

VOLLEYBALL SAT



REGULATIONS

Sitting volleyball uses the rules of the International Volleyball Federation with some modifications*:

- The net height is 1.15 m for men and 1.05 m for women;
- The dimensions of the court are 10m x 6m (the width of the court is almost the same as a badminton court, which is 6.10m); The position of the players is governed by the position of their buttocks (the legs and hands may be outside the court);
- At all times, players must have a part of their body (between the buttocks and shoulders) in contact with the ground;
- It is permitted to block the service.

* For all the changes and official rules of sitting volleyball, visit www.worldparavolley.org

Video link: <https://www.youtube.com/watch?v=YQcaqB7uYO8>

01

THE TRAVEL

— WORKSHOP 1 — THE BIG CLEAN-UP

Objective: To practice moving around while seated.

Material

- Various objects (pockets, rings, scarves, balloons, etc.), 2 hoops.

Description

- The players are divided into 2 teams, each in their half of the field.
- The different objects are scattered in equal numbers on each side and a hoop is placed in the center of each court.
- At the signal, the players must move into a seated position to pick up the objects and carry them to their respective hoop.
- The first team to bring all the objects into the hoop wins.

Variant

- Replace the hoop with a physitube or a raised bin into which players must throw objects.

— WORKSHOP 2 —
PASS AND AM
(3 PLAYERS)

Objective: To practice movement and passing accuracy.

Material

- Balloons

Description

- The players are placed approximately 1.5 m apart (see illustration below).
- Player A throws the ball to student B and performs a seated movement to go take his place.
- Player B does the same with player C and so on.



Variant

- Increase or decrease the distance between players.

— WORKSHOP 3 —
SIMULATION OF
MATCH WITH
MODIFIED RULES

Objective: To become familiar with travel and communicate effectively with his team.

Material

- 1 volleyball, net and posts.

Description

Perform a match simulation with the following modifications:

- Players must throw and catch the ball (no volleyball technical moves).
- Two passes must be made before sending the ball to the other player side of the net.

Variant

- Possibility of using a mini-tennis net (below).

VOLLEYBALL SAT

02

CONTACTS WITH THE BALL

— WORKSHOP 1 — MIDBOARD BALL

Objective: To make high passes so that the player in the middle is unable to intercept the ball.

REMINDER: At all times, players must have a part of their body (between the buttocks and shoulders) in contact with the ground. As movements are slower, make players realize that it will take more time to position themselves correctly and strike the ball.

To give teammates more time to position themselves, it is best to throw the ball quite high (so that it stays in the air longer).

The ball can be touched with any part of the body.

Material

- Volleyball

Description

- Teams of 6 players, 5 placed in a circle, 1 in the middle.
- The player in the middle tries to intercept the high passes made between the other players. It is forbidden to pass to the player who is directly next to you.
- Play continues until the ball is intercepted. The player who threw the ball goes to the center. • When the referee blows the whistle (every 2 minutes), the player who has the ball at that moment The whistle blows and goes to the center.

Variant

- Increase the distance between players.

Material

- Beach balls

Description

- Teams of 5 players, placed in a circle.
- Without focusing on passing techniques, you need to pass the ball to a teammate.
- Avoid at all costs the ball touching the ground.
- Try different ways of hitting the ball to make the pass.

Variant

- When the players are comfortable with the beach ball, move on to the foam ball and then to the volleyball.
- Add the "communication" aspect by asking the players to name the person to whom the ball will be passed.

— WORKSHOP 2 — HOT POTATO

Objective: To discover which touches are possible to move the ball while seated.

— WORKSHOP 3 — THE TOP 10

Objective: To successfully make 10 contacts with the ball.

Tip: The higher the student hits the ball, the more time they will have to prepare to catch it. Encourage them to hit the ball higher.

Material

- 1 volleyball/student

Description

- Individually, players must practice a routine of 10 consecutive contacts with the ball.
- You should never hit the ball the same way twice in a row.
- All types of contact are possible (touch, forearm, 1 hand/fist, smash, other contact).

