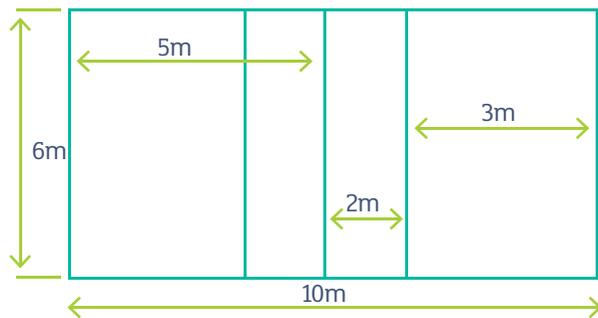




This part of the toolkit focuses on of sitting volleyball including, games to help you introduce it to other young people and links to sources of more information.

Playing space

- The sitting volleyball court is smaller than a standard volleyball court to reflect the reduced player movement.



- Sitting volleyball is an indoor court game and the floor must be smooth and clean. This helps players to slide quickly across the playing surface to play the ball.
- In fun version sitting volleyball any flat playing space can be used.
- The net can be reduced further in height – or removed altogether.
- If you don't have proper court markings you can easily mark out a playing area with marker discs or throw-down lines.

Equipment

- If you don't have access to a sitting volleyball net, you can use a badminton net (hung lower off the posts), a bench or just a row of cones on the floor.
- Players use a regular volleyball in competitive sitting volleyball – but you can use alternatives. Beach balls or balloon balls are ideal to help young people get started and give players more reaction time.

Basic rules

- Sitting volleyball teams consist of two teams of 6 on-court players.
- In fun games any number of players can take part.
- The aim of the game is to score points by sending the ball over the net so that it touches the floor on the opponents' side.
- Most rules are identical to the standing game, but some important differences are:
 - when playing the ball, a player must have their bottom/lower body in contact with the floor;
 - the service can be blocked.
- Teams score points if their ball lands in the other team's court or they fail to return it.
- The first team to reach 25 points wins the set – and in Paralympic sitting volleyball there can be up to 5 sets!





Active Kids Paralympic Challenge

Young Leaders Toolkit: Sitting Volleyball

Sainsbury's



Active Kids



Paralympic Challenge 2016

Sitting volleyball is a dynamic fast-moving version of volleyball. It can be adapted in many ways to enable young people who have a wide range of abilities to take part. Here is an example below.

Slide!

This game can help develop court movement skills. It also introduces some basic volleyball rules.

- Divide the group into two and have each team sit on either side of a low net/bench/line of cones on the floor.
- Both teams need to cooperate by keeping the ball in the air for as long as possible, no team can take more than 3 hits in a row before the ball must cross the net.
- A different player must touch the ball before the same person can play again.
- Add 'slide' rules! Every time a player touches the ball, they must slide across the floor to a new position – or move in some other way.
- Count how many hits in a row the players manage before they lose control of the ball. Try to beat the score each time!

Space

Play in a small space to start; as players' movement and anticipation improves, increase the playing area.

Task

Change what the players need to do after each hit; like spinning on the spot or changing places with the nearest player.

Equipment

Large slower-moving balls give players more reaction time; smaller, faster balls speed up the game.

People

Instead of sliding, players who have mobility issues can perform a different task – like touch the floor on either side, high five the nearest player.

Visit the following websites for more information:

www.paralympics.org.uk

You can also see a great introduction to sitting volleyball

by visiting: www.topsportsability.co.uk

