



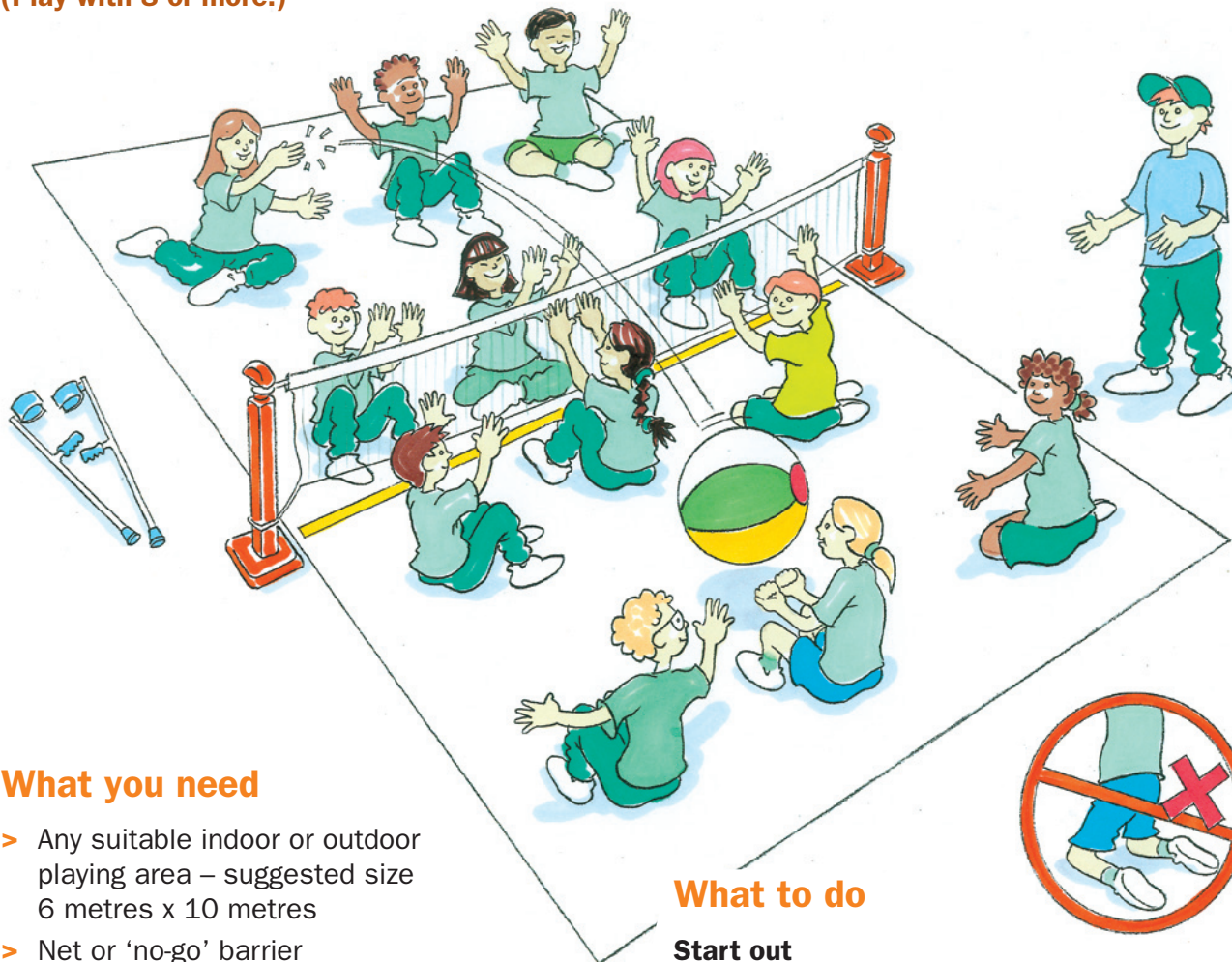
Australian Government  
Australian Sports Commission

EASY MED HARD



# Sitting volleyball

An alternative version to traditional standing volleyball using a smaller court and lower net.  
(Play with 8 or more.)



## What you need

- > Any suitable indoor or outdoor playing area – suggested size 6 metres x 10 metres
- > Net or 'no-go' barrier
- > Beach ball, light plastic or rubber ball, or standard volleyball or oversized ballon

## What to do

### Start out

- > Pass it on – several teams line up in a long row and the ball is passed down the line and back (cooperative play).

## Get into it

- > Players must be seated.
- > Rallies continue until the ball touches the ground, the ball goes out, or the opponents fail to return it.
- > In the beginning allow 'double hits'.
- > A team must have more than 3 hits before the ball crosses the net.

## Scoring

- > One point if the ball lands in the opponent's court or if the opponents cannot return the ball.



## LESSON LINK

*Sitting volleyball* requires players to work as a team to cover the court in defence and to pass the ball and find space in attack.

SESSION PLANS

Combo > Start out CP 05 + Get into it NC 05 + Get into it NC 02  
Mixed combo > Start out CP 05 + Get into it TG 03 + Get into it NC 02

# Sitting volleyball

Skills > Cooperative activity · Communication · Opportunity to experience unfamiliar play · Finding 'space'

## change it...

### Coaching

- > Use CHANGE IT to introduce rules gradually.
- > If a group is too large, divide the group and play 2 games.

### Game rules

- > Initially allow play off one bounce.

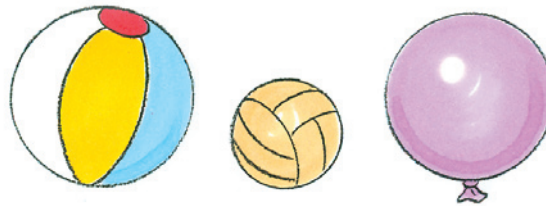


- > Use uneven teams to equalise play, e.g. 6 v 5.

### Equipment

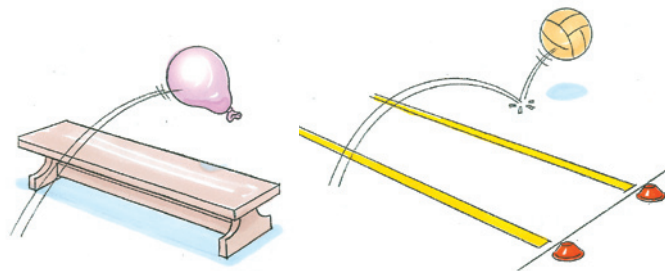
#### Different balls

- > Use slower-moving balls (e.g. beach ball, large foam ball).
- > Try large durable balloons initially – source from shops with party supplies.



#### Playing area

- > Experiment with different kinds of net or barrier.
- > Vary the size and shape of the playing area.



### Safety

- > Encourage players to call 'mine' when receiving.
- > Discuss the need to be aware of nearby players when reaching for a ball.

