

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=wxp3klvgT_o

Common Misconceptions

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

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 in 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.