

## Bladder Ball

Use the bladder from inside a ripped volleyball, basketball or soccer ball.

The game is played similar to basketball. Rather than shooting or throwing the bladder ball into the net, students must attempt to strike the ball into the net with an open hand.

The ball is dribbled towards an opposing goal, usually a hockey net. There are 5 players plus a goalie on the court at all times. The ball can never be carried or held by a player except if you are the goalie.

The game is started with a jump ball at centre court. There are no boundary lines. After a goal is scored, the goalie throws the bladder ball off the wall to continue the game.