- Leader will explain the rules for each team; one team will be the “Triggers” and the other team will be the “Responses”
- Traditional rules for volleyball apply, however with an educational twist:

“Trigger” team will be the serving team, and as they serve the ball, they shout one asthma trigger. It is not necessary for each player who touches the ball on the serving team to shout a trigger. (See Trigger List and ready-made cards on page 46-48.)

“Response” team will return the ball, and EACH PERSON who touches the ball in an effort to return it will shout either “AVOID” or “OK” based on their own personal experience with the established trigger that has put the ball into play.

- Teams should switch roles each time the ball switches sides for serving. Therefore, every time a team serves the ball, they will shout triggers, and those receiving will shout their personal responses.

Variation: Blanket Trigger Ball

- A volleyball net may be used, but it is not necessary. This game will use a blanket and also simulate the motion of the diaphragm as it moves up and down during breathing.

- Teams of four should be established so that there will be one person holding each corner of a blanket. The serving (or “Trigger”) team should serve the ball by placing it in the middle of the blanket, lowering and then raising it quickly as a team to allow the ball to become airborne. Remember to shout a trigger when the ball is served!

Materials Needed:

- Volleyball net or 2 blankets
- Volleyball(s)
- Trigger List (page 46)

- The opposing team must catch the volleyball in their blanket, with each player shouting their own response (AVOID or OK) and toss the ball back again.