



Australian Government
Australian Sports Commission

SPORTS ABILITY

Sitting Volleyball

Sitting Volleyball

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

Learning Intention

To practice and refine catching, throwing, spatial awareness and shot placement skills in a game situation.



Skill Focus

Catching, defending, shot placement, spatial awareness, throwing



What you need

- Suitable indoor or outdoor playing area
- Net or rope (with ribbons)
- Beach ball, light plastic ball or lightweight volleyball



What to do

- Divide into 2 teams of 6 players (or a suitable number).
- Players must be seated (see Rules).
- Players try to send the ball over the net so that it touches the ground on their opponents' side.
- 'Rallies' continue until a point is scored by:
 - the ball touching the ground
 - the ball goes 'out'
 - the opponents fail to return it.
- Normally a maximum of three hits per team before the ball must cross the net.



Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

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Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Introduce the rules gradually:
 - do not penalise 'double' hits in the beginning
 - allow more than three team hits before the ball crosses the net.

Rules

- Change the height of the net 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.
- In competitive sitting volleyball the net should be 1.15m for men, and 1.05m for women.

Equipment

- Balloons are good to use initially.
- As skills progress, try using different types of balls e.g. lightweight and slower-moving.
- Experiment with different types of nets or barrier e.g. chairs or a wooden bench.

Environment

- Vary the court size to suit the number of players, e.g. if there are more players, use a bigger space or divide the group into two games for higher involvement.

Safety

- Ensure players have personal space.
- Players who are sensitive to rough surfaces should sit on a mat or soft area.

Ask the players

- What can you do to keep a rally going for longer?
- How can we ensure all players are equally involved?
- What types of returns can you make to continue or win the point?



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Sitting Volleyball

Keep it up

A lead up game to Sitting Volleyball that develops basic volleyball skills.

Learning Intention

To practice hitting the ball into the air so that teammates are able to make another shot.



Skill Focus

Shot placement, spatial awareness, striking



What you need

- Suitable indoor or outdoor playing area
- Balloon, beach ball, or lightweight volleyball

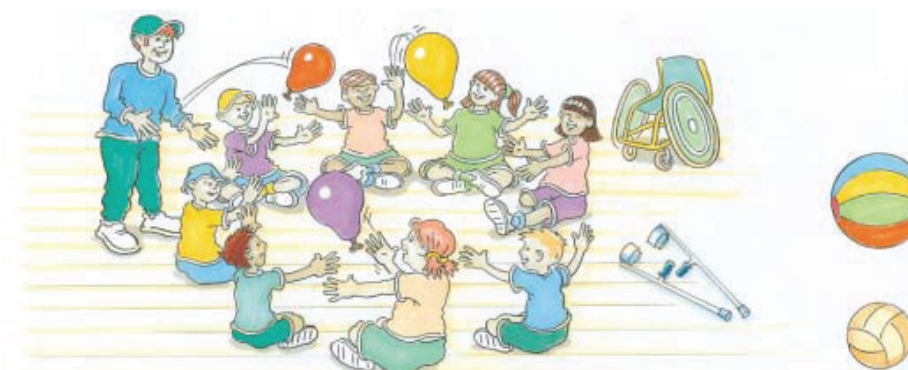


What to do

- Players sit in a circle, close together on the ground or in chairs.
- Using fingers and hands (but no feet or legs), players must keep a balloon or slow-moving ball off the ground.
- As players' skills and reactions improve, introduce different density or faster-moving balls.



Add more balloons to challenge the players



Curriculum links

ACMPMP043, ACPMP045, ACPMP061, ACPMP080

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Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Keep everyone involved by ensuring groups are not too large.
- Encourage players to cooperate with each other to keep the balloon floating. Where should they direct the balloon?
- Introduce simple technique first e.g. keep your palms up.
- Encourage students to call for the ball if it is going near another player.

Rules

- Allow players to play the ball off one bounce initially.
- Introduce some volleyball-based rules, e.g. no double hits.
- Try playing the ball in a specific order. Give everyone a number to make this easier.

Equipment

- As skill level develops, add more balloons. This encourages players to cooperate to keep them all 'afloat'.
- Gradually move towards faster-moving balls, e.g. balloon > beach ball > lightweight volleyball.

Environment

- Introduce a specific playing area. Mark this with markers or lines on the ground.
- Divide the group into two equal teams who face each other. Continue to play cooperatively without point scoring.
- Introduce a barrier. Begin with a line on the ground.
- Introduce volleyball rules and play for points.
- If appropriate, introduce movement by standing to play.

Safety

- Play sensibly. Don't hit the ball directly at another player.
- Be aware of other players.

Ask the players

- How can you ensure the balloon/ball stays in the air?
- How can you work together to ensure the ball/balloon stays off the ground?
- Where should you aim to hit the balloon/ball in order to make it easier for the next person to play a shot?



