SITTING VOLLEYBALL

An Introductory Guide to the Game

Volleyball Canada

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Volleyball Canada

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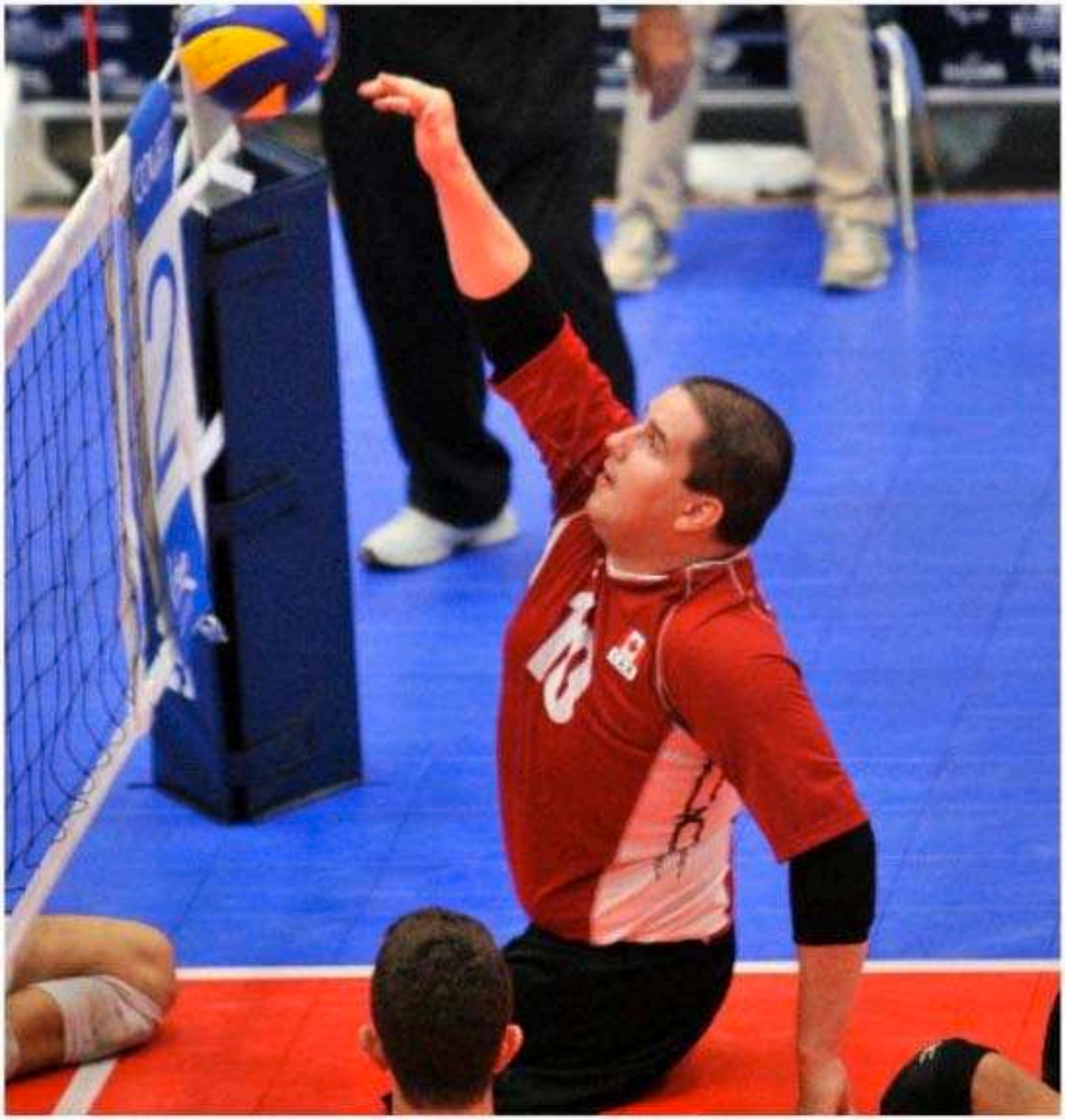
WHAT IS SITTING VOLLEYBALL?

Sitting volleyball is a modified discipline of volleyball designed for athletes with a disability. However, the unique thing about sitting volleyball is that it is a game that can be played by both able bodied athletes and athletes with a disability.

The game of sitting volleyball is played with six athletes per side and follows traditional volleyball concepts with a few modified rules, the largest being that the athletes are seated directly on the playing surface at all times when in play. There is no additional equipment needed, such as wheelchairs or sleds, when playing sitting volleyball.

Volleyball is a unique sport with many different disciplines including beach volleyball and now sitting volleyball. Although very popular internationally, sitting volleyball is relatively new in Canada starting with the formation of the Men's and Women's National Teams in 2007 and 2008 respectively. This manual is designed to help you learn more about the game, including technical and tactical information as well as guidelines on how to start your own sitting volleyball program.

Good luck in your experiences with this fast and dynamic game!



HISTORY OF SITTING VOLLEYBALL

The invention of sitting volleyball dates back to mid-1950, when the game was created in Europe to provide an alternative activity and sport for injured WWII veterans who were undergoing rehabilitation.

