



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



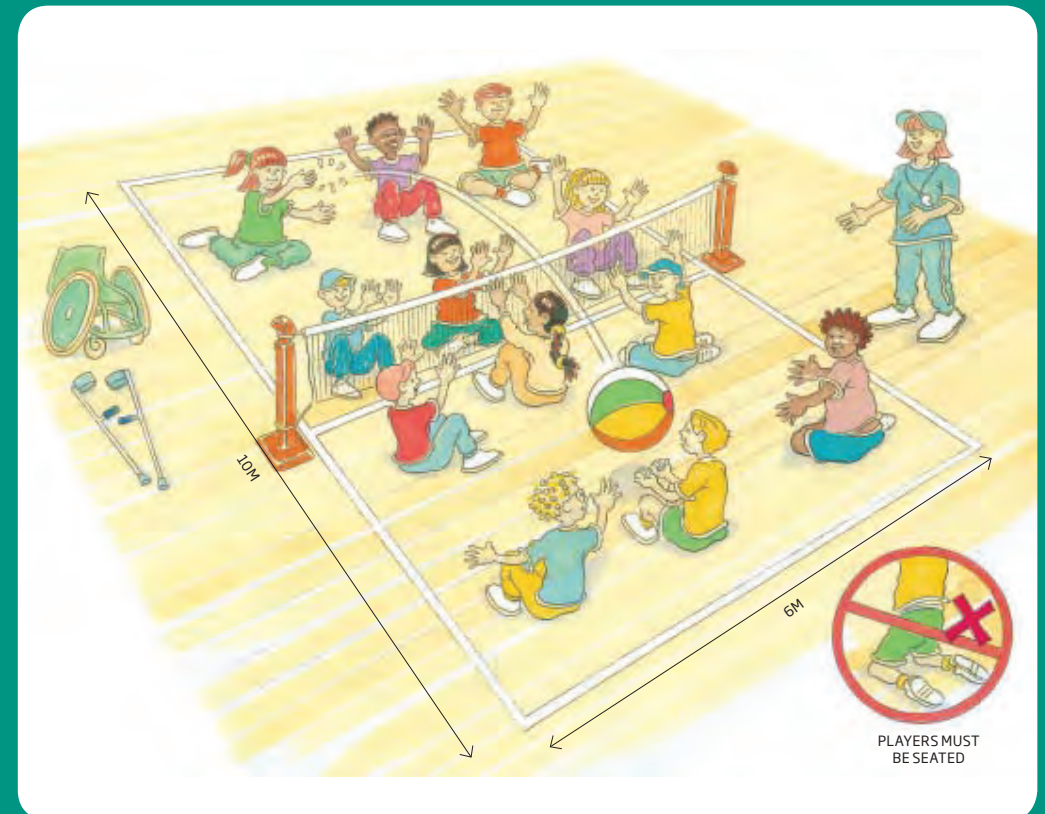
What you need

- 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

ACPMPO43, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F-2

3-4

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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?