Variant

- By hitting the ball against the wall. The contacts with the wall must be above a line at a predetermined height.

— WORKSHOP 4 — MINI-MATCH UP HIGH

Objective: To exchange ideas with the rules of mini-volleyball.

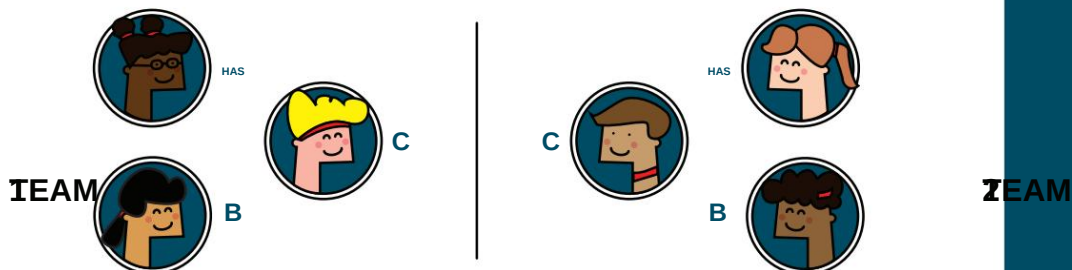
Tip: Always keep in mind that the higher the ball goes in the air, the more time teammates will have to position themselves to hit the ball.

Material

- Foam ball or regular volleyball, Cones or rope to divide the court in 2 (it is not necessary to use the net).

Description

- 6 players on a half-field divided into 2 (3 on each side). Field separated by a line or cones.
- Player A or B throws the ball high to a teammate (C).
- Teammate (C) hits the ball to make it cross to the other side, to the other team.
- Receiving the ball: Player A or B catches the ball and then throws it high to a teammate (C).
- Teammate (C) hits the ball to make it cross to the other side, to the other team. • Repeat the steps until the ball touches the ground.
- When the ball touches the ground, rotate the players. • Count points each time the ball touches the ground. The first team to reach 11 points wins. • Players A and B are the ones who will "receive" the ball, so they will catch it. ball and throw it to player C.
- Player C must return the ball to the other side.



Variant

- Modify the number of players per team (add a player in Attack).

VOLLEYBALL SAT

03

THE COVER AND THE RECEPTION

— WORKSHOP —

1 NEXT

ON THE OTHER

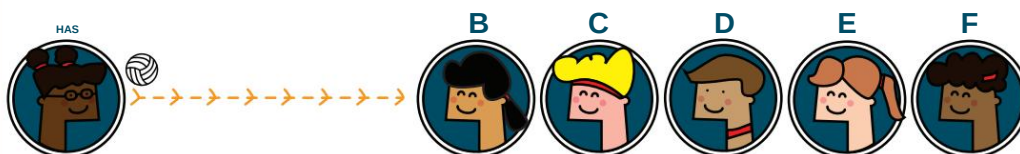
Objective: To practice receiving and controlling of the balloon using the headline.

Material

- 1 ball per team

Description

- Team of 6 players, player A is the game master, the others take their places at the continuation of the other.
- All players are in a seated position.
- The game master throws the ball to the first player in line. The receiving player (here B) must return the ball to player A using a forearm pass.
- After making his mark, player B moves to the end of the line. •Player B must move aside quickly to allow player C to be ready to receive the ball.
- Change the master player when all players have hit the ball twice.



Variant

- At the beginning, the master player (A) throws and catches the ball.
- When the players are more comfortable, the master player can return the ball using a forearm pass.

— WORKSHOP 2 —

THE TARGET

Objective: To learn how to control the ball properly.

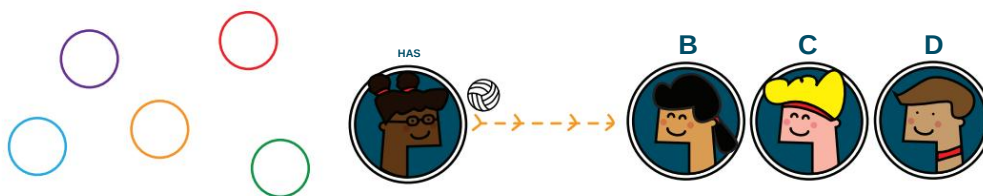
To work on the student's reaction speed, the ability to make a decision quickly.