As the game continued to expand and gain popularity, it began to become more competitive with national team programs looking for more international competitions. In 1976, sitting volleyball debuted as a Paralympic Games demonstration sport. Four years later, at the 1980 Paralympic Games in Arnheim, Netherlands, sitting volleyball began its full participation at the Games.

Although the sport of sitting volleyball had full participation at the Games, it was still only men that were allowed to compete. This was the case from 1980 to the 2004, when the women's competition was added to the 2004 Paralympic Games in Athens, Greece.

Currently, sitting volleyball is played internationally with countries establishing domestic club leagues and programs in addition to their national team programs. Although athletes must have a disability to compete internationally, both able bodied and athletes with a disability compete against each other in the domestic clubs and leagues.

In Canada, the history of sitting volleyball begins in 2007 with the formation of the Men's National Team, followed in 2008 with the formation of the Women's National Team.

Currently, the teams compete internationally with the goal of qualifying for the Paralympic Games. At the same time, efforts are being made to continue to grow the sport and establish domestic leagues and clubs in Canada.

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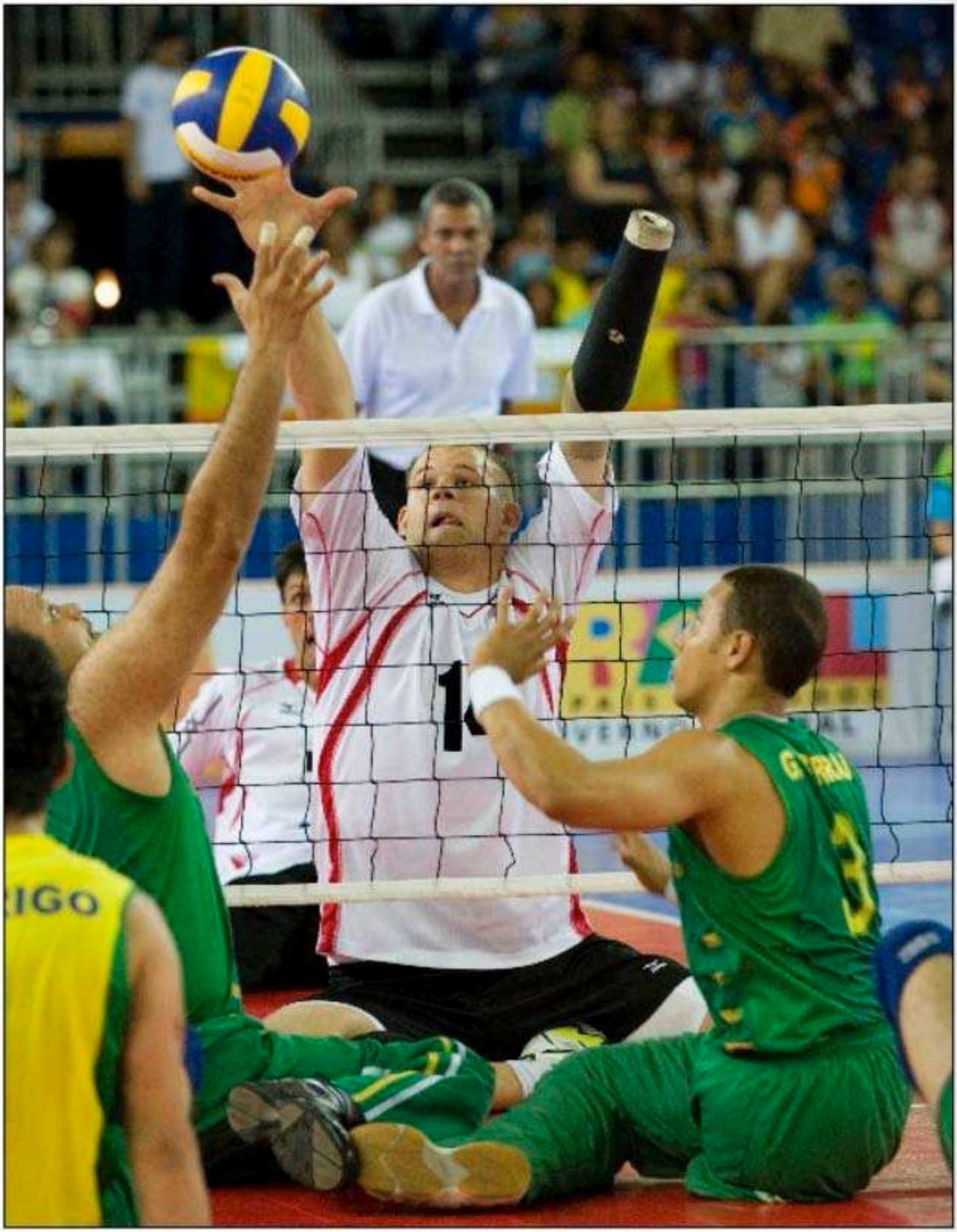
THE GAME

Sitting volleyball is played the same way as traditional volleyball but with a few rule modifications (see Rules of the Game). The game is played with six players per side and a libero (at the higher levels of competition). Teams have three contacts to put the ball back over the net and try to score on the opponent's court or force the opponent to make an error. As in traditional volleyball, the court is divided into a front court and back court by an attack line and a player's position is determined by the location of his or her hips and buttocks on the floor.

