

Sitting Volleyball

Sitting Volleyball: An alternative version to traditional standing volleyball using a smaller court and lower net. Sitting Volleyball is a Paralympic sport.

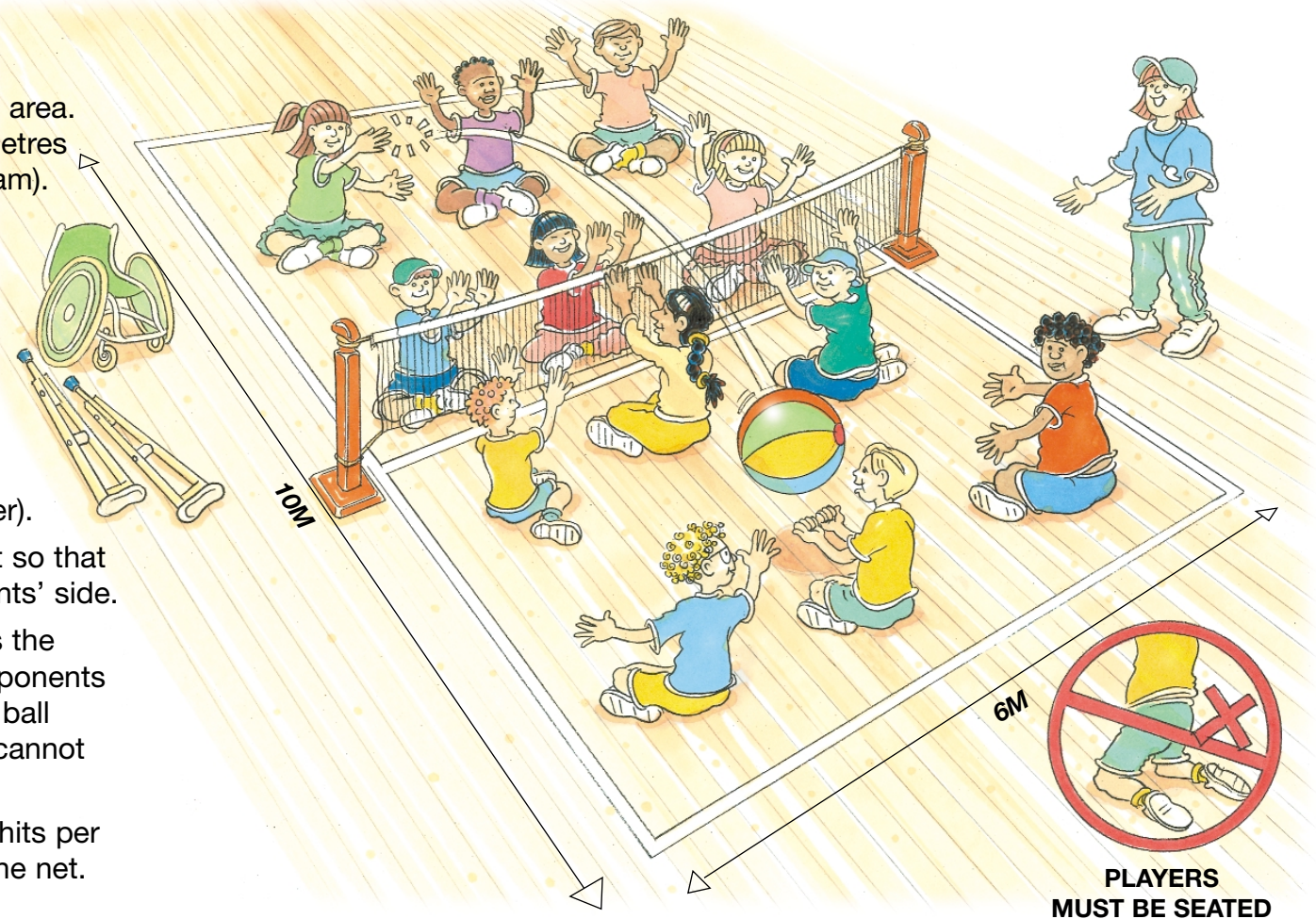
Playing the Game

What you need

- Any suitable indoor or outdoor playing area. Ideally the court should measure 10 metres by 6 metres (see illustration and diagram).
- Net or rope (with ribbons).
- Beach ball, light plastic or rubber ball, or standard volleyball.

What to do

- Played by 2 teams of 6 players (or any suitable number).
- Players must be seated (see Rules over).
- Teams try to send the ball over the net so that it touches the ground on their opponents' side.
- 'Rallies' continue until the ball touches the ground, the ball goes 'out', or their opponents fail to return it. A point is scored if the ball lands in the opponents' court or they cannot return the ball.
- Normally there is a maximum of three hits per team after which the ball must cross the net. This can be increased for beginners.



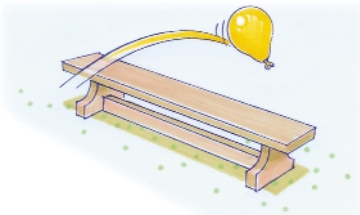
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Use the TREE model to modify this game.
Try the modifications suggested below or devise your own.

- Teaching style**
- Encourage players to build up their skills and introduce the rules gradually.
 - For example, do not penalise 'double' hits in the beginning. Or allow more than three team hits before the ball crosses the net.

- Rules**
- In competitive sitting volleyball, the net should be 1.15m high (1.05 for women). Try setting the net at different heights to suit the age or ability of the players. Or play without a net!
 - Allow the players to play the ball off one bounce initially.
 - Part of a players back from buttocks to shoulders has to be in contact with the floor/ground when playing the ball.

- Equipment**
- Try using different types of ball:
 - lightweight balls,
 - slower-moving balls,
 - even balloons initially.
 - Experiment with different kinds of net or barrier. Try using a solid barrier like chairs or a wooden bench. How does this change the game?



- Environment**
- Vary the size of the court to suit the number of players. For example, if there are more players, use a bigger space. (However, if some players become less involved, it may be better to divide the group into 4 teams and play two games!)

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Safety

- Play sensibly – make sure that players have personal space.
- Players who may be sensitive to rough surfaces should sit on a mat or soft area.

Questions

- What ideas can you introduce to help keep the rallies going for longer?
- What can you do to make sure that all the players are equally involved.

Other games to play

Sitting volleyball can lead into other games:

- standing volleyball
- other net games

Integrity

Whatever modification is used, ensure that the integrity of the game is maintained. Games and activities should never be modified to the extent that they no longer resemble the original.