Material

- Several balls/team, hoops of different colors.

Description

- Team of 4 players.
- Player A is the game master. For this exercise, they can be standing or seated, as preferred.
- By throwing the ball to the player at the front of the line (here player B), the player The coach calls out a hoop color, which will be the target for the receiving player. The receiving player (B) must make a forearm pass and try to send the ball into the hoop of the correct color.
- After making his run, player B moves to the end of the line. •Player B must move aside quickly to allow player C to be ready to make his move. receiving the ball.
- Scoring system: - 2 points when the ball lands in the correct hoop; - 1 point if the ball falls on the hoop; - 1 point if the ball falls in the wrong hoop; - End of the game: the first player to reach 5 points becomes the game master.



Variant

- Vary the number of hoops.
- Vary the targets (larger bins, mats, tubes, etc.) It is still necessary that the targets be easily identifiable by a single word by the master player.

— WORKSHOP 3 —

SIMULATION OF MATCH WITH MODIFIED RULES

Objective: To put together the skills acquired so far (movement, contact with the ball and ball control).

Material

- 1 volleyball, net and posts.

Description

- 6 players/team. Simulate a match with the following modifications:
 - Two passes must be made before sending the ball to the other side of the net.
- The player who sends the ball to the opposing team cannot use the smash to attack.

Variant

- Possibility of using a mini-tennis net (below).
- If the players are not comfortable with the serve (which will be seen in the next session) they can simply throw the ball to the other side to start the match.

VOLLEYBALL SAT

04

THE SERVICE AND THE COUNTER

— WORKSHOP 1 — SERVER - RECEIVER

Objective: To become familiar with serving while seated.

— WORKSHOP 2 — BATTLE SERVICES

Objective: To practice precision in serving.

REMINDER: The players' position is governed by the position of their buttocks. The buttocks of the player serving must therefore be outside the court.

In sitting volleyball, it is permitted to block the serve. The server must therefore send the ball high enough to avoid being blocked. The serve must also be fast enough to outmaneuver the opponent.

Material

- Volleyball ball, sitting volleyball net.

Description

- In teams of 2, one player serves (server) and the other stands on the other side of the net (receiver).
- The server must send the ball to the other side of the net and go to the receiver (standing).
- When the receiver receives the ball, he goes to sit at the back of the field and becomes the "server".
- The player receiving the service decides where the server should send it. the ball.

Material

- Balls, sitting volleyball net, gymnastics mats (3-4 in each camp).

Description

- 4 to 6 players per team, all behind the baseline.
- The gymnastics mats are scattered on the floor.
- Players must make accurate serves and land the ball on a mat.
- Individual scoring: serve onto a mat: 3 points.
- Service in the field: 1 point.
- Missed service (net, out of bounds, etc.): -1 point.
- Calculation of team points at the end of 3 minutes.

Variant

- Add obstacles that will deduct points if they are hit by the ball.

— WORKSHOP 3 —
THE BARRICADE

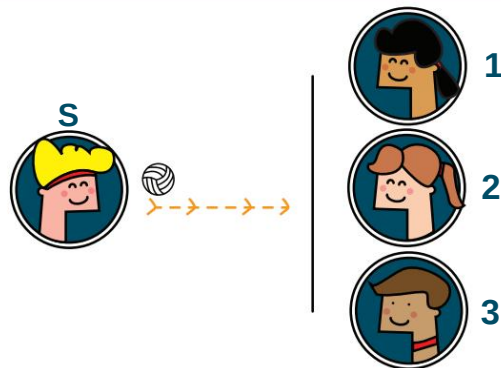
Objective: To learn how
to counter.

Material

- Seated volleyball net, balls.