The sitting volleyball court is smaller and the net lower (see Rules of the Game for dimensions) and as a result, the game is much faster than traditional volleyball. Athletes must be able to quickly react to situations and use their hands to not only play the ball but to move on the floor as well. Quick reflexes and strong hand-eye coordination is key to being successful in sitting volleyball. Due to the speed of the game, athletes need to be able to play the ball in a variety of unique situations, including with one arm, two arms, overhead and with control in all situations.

There are specified positions in sitting volleyball (setter, middle attacker, outside attacker); however, due to the speed of the game and the challenge of moving on the floor, athletes must be able to perform all skills well and be physically able to perform in all positions.



RULES OF THE GAME

Sitting volleyball is governed by the same rules as traditional volleyball, based on the regulations established by the Fédération Internationale de Volleyball (FIVB). The international governing body for sitting volleyball is the World Organisation Volleyball for Disabled (WOVD) and they have implemented the following rule exceptions:

- Court Size
  6.0m wide x 10.0m long (5.0m long per side) with an attack line 2.0m off the centre line

- Net Height
  1.15m for international men, 1.05m for international women

- Net Dimensions
  7.0m long x 0.80m wide (to allow for athletes' legs to go under the net when seated)

- Front court athletes are allowed to block the serve

- Contact with opponent under the net is permitted, provided they do not interfere with opponent's movement, play or positioning

- Some aspect of the body, from the shoulders to the buttocks, must be in contact with the ground when playing the ball. Violation of this is indicated by the 'lift' call, signaled by slowly clapping hands together with palm of bottom hand facing up.

WHO CAN PLAY?

As previously mentioned, sitting volleyball is a unique game because it provides opportunities for able bodied athletes and athletes with a disability to compete together on a relatively level playing field. Many domestic leagues internationally allow both able bodied athletes and athletes with a disability to compete on the same club. For international competition, sitting volleyball is only open to athletes with a physical disability who meet the minimum disability requirements for volleyball. An athlete's disability must be permanent (either progressive or non-progressive) and approved by international classification. Athletes with progressive physical disabilities (i.e., muscular dystrophy, multiple sclerosis, etc.) are given a temporary classification and must be classified at each competition.

While many sitting volleyball athletes at the international level are amputees, the sport can be played by athletes with other types of physical disabilities.

It is recommended that any athlete participating in sitting volleyball wear the following equipment:

- Pants or shorts that slide well (note that cotton track pants or shorts do not slide)
- Hip or buttocks protection (eg. Cycling shorts or baseball sliding shorts). Note that protection that provides a 'platform' or makes someone 'taller' are not permitted
- Athletic shoes with good soles and no plastic in the heel or sole
- Knee protection, such as kneepads or knee sleeves
- Long socks or leggings to provide protection from the friction of legs running against the floor for continued lengths of time

FACILITIES AND EQUIPMENT

In Canada, there are very few volleyball facilities specifically designed for sitting volleyball; however, with a few minor modifications, a sitting volleyball court can easily be created using traditional volleyball or badminton net systems.

There are posts and net systems available that were designed for sitting volleyball. The posts are smaller than traditional posts but are still adjustable and come with appropriate post pads as well. The nets are regulation length and width and accommodate for the athletes to be able slide their legs underneath. These systems are available to groups and organizations but the points below outline how to convert a traditional volleyball facility to a sitting volleyball facility.

Court:

- Use a traditional volleyball court with the sitting volleyball lines taped to the floor to make a 10.0m x 6.0m court
- Use a badminton doubles court (6.1m wide x 13.4 m long) for the sidelines and tape the back line at 5.0m from the net and the attack line at 2.0m from the net

Net and Posts:

- Traditional volleyball nets can be used on traditional volleyball posts by tying the nets off at the appropriate sitting height (1.15m or 1.05m). Antennae can be placed over the sitting sidelines and the bottom of the net tied up to allow for leg room (approximately 0.20m of clearance required)
- A badminton net and posts can also be used by tying off the net at the appropriate sitting volleyball height and placing antennae over the sitting volleyball sidelines. A doubles badminton court is slightly wider than a sitting court but it allows for an easy setup and takedown.

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SITTING VOLLEYBALL SKILL INVENTORY

This section is designed to provide an overview of the basic skills used in sitting volleyball and key teaching points when introducing and monitoring the development of these skills.

READY POSITIONS

There are two ready positions commonly used in sitting volleyball depending on the situation presented.

Reception ready position is used primarily for serve receive and allows the athlete to move behind ball before contact.

Defense ready position is lower to the ground and has limited abilities for weight transfer. Instead the body positioning is lower to the floor and 'loaded' to respond to where the ball is attacked.

