



Australian Government
Australian Sports Commission

SPORTS ABILITY

Sitting Volleyball

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



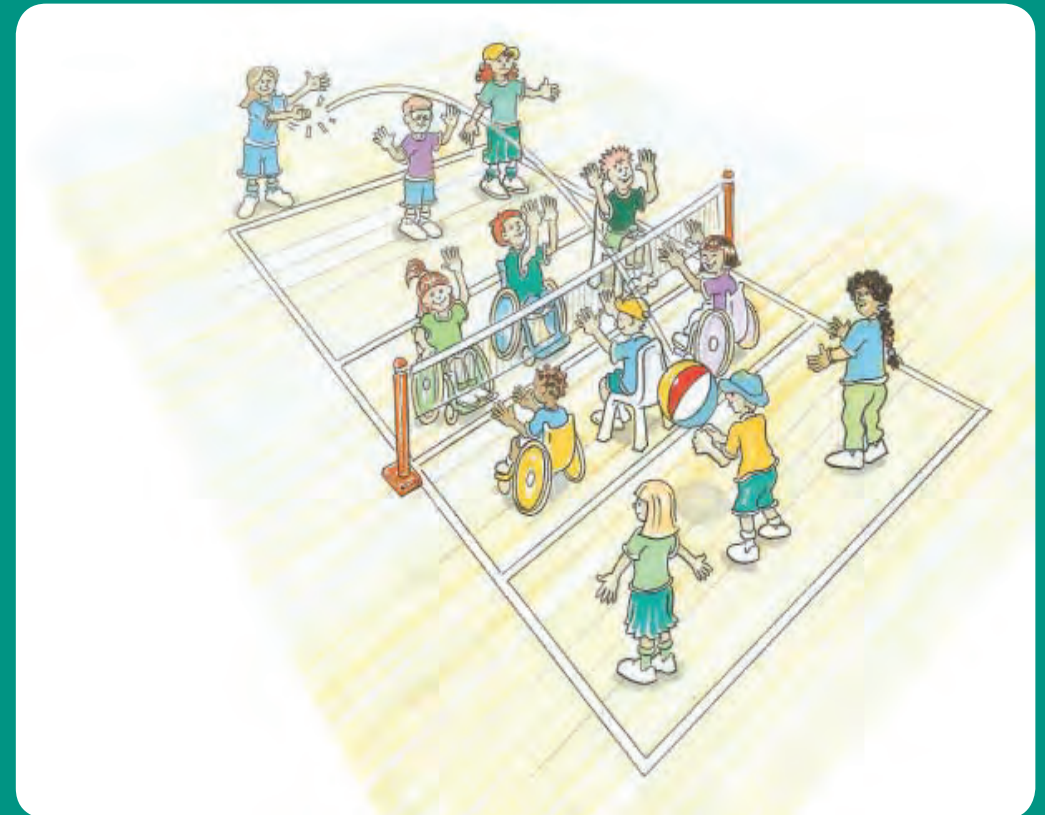
What you need

- 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

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

- 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?