Description

- One player is the server and positions themselves behind the baseline.
- Three players position themselves at the net, on the opposite side of the court from the server (opposing team). They must block the ball and prevent it from passing (their buttocks must always remain on the ground).
- The server tries to send the ball over the net. • The server sends several balls. When there are no more balls, the serve changes server.



VOLLEYBALL SAT

05

THE ATTACK

— WORKSHOP 1 — TARGET 2.0

Objective: To learn how to control the ball properly.

To work on the student's reaction speed, the ability to make a decision quickly.

Material

- Several balls/team, hoops of different colors.

Description

- Team of 4 players.

- Player A is the game master. • Before

throwing the ball to the player at the front of the line (here, player B), the game master calls out a hoop color, which will be the target for the receiving player. • The game master throws the ball

to the player at the front of the line.

- The receiving player (B) must make an attack (smash) and try to send the ball into the hoop of the correct color.

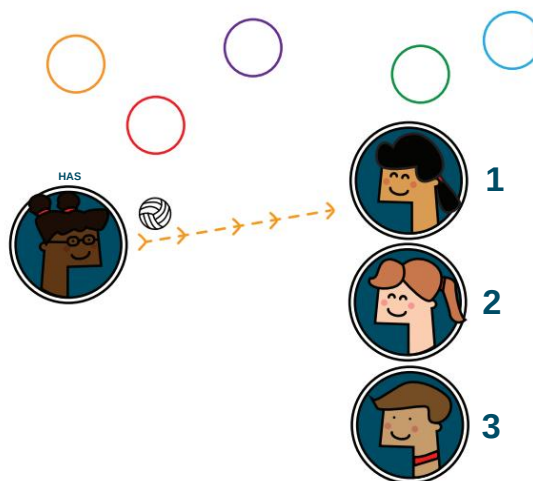
- After making their attack, player B moves to the end of the line. • Player B must quickly move aside to allow player C to be ready to receive the ball.

- Scoring system: - 2

points when the ball lands in the correct hoop; - 1 point if the

ball falls on the hoop; - 1 point if the ball falls in the wrong hoop;

- End of the game: the first player to reach 5 points becomes the game master.



Variant

- Vary the number of hoops.

- To increase the difficulty, the game master can shout the color at the same time as he throws the ball.

- The workshop can be done with or without a net. If the net is present, the players must send the ball to the other side of the net.

— WORKSHOP 2 — PASS-THROW- ATTACK

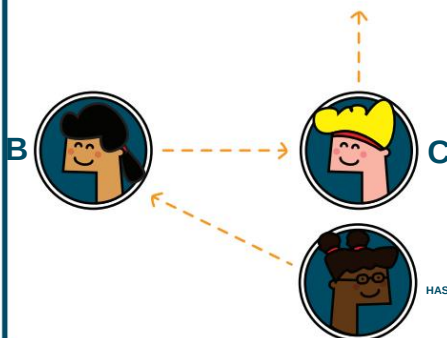
Objective: To practice precision in serving.

Material

- 1 volleyball, net optional.

Description

- Teams of 3 players. Place the players as shown in the following diagram.
- Player A throws the ball to player B.
- Player B (who is positioned to the side, facing player C) catches the ball with a forearm pass and sends the ball to player C.
- Player C attacks the ball (smash) as if to send it to the opposing team.
- Rotate the players after each exchange.



Variant

- Player B can choose the forearm pass or the touch to pass to player C.

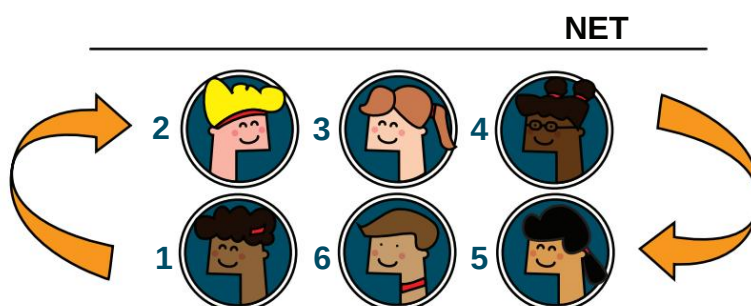
Material

- 1 volleyball, net and posts

Description

- 6 players/team on the field, separated into 2 lines (attack line and back line).
- Perform a match simulation with the following modifications:
 - 2 passes must be made before sending the ball to the other side of the net;
 - The attack must absolutely be made by one of the 3 players who is at the net (attack line);
 - No right to counter the service;
 - Player rotation after each point.