Reception Ready Position:

1. Sit tall with both chest and head up
2. Place legs comfortably in front of body or slightly to the side with the knees slightly bent
3. Arms down beside hips with hands on the floor, ready to push in any direction
4. Stay alert and use both hands and feet to move behind ball once in play

Defense Ready Position:

1. Keeping back straight and head up, lean forward at the waist
2. Legs are bent and angled to the sides, widening the amount of court covered and allowing body to get closer to floor
3. Once in position to receive the ball, lift arms in front of body with elbows extended and palms up

Movement

When teaching movement techniques, there are some basic movement patterns that should be developed; however, it is important to allow the athlete to experiment and determine what movement techniques, or variations of, work best for them.

Forward Movement:

Push/Pull:
Propel body forwards by pushing back with the hands while extending the feet/foot in front of body and then aggressively pulling the feet/foot in towards the body.

Bicycle Kick:
With one leg slightly to the side of body (simulating a 'hurdler' stretch), drive the knee forward, plant the heel and aggressively pull the leg back to starting position. Once the foot is beside the hip and buttocks, extend and push the foot behind body. Drive knee forward and repeat. This will create a circular pattern of motion around the hip.

Backward Movement:

Pull/ Push:
Propel the body backwards by reaching back with the hands (behind body) and then pulling them back towards body. At the same time, flex the leg in front of body, plant the foot and then aggressively extend leg and push away from body. This is where the majority of the propulsion will come from.

Crab Walk:
WIth both hands and feet on the ground, lift the buttocks off the ground and walk backwards, pushing with the hands and feet. This is a quick way to cover long distances but ensure to put buttocks back on ground before playing the ball.

Lateral Movement:

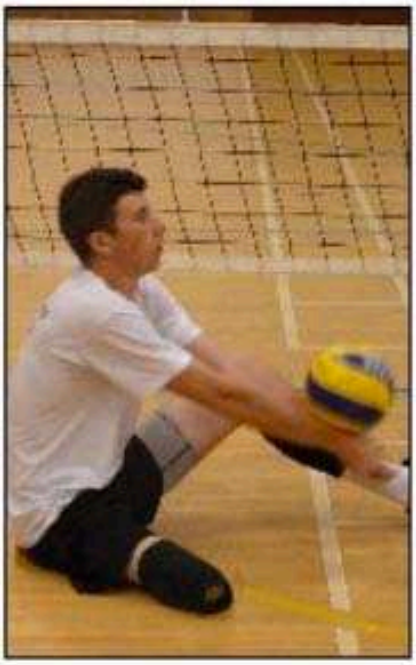
Side Kick:
Rotate body so that one hip is in contact with the ground. Extend the top leg (not in contact with ground) away from the body and then pull leg back into body before repeating.

Side Pull/Push
Rotate body so that one hip is in contact with the ground. With both hands, reach out to the direction of travel and pull them towards body while extending top leg away from body in a pushing motion.

FOREARM PASS

Forerarm passing is not as commonly used in sitting volleyball due to the lack of passing angles available while sitting on the floor. Because the ball has to travel very close to the ground to be received with a forearm pass, it often does not allow as many opportunities to make adjustments or to generate effective power. As a result, the overhead pass is more commonly used and athletes will position themselves on the court to ensure that they take as many balls overhead as they can.

1. Move into position so that the ball is directly in front of the body
2. Overlap fingers on left hand with fingers from right hand and bring thumbs together
3. With hands joined and thumbs together, extend arms and lock elbows to form a strong and flat passing platform
4. Rotate shoulders so that they start square to where the ball is coming from and then finish facing the target after contact
5. Power is generated through a slight swinging of the arms and shrugging of the shoulders upon contact
6. By changing the angle of the platform, the height and trajectory of the ball will change. The higher the platform in relation to the shoulders, the higher the ball will go. The lower the platform (hands closer to the ground), the lower and faster the ball will be



Due to the speed of the sitting game, it may not always be possible for athletes to get fully behind the ball in order to forearm pass it with two hands. Because of this, it is important that they are comfortable playing balls with one hand and on either side of their body.

OVERHEAD PASS AND SETTING

The overhead pass is the most common first contact skill in sitting volleyball. In a study done at the 2004 Paralympic Games in Athens, 85% of the first contact balls off serve receive were taken with an overhead pass. In addition to serve receive, overhead passing can be used for digging hard driven, attacked balls because of the control an athlete can have. For these harder driven balls, athletes can roll backwards during contact to further absorb some of the velocity and increase the height of their pass. This will result in a lower contact point with the hands (in relation to the body), but this is legal as long as the athlete maintains the speed of the release of the ball.

1. Move into position on the floor so that the ball will be directly above forehead
2. Place hands above forehead ,with thumbs facing the eyes so taht the hands form the general shape of the ball
3. Position arms about 45 degrees in front of body and slightly bend elbows
4. Absorb the contact through flexion in the wrists and fingers and then quickly extend elbows, wrists and fingers to release the ball
5. Follow through with thumbs and palms facing the target and arms fully extended

ATTACKING

The philosophy behind attacking in sitting volleyball varies from tradtional volleyball in that it is not so much about putting the ball to the floor as it is about putting the other team in trouble. Because the court is smaller and there is no time differential that is created when blockers are jumping, it is difficult to score directly off the attack. As a result, a variety of different shots are used to challenge the opposition defenders. These include tips, high shots off the blockers hands, strategically placed roll shots and a speed offense to catch the blockers before they are setup. All techniques, however, start with the following fundamental technique.