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Sitting Volleyball

Blanket Ball

A basic throw and catch game that builds teamwork as a lead up to Sitting Volleyball.

Learning Intention

To practice throwing, catching and cooperative skills in a game situation.



Skill Focus

Catching, defending, shot placement, spatial awareness



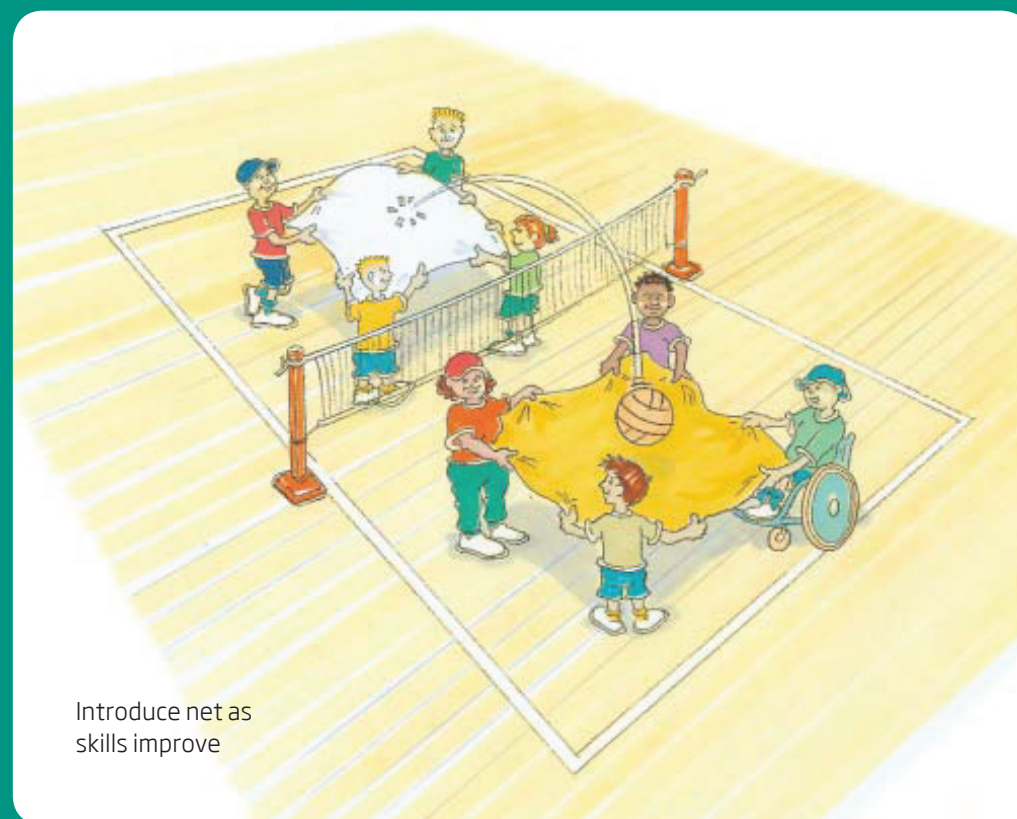
What you need

- Suitable indoor or outdoor playing area
- Lightweight ball or beach ball
- Net or barrier
- Blankets, sheets or large plastic bags



What to do

- Divide into 2 teams of 3-6 players.
- Each team uses a blanket, sheet or plastic bag.
- Teams begin by tossing a ball each. By cooperating, they work together to toss and catch their ball in the blanket.
- One team gets together with another team. Using one ball, they work together to toss and catch the ball between teams.
- Progress to using a court and barrier, e.g. net or rope.
- Play a competitive game. Teams toss the ball over the barrier and score if their opponents fail to catch the ball, or they throw the ball 'out'.



Introduce net as skills improve

Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

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Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Develop good cooperation, coordination and communication in each team before moving to a competitive game.
- Initially, it may be helpful to include players of a similar height in the same team.
- Explain that the aim of the game is to work together as a team i.e. both moving with the blanket and in tossing the ball.

Rules

- Use very basic volleyball rules.
- Ask teams to devise rules on which they can agree.

Equipment

- If using a large blanket or sheet is difficult for the group, try working in pairs using a plastic bag or smaller piece of material.
- Change the density of the ball. Play with slightly deflated balls to make it easier.

Environment

- As teams improve working together, mix the players into new groups.
- Try different kinds of barriers e.g. two lines marked on the ground.

Safety

- Ensure enough space between teams.
- A playing area free of obstacles. Players' attention may be focused upwards and the blanket obscures the ground.

Ask the players

- How can your team work together to catch the ball?
- What techniques can you use to return the ball over the net and make it hard for the other team to catch?
- Where did you try to place the ball to make it difficult for the other team to catch?