Player positioning:



Variant

- Possibility of using a mini-tennis net (below).

Objective: To combine the skills acquired so far (movement, contact with the ball and ball control). To understand the positions of the players.

VOLLEYBALL SAT

06

THE ATTACK

— WORKSHOP 1 — RECEPTION PASS - ATTACK

Objective: To master a
phase of the game.

Set up game situations.

Practice the techniques learned over the past few weeks.

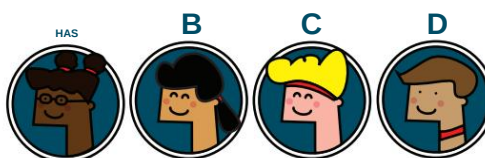
Set up matches.

Material

- 1 ball per student, net and posts.

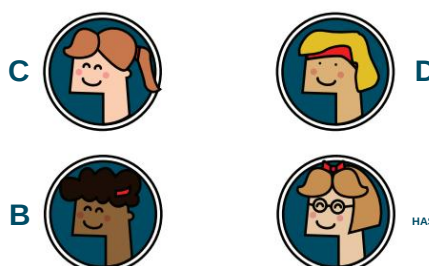
Description

- 2 teams of 4.
- One team of 4 players serves (from the baseline) and the other team receives on the other side of the net.
- Taking turns, the "servers" send the ball to the other team (serve).
- The reception team must:
 1. Receiving the ball (reception) (player A or B).
 2. Pass the ball to another player on the team.
 3. Pass the ball to an attacking player (C or D).
 4. Attack the opposing team's territory (player C or D).
- When the 4 server players have completed their service, roles are exchanged.



SERVERS

NET



Variant

- Modify the size of the field to facilitate exchanges (no need to have the dimensions of a real seated volleyball court).

— WORKSHOP 2 —

TOURNAMENT
PROMOTION

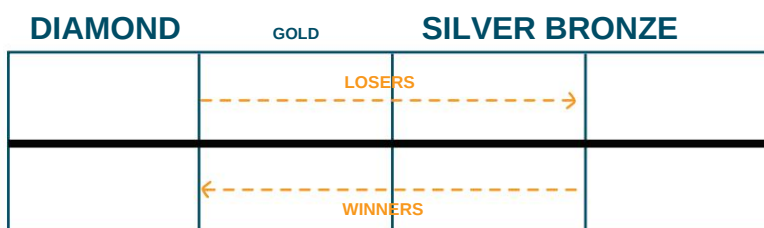
Objective: To be the best team and reach the "Diamond" field.

Material

- Nets, posts, volleyballs (1 per court).

Description

- 3-minute matches.
- Teams of 4 participants.
- 2 teams compete.
- After the 3-minute match, the winning team moves to the next level field superior and the losing team goes down a level.

**Variant**

- Vary the number of courts according to availability in the gymnasium.

— WORKSHOP 3 —

TOURNAMENT
FINAL

Objective: Regular sitting volleyball matches (see sheet 1 for rules).

Material

- Nets, posts, balls.

Description

- Team of 6 players.
- Matches: the winning team is the one that reaches 25 points.
- 2 points/wins.
- At the end of the course, the team with the most points is named team sitting volleyball champion.

	Team 1	Team 2	Team 3	Team 4	Team 5
Team 1		V			
Team 2	D				
Team 3					
Team 4					
Team 5					

Ex.: If team 1 wins its match against team 2, put V in the line for team 1 and D in the line for team 2. Two points per victory.

Variant

- Modify the rules according to the players' abilities.