1. Start by positioning body 3-4 feet off the net
2. Using the bicycle kick movement and pushing with arms, slide to the ball after it is set
3. Position body so that the ball is slightly behind the hitting hand
4. Pull hitting arm back, keeping the elbow high and the pointed to the ground. This simulates pulling back on a bow and arrow.
5. The non-hitting hand can either be resting on the ground for balance or raised in the air and pointing at the ball as a the target
6. Once in position, with the arm drawn back, swing through the ball, leading with the elbow and snapping the wrist at contact. Aggressively rotate shoulders and trunk through the contact for additional power generation

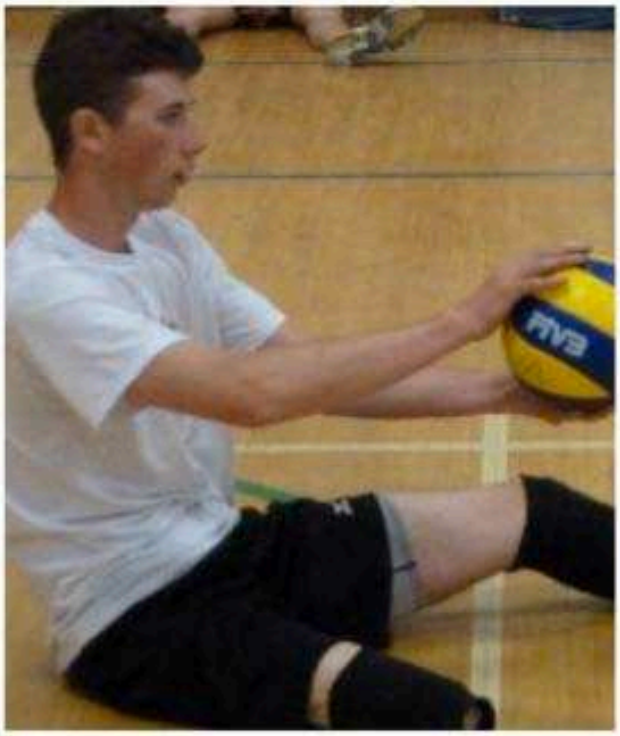
Be conscious to avoid 'lifting' when attacking to gain a higher angle on your opponents. This often occurs when additional pressure is put on the non-hitting arm or legs to prop the body up a little taller. This is an illegal play.

In sitting volleyball, there is no physical, trainable variable such as jumping that can give one player an attacking advantage so athletes must be smart and creative when attacking. When evaluating attack effectiveness, the focus should be how difficult it was for the opponent to defend, not whether or not the point scored directly.

SERVING

Serving can be very effective in sitting volleyball to put pressure on opponents. Because of the lower net height and the challenges in moving on serve receive, points can be generated from the serving line. This is why front row players are allowed to block the serve on the opposition side. Both float serves and spin serves are used in sitting volleyball; however, the spin serve can be slightly less effective because the angle of the ball going over the net. Because there is no jumping, there is no 'downward' angle put on the ball which is largely why it is effective in traditional volleyball.

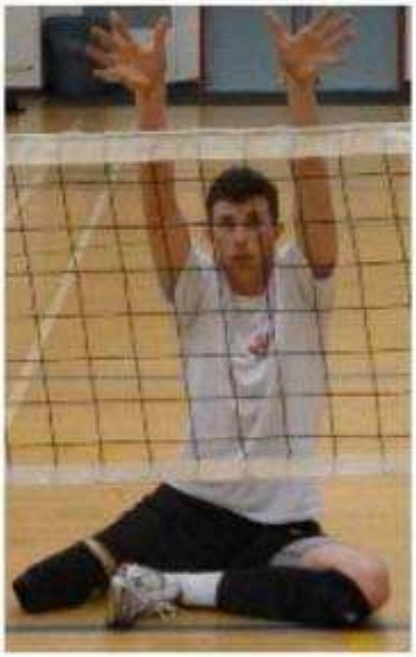
1. Sit behind the endline with legs out in front of the body
2. In non-hitting hand, raise the ball to shoulder height with the arm extended
3. Pull back hitting arm, keeping the elbow high and thumb pointed to the ground (simulating pulling back on a bow and arrow)
4. Toss the ball in front of your hitting hand and slightly higher than your reach. Keeping the elbow high, swing through the ball as close to your highest reach as possible, following through in the direction of your serving target
5. When following through, an agressive wrist snap will result in a topspin serve, while keeping the wrist rigid on follow through will result in a float serve (no spin)



