

Sitting Volleyball

Value: Respect for sporting achievement
Activity: Practicing Sitting Volleyball skills

GENERAL GOAL

Students gain respect for the sporting abilities of athletes with a movement impairment.

SPECIFIC GOALS

- To learn about the rules of Sitting Volleyball.
- To create understanding for the specific needs based on movement limitations.
- To experience Sitting Volleyball skills.
- To experience different ways of movement and the concept of differentiation.

ENVIRONMENT

- Indoor or outdoor court.

SUGGESTED EQUIPMENT

- Balls of varying size and weight, depending on age (e.g., volleyballs, balloons, beach balls, slow motion ball, monsterball, etc.).
Note: a monsterball is several balloons bound together with a very light net.
- Low net for every court (official height: 1.15m for men and 1.05m for women).

PEOPLE INVOLVED IN THE ACTIVITY

- Session leader, classroom teacher, athletes (optional).

REQUIRED KNOWLEDGE

Basic ball control skills (throwing, catching, passing).

STARTING THE ACTIVITY

The session leader divides the group in pairs and each group receives one ball. The session leader gives the task to play with the ball for about two minutes without further instructions. After two minutes, the session leader gathers all students and initiates a discussion on how to modify this activity for persons with a motor impairment.





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RUNNING THE ACTIVITY

The aim of the following stages within this activity are to demonstrate the differences in performance among ball handling skills from a seated versus standing position.

1. Throw and catch over the net: Two students opposite each other throw and catch a ball over the net and indicate the maximal distance position with a cone. The exercise is repeated from a seated position. Compare the distances between standing and sitting.
2. Service: Students stand/sit on the service line and practice service over the net. Compare the differences between standing and sitting.
3. Moving skills: Students are lined up in two lines (one standing, one seated), one on either side of the net. While moving horizontally across the court, the students pass the ball back and forth over the net. Compare the difficulty level between sitting and standing.
4. Two-on-two game. This game is similar to Volleyball, the only difference is that students are to catch and throw rather than perform traditional Volleyball actions. With elementary school students, this game is more appropriate when considering skill level.
5. Four-on-four (or six-on-six).
6. Monsterball - an adapted version of Sitting Volleyball: Students are divided into teams of six players and play Volleyball from a seated position (on the knees or bottom) with a monsterball (see page 1).



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GUIDELINES FOR ADAPTATION TO YOUNGER PARTICIPANTS

- Use lighter/softer/bright coloured balls and allow the students to sit on their knees instead of buttocks.
- Throw volleyball to targets from standing and sitting positions and talk about differences.

GUIDELINES FOR ADAPTATION TO OLDER PARTICIPANTS

- All exercises are performed using Volleyball skills: finger play, service, attack, defense, setting and bumping.
- Explain the rules of the game and play a regular game of Sitting Volleyball (preferably with an athlete).

REFLECTION

In order to reach the desired goals of this activity, it is extremely important that in the reflection process, the session leader emphasizes the challenges of ball handling from a sitting position. Through a group discussion, the session leader directs the conversation towards the realisation that only through physics and skill can persons with a disability practice a challenging sport such as Sitting Volleyball. Video clips (provided on the DVD) can be shown to demonstrate these skills.

Sample Questions:

- How did you feel playing? What was most difficult action to do?
- What are the differences between Sitting and Standing Volleyball?
- Is it easy to become an elite Sitting Volleyball player?
- What skills and abilities must one gain to become an elite Sitting Volleyball player?
- What difficulties might these players face in daily living situations? How might they overcome those difficulties?

sitting volleyball rules

History: Standing Volleyball became a Paralympic Sport in 1976 (it was removed in 2000 as it did not have required number of countries/territories widely and regularly practicing the sport). Sitting Volleyball first appeared on the Paralympic Programme at the Arnhem 1980 Paralympic Games.

Court: The court is separated into two equal parts divided by a centre line, each side measuring 5m x 6m.

Net: Measures 1.15 metres for men and 1.05 metres for women.

Duration: A maximum of five sets is allowed and each of the first four sets is completed when a team wins 25 points, having a difference of at least two points over the opposing team (e.g., 25:23). In case of a 2:2 set draw, a fifth set will follow which is completed when one team wins 15 points. The winning team is the first to win three sets.

Players: There are only six players allowed on the court at one time. Teams may have up to 12 athletes.

Rules: Compared to Standing Volleyball it is permitted to block an opponent's service. Contact of the feet or the legs with the opposing team's side of the court is allowed, on condition that the play of the opposing team is not obstructed. Contact with the hands is allowed with the condition that one part of the hand is either in contact with the central line or exactly above it.

Upon performing an attacking hit, the pelvis of the front zone's player must touch the ground. A defense player can take attacking action which means to send or spike the ball from whatever height behind the attacking zone, as long as the pelvis does not touch or pass over the attacking line. After the hit, the player can touch the attacking zone.

Throughout the game, the players who are involved in a defensive effort must have contact with the ground with some part of the body between the pelvis and the shoulders. In certain cases of defensive action at the back end of the court, for example while "saving the ball", the players are allowed to lose contact with the ground for a short time. But they are not allowed to stand up, lift up their body or take steps.

The official rules of Sitting Volleyball can be found at www.wovd.info.

LINKS

Website: www.paralympic.org/release/Summer_Sports/Volleyball
PSD Manual: Section Two, Chapter 8

Did you know...?

Sitting Volleyball can be played by people both with and without a disability, of all ages and genders - in any combination!

