



Australian Government
Australian Sports Commission

SPORTS ABILITY

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



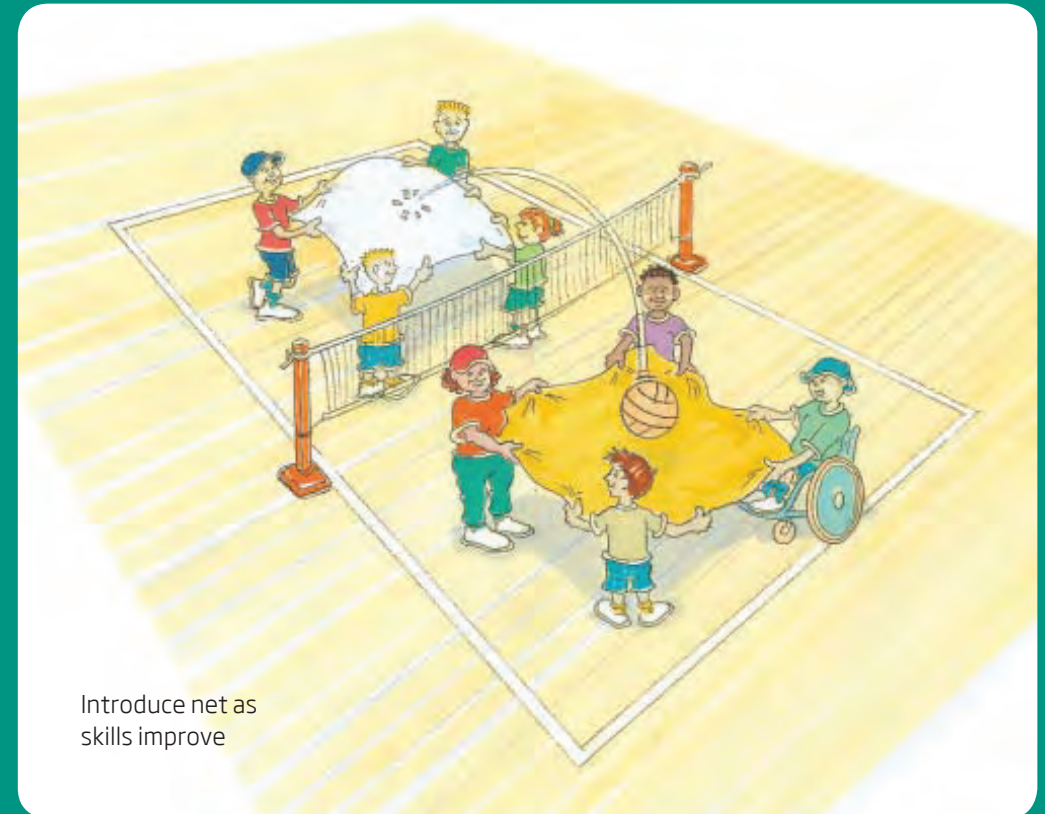
What you need

- 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

ACPMPO43, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F-2

3-4

5-6

7-8



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?