BLOCKING

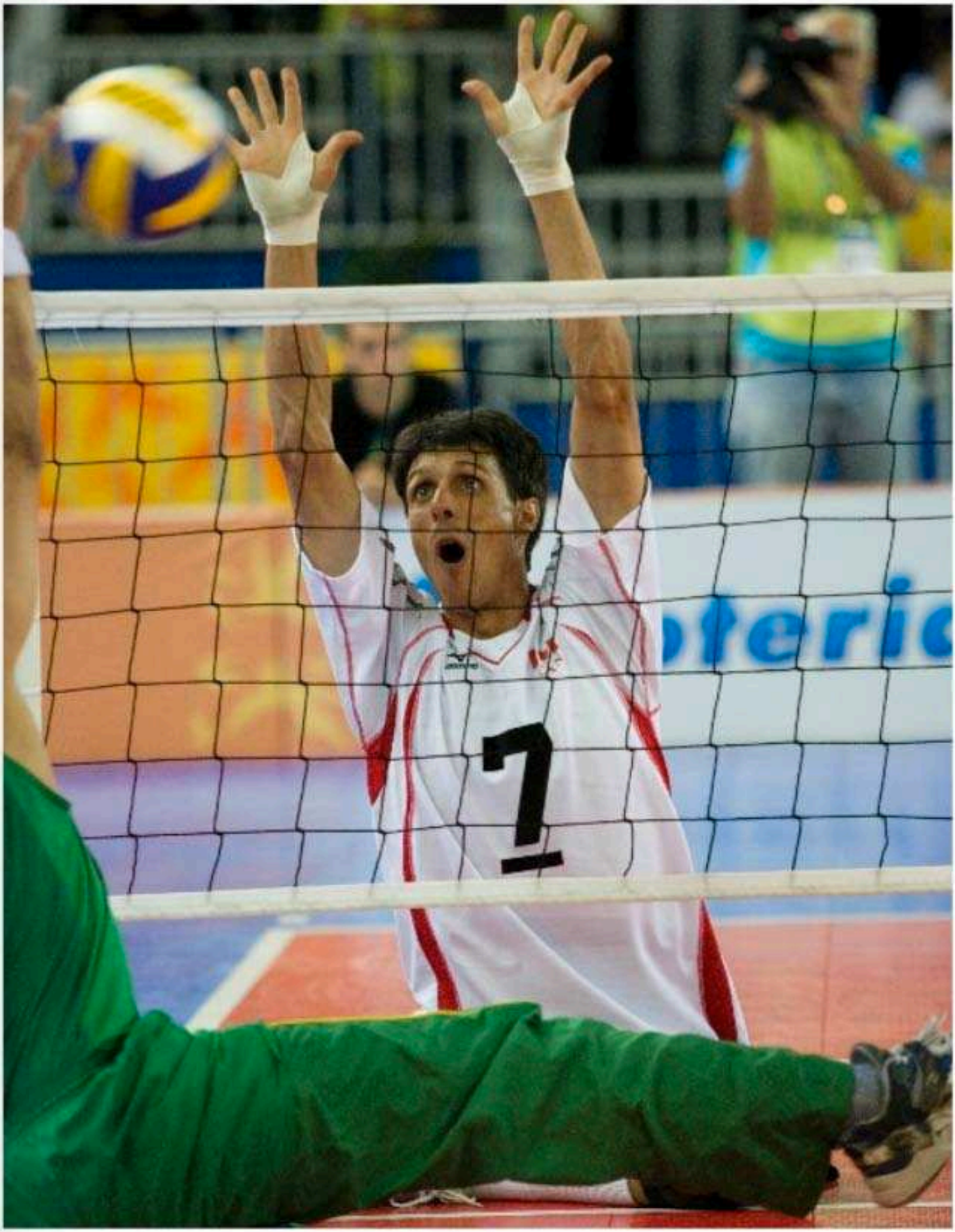
Blocking plays a large role in sitting volleyball dueto the high volume of balls that are played at or close to the net. Because there is no time differential related to the jump, blockers only have to worry about positioning themselves in front of the attacker and being solid with the hands. This is more difficult than it sounds because of the challenge of moving, especially laterally along the net.

1. Start at the net with the hands on the ground, ready to move side to side. Legs can be in front of body and over the centre line provided they do not interfere with opponents.
2. Once in position in front of the attacking opponent, raise arms with hands open and fingers spread wide and rigid
3. As hitter is making contact, press hands over the top of the net and rotate wrists so that the thumbs point up. This will give more strength when blocking with the hands
4. Keeping hands big and strong, press into opponent's court
5. As the ball makes contact with block, follow through by snapping wrists downwards and directing ball into the opponent's court



As blockers become more experienced, they can start playing 'games' with the opponent attackers by showing the block and then pullling hands down when they recognize that the opponent does not have a direct shot to the court.

When blocking a serve, the blockers at the net are taking away an area of the court to make it easier for the passers. Essentially, they are creating 'alleys' for the servers to hit, which will funnel the balls to the passers. Discipline is very important when blocking the serve and athletes at the net must be aware and not reach after served balls as that can negatively affect the passers in the back court. Service blockers' first priority is to take away court from the servers.