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Volley-all

A volleyball game that enables standing and seated players to participate together.

Learning Intention

To demonstrate the skills of volleyball in a game situation.



Skill Focus

Catching, defending, shot placement, spatial awareness, throwing



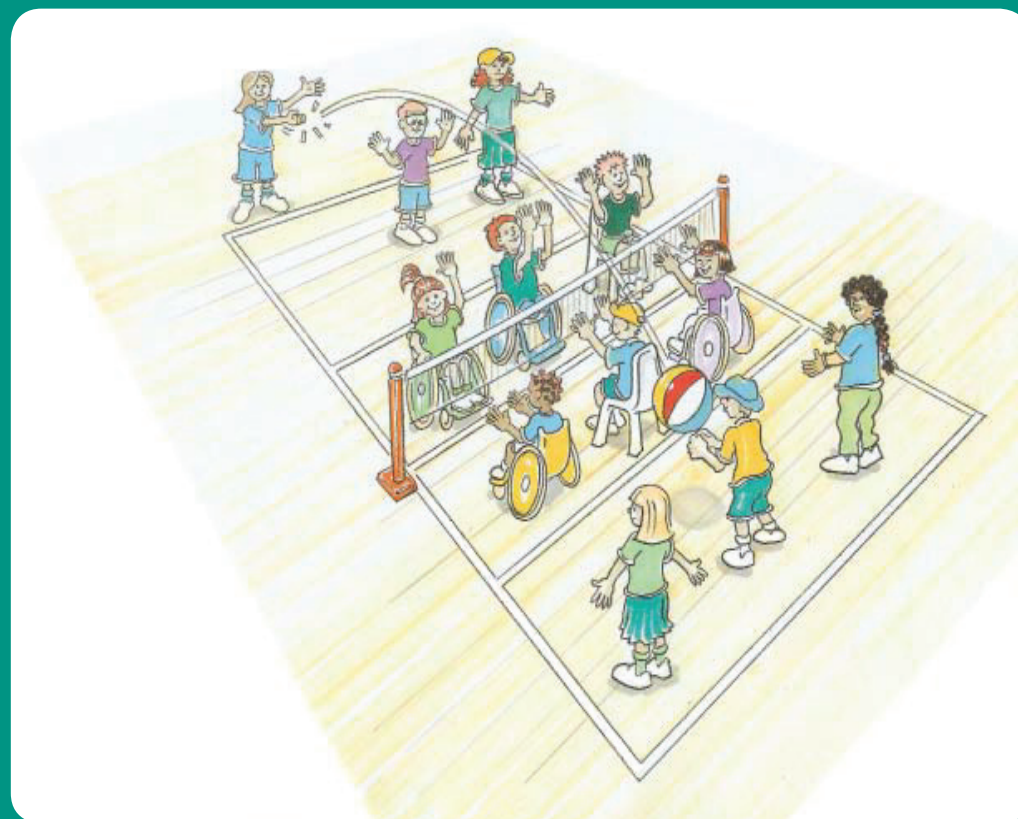
What you need

- Suitable indoor or outdoor playing area
- Ideally, court dimensions should be 6m x 10m minimum
- Net or rope with ribbons attached (1.5m maximum)
- Beach ball, light plastic ball or lightweight volleyball



What to do

- Divide into 2 teams of 6 players.
- Players in the front zone are seated, whilst those in the rear zone stand.
- Players take turns in serving the ball. A point is scored when the ball lands in the opponents' court or if opponents hit the ball out.
- Score points on every play.
- Players remain in their own zones.



Curriculum links

ACMP061, ACPMP063, ACPMP080, ACPMP082

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Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage maximum participation. Change the set-up of the game to enable everyone to be included.
- Some players may prefer to play from a seated position if they have balance difficulty. This can then allow increased concentration on playing the ball.

Rules

- Gradually introduce volleyball rules, e.g.
 - allow multiple hits initially, then three hits maximum before the ball must cross the net
 - allow one bounce, then no bounces.
- Use rotations within zones to provide the opportunity to play in different positions.
- Initially, ensure serves can be returned.

Equipment

- Begin with a slower moving ball, e.g. beach ball.
- Move to a harder, faster ball as players' skills improve.
- Try different kinds of barriers e.g. two lines marked on the ground, seat or benches can be used as barriers.

Environment

- Adjust the net height to create more inclusion:
 - lower the net if the ball is always passing over the front zone
 - raise the net if front zone players are spiking the ball too easily.
- If appropriate, introduce movement by standing to play.

Safety

- Players must remain in their own zones.
- Standing players must not move forward into the front zone.
- Ensure wheelchair users in the front zone do not roll back into the rear court.

Ask the players

- What can you do to keep a rally going for longer?
- How can you work with your team mates to make sure your returns go over the net?
- How can you work together to win points?