

Sitting volleyball

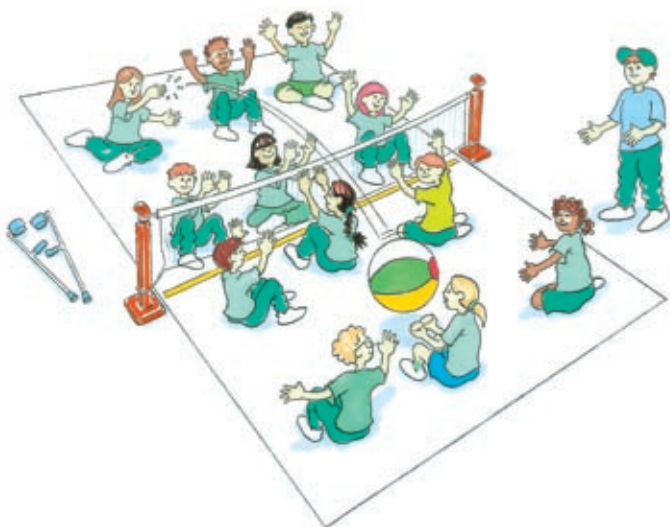
GET INTO IT NC 02
15 MINUTES

An alternative version to traditional standing volleyball, using a smaller court and a lower net.

SKILL FOCUS *Teaches the rules of volleyball and promotes inclusion*

ADDITIONAL EQUIPMENT *1 mini-volleyball per court (or similar ball)*

Refer to the activity card...



Easier:

- » Allow an unlimited number of passes before the ball goes over the net.

Harder:

- » Reduce the number of players in each team.

TIPS » Encourage players to communicate with each other to emphasise teamwork.

ASK THE PLAYERS » What extra rules could you add to help this game?