Sitting Volleyball

Sitting Volleyball is one of the most entertaining Paralympic sports and it is getting increasing attention as an exciting, fast game, and for its potential to be a tool for positive social change. It is a fantastic sport that enables able bodied players and disabled bodied players to play and compete together.

What do you need to play?

- Floor
- Ball - Volleyball, Beach Ball, Balloon etc.
- Players
- Net/Division
- It can be played anywhere.

Let’s Play!

- Use a badminton court for the court markings.
- Set the badminton net a 1 metre.
- Have teams preferably 6 v 6 but it can be any number.
- Each team has three catches to return the ball over the net.
- A rally is started with a serve from behind the back-service line, which is initially a two-handed throw. If the team who serves wins the point, the same person serves again.
- Players rotate around clockwise taking it in turns to serve, however the maximum a player can serve in a row before the team is forced to rotate is 3.
- Play to a total of 25 points or use time to control the length of the matches.
- A team wins a point by getting the ball to hit the ground on their opponent’s side.
- If you feel appropriate progress this very basic version of the game towards the more conventional Sitting Volleyball in the following ways:
  1. Replace the throw to start the rally with a traditional volleyball serve (one-handed strike from a tossed ball).
  2. Replace the 1st and 2nd touch with a volleyball skill i.e. the dig/forearm pass or the volley.
  3. Enforce that the last contact needs to be a hit/spike.

Once you have mastered the game. Why not give our Sitting Volleyball 60 Second Challenge a go!

Check out one of our Sitting Volleyball development days here: https://www.youtube.com/watch?v=nN2HyB0eSuU
Why not take a look at Sitting Volleyball being played in the Paralympics: 
https://www.youtube.com/watch?v=wxp3kIvgT_o

**Common Misconceptions**

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<tr>
<th>False</th>
<th>True</th>
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<tr>
<td>Sitting Volleyball is played in a wheelchair.</td>
<td>In fact, players sit directly on the floor and move or slide around using their limbs.</td>
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<td>Sitting Volleyball is a sport only for “disabled” people.</td>
<td>In fact, only when competing internationally are players required to be classified as having a physical impairment.</td>
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<td>People living with an arm impairment, even amputation, struggle to play Sitting Volleyball.</td>
<td>In fact, lots of people with a wide range of different arm impairments play the sport across all levels.</td>
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<td>Beginning players struggle with Sitting Volleyball.</td>
<td>In fact, it is a sport which is easy for anyone to start and all can play at their own level.</td>
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<td>Sitting Volleyball is slow as the athletes are “disabled”.</td>
<td>In fact, as the net is lower and the court is smaller the game is faster and more energetic than regular Volleyball.</td>
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<td>Sitting Volleyball players just sit still on the floor and only play the ball when it comes to them.</td>
<td>In fact, players, do not remain static and develop good movement skills to reach the ball.</td>
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<td>All athletes have the same physical impairments and limitations when playing sitting volleyball.</td>
<td>In fact, each player is unique both physically and emotionally so coaches are required to fully understand their qualities to develop a successful team.</td>
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<td>The ball cannot be played using feet/legs</td>
<td>In fact, players can use any part of their bodies to keep the ball off the floor and in play.</td>
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<td>Very few countries play Sitting Volleyball globally</td>
<td>In fact, because the athletes so not require the expensive equipment and it is easy to introduce and it is widely played in 75+ nations.</td>
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**How to make it more Inclusive:**

**Space:**
- Adjust the width or length of the court.

**Task:**
- Allow teams to touch the ball more than three times.
- Allow a bounce before the ball must be played.

**Equipment:**
- Adjust the height of the net if necessary.
- Use a different ball e.g. a balloon or soft ball.
- For children with a visual impairment put beads of rice into the balloons for noise and use high visibility balls/balloons.
- You can use multiple balloons at a time to allow more touches.

Players
• Wheelchair users can remain if their chair if they wish if necessary health and safe precautions are taken. E.g. the wheelchair user remains in the backcourt position.
• Adjust the number of players on the team.