



## Sitting Volleyball

### History

Sitting volleyball originated in the Netherlands in 1956. After entering as a “demonstration” sport during the 1976 Paralympic Games in Toronto, Canada, Sitting Volleyball was first included in competition at the 1980 Paralympic Games in Arnhem, Netherlands.

### Description

Sitting volleyball is a modified discipline of volleyball that can be played by students with or without disabilities. Sitting volleyball is very similar to traditional volleyball; however, there is one main difference: in sitting volleyball, a part of the student’s body between the bottom and the shoulder must be touching the court when making or attempting a shot. Students use their hands to play the ball and to move on the floor as well.

### Objective

To “volley” the ball over the net to cause the opposing team to mishit or be unable to hit the ball, all while keeping the ball inbounds. It is recommended that the following adaptations be used only when needed to maximize participation and success.



Photo courtesy of Get Set 4 All



## Adaptations:

- ✚ Allow for multiple hits beyond three for each side.
- ✚ Allow the ball to bounce (like in the game of Newcomb).
- ✚ Allow the server to serve closer to the net.
- ✚ Allow the student to catch the ball first and then toss it back up for play.
- ✚ Use larger, softer, brightly colored balls for motivation and fun.
- ✚ Minimize unnecessary background noises.
- ✚ Use a beeping volleyball, or alternative ball, with a noise-making device for students with vision loss.
- ✚ Have students throw the ball in for a serve.
- ✚ Use a smaller or lighter ball (ex: beach ball or foam ball).
- ✚ Use a smaller net and lower net.
- ✚ Place mats on floor to ease with scooting.
- ✚ Play on scooter boards to help with movement.
- ✚ Allow for underhand passing (do not call for lifting).
- ✚ Reduce the size of the playing court.
- ✚ Play variations of a standard volleyball game: two vs. two, toss and catch, skill building.

Lighweight ball made with a ballon & tape



Construction netting can be a cheap net option



Net system made with PVC pipe & wood



Playing using a wheelchair



Photo courtesy of Get Set 4 All