

Volleyball: Sitting Volleyball

Sitting Volleyball is a Paralympic sport using a smaller court and lower net. It provides an ideal activity for mixed ability groups.

What you need

- Any suitable indoor area; ideally the court should measure 10 metres by 6 metres.
- Net or rope (with ribbons); in competition the net height is 1.15 metres (men) and 1.05 metres (women).
- Beach ball, light plastic or sponge ball, or standard volleyball.

How to play

- Played by 2 teams of 6 players (or any suitable number).
- Most of the rules are the same as the standing game, but the main exceptions are:
 - players must keep part of their bottom in contact with the floor when playing the ball; and players are allowed to block the serve.
- Play the ball using fingers, hands or arms.
- 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 then the ball must cross the net.



Think about

- Ideas that can keep the rallies going for longer; for example, some players outside the court area who hit stray balls back into play.
- Ways of ensuring that all the players are equally involved.

Volleyball: Sitting Volleyball

Use the STEP model to modify this game

Space

- Vary the size of the court to suit the number of players; for example, if there are more players, use a bigger space. (However, note that if some players become less involved, it may be better to divide the group into 4 teams and play two games!)
- In recreational play, sitting volleyball can be played outdoors on grass; however, care should be taken to avoid abrasions (for example, legs covered).

Task

- Introduce 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.
- Allow the players to play the ball off one bounce initially.

Equipment

- In competitive sitting volleyball, the net should be 1.15m high (1.05 for women); however, the net can be set at different heights to suit the age or ability of the players. Or play without a net!

Try using different types of ball:

- Lightweight balls,
- Slower-moving balls,
- Even balloons initially.

People

- Some players may prefer to play from a seated position in a chair or wheelchair; in competition sitting volleyball, everyone must be on the floor.

Extension games 'Go Slide'

- Sitting volleyball is not a static game; although seated, players can slide, shuffle and move to cover the court and play the ball. Try these variations to encourage movement:
- As soon as the ball is played, the player must move to another position on the court by sliding or shuffling.
- Players spin around on the spot every time they play the ball.
- Players play the ball in a different way each time they touch the ball; for example, left hand, then right hand, then both hands.

Safety

- Players who may be sensitive to rough surfaces should sit on a mat.

How to improve

- Work together as a team; try to play the ball to the person in the best position.

Integrity

- Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

- For more information about sitting volleyball and the 'Go Slide' programme, visit: www.volleyballengland.org