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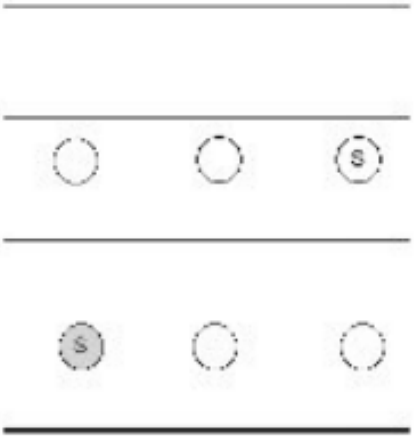
Systems and Game Tactics

This section is designed to give an overview of the basic offensive and defensive systems in the game of sitting volleyball.

OFFENSIVE SYSTEMS

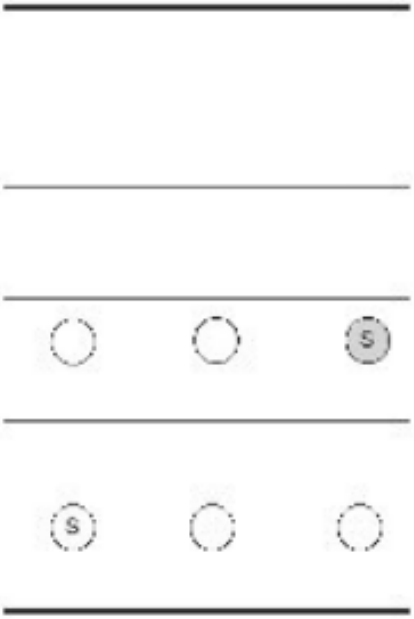
There are a couple of different offensive systems that can be used in sitting volleyball and it is important to consider the advantages and disadvantages of each system to find out what works best for your team.



6-2 Offensive System with one setter (shaded) in the back court and the other setter in the front court as an attacker

6-2 System (4 attackers, 2 setters)
Back row setter that only sets when they are in position I, VI, V
Advantages:
- Always have three attackers, which puts more pressure on opponent's blockers
- Allows for a front row athlete to drop back and pass

Disadvantages:
- Only two service blckers due to the third blocker having to drop back to pass
- Setters are required to be efficient attackers when they are in the front row

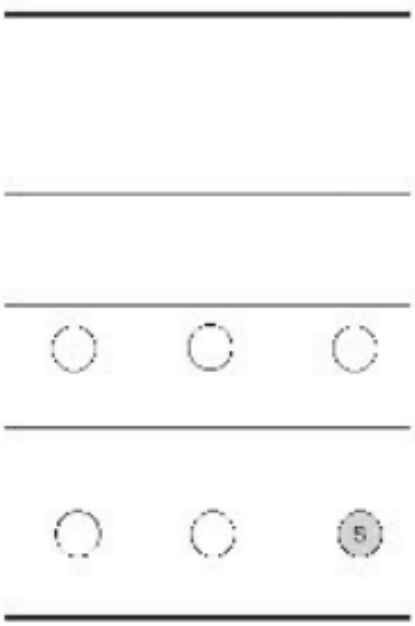


4-2 Offensive System with one setter (shaded) in the front court and the other setter in the back court

4-2 System (4 attackers, 2 setters)
Front row setter that only sets when they are in position IV, III, II
Advantages:
- Always have three blockers at the net to block the service
- Always have 3 serve receivers with no setter penetration

Disadvantages:
- Only two front row attackers at any time
- If setter is in position II or IV there is limited attack area with attackers being stacked on one side.
- Difficult to create blocker separation

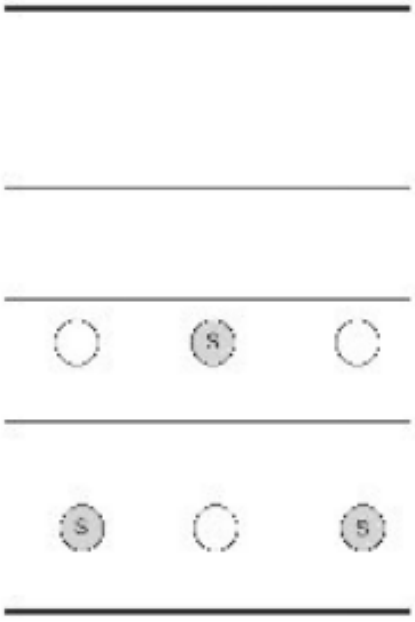
OFFENSIVE SYSTEMS



5-1 Offensive System with one setter on the court in both the front and back court

5-1 System (5 attackers, 1 setter)
One setter all the time that sets out of both the front row and back row depending on their position
Advantages:
- Always have three serve receivers
- Large areas of attack and attack options
- Only one setter needed, which can improve consistency of offense

Disadvantages:
- When the setter is in the back row, it can create confusion when moving or penetrating to the net
- Only two attackers in the three rotations when the setter is in the front row
- Setter has to set out of position IV or switch to position III on serve receive, which increases movement during serve receive and limits the number of blockers

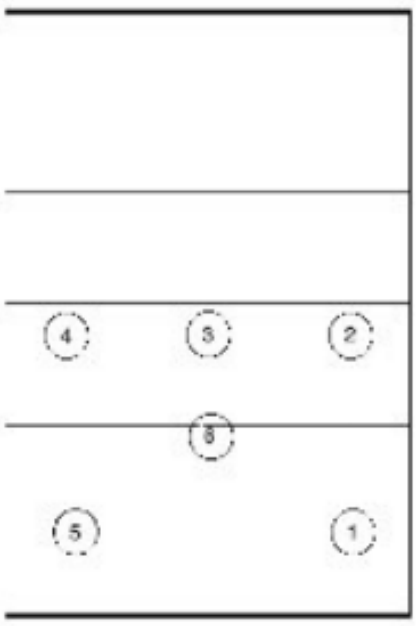


3-3 Offensive System with 3 setters on the floor. Setters can either penetrate out of back court or set in front court

3-3 System (3 attackers, 3 setters)
Advanced system where there are multiple setter options in each rotation. When the setters are in positions I, V and III, whoever takes the second ball will be determined by who passes the first ball. The opposite setter in the back court will penetrate in to set. Example, if the pass comes from position V then the setter in position I will set. If the pass comes from position I then the setter in position V will set. The setter in position III will set out of transition. When the setters are in positions II, IV, VI, the setter in position II will set.
Advantages:
- Many opportunities for variability and flexibility in attack to keep opponents guessing of set and attack tendencies in each rotation

Disadvantages:
- Very complex system that needs a lot of practice and communication
- All three setters must be very well-rounded athletes and able to perform all the skills

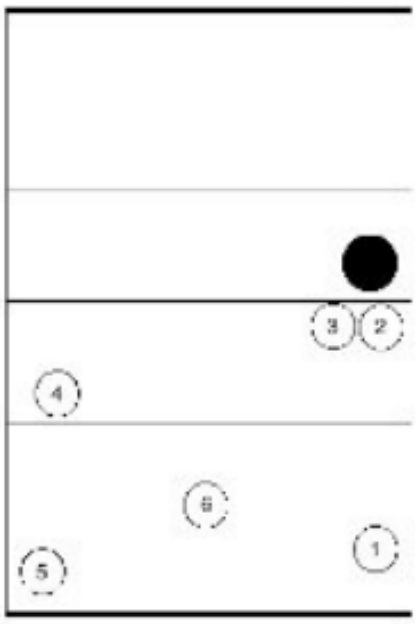
DEFENSIVE SYSTEMS



Initial Defensive Positions (IDP)

The 6-up or 6-high defense is the system most commonly used in sitting volleyball due to the vulnerability of the middle of the court with tips and roll shots. It is also a common defense because it is easier for athletes to move backwards with speed rather than forward. The starting or initial defensive positions (IDP) for the 6-up defense are shown to the left and then the adjustments for each attack position are outlined in the following diagrams.

It is important to realize that these systems are general guidelines to defending certain attacking positions. The systems can be adjusted and refined depending on the make-up of the team and the opponent.

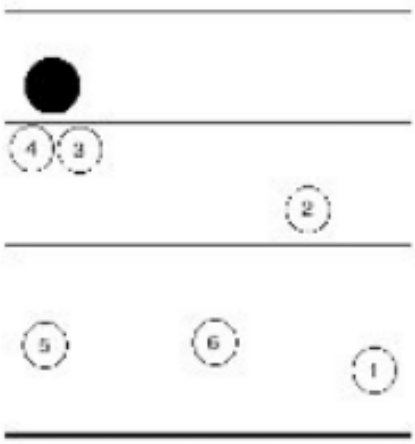


Defense against a left side attack

Defense Against a Left-Side Attack:
To defend against the left-side attack with a closed double block, position VI will shift back about 1m and defends anything high and short over top of the block. Position I will push back to about 1m from the endline and position V will shift into the deep cross-court corner for anything high and deep over or off of the the block. This is a high volume position and depending on the opponent, the athlete may even position themselves outside the court to improve the angle. Position IV pushes back off the net and finishes at the attack line to defend the sharp cross-court shot.

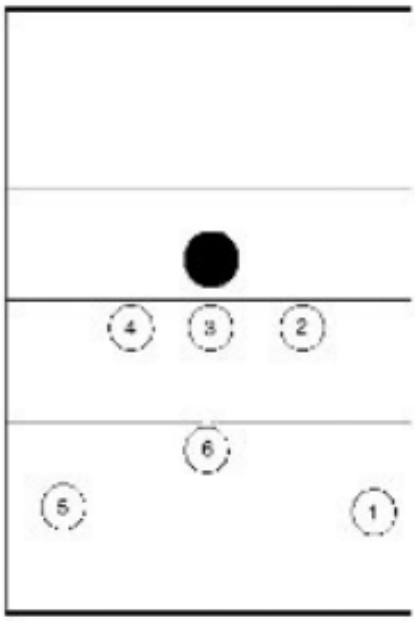
If the block is not closed then position VI shifts back to about 2m behind the attack line to defend hard-driven balls through the block and position V will stay a little higher in the corner.

DEFENSIVE SYSTEMS



Defense Against a Right-Side Attack:
To defend against the right-side attack with a closed double block, position VI will shift back about 1m and defend anything high and short over top of the block. Position V will push back to about 1m from the endline and position I will shift into the deep cross-court corner for anything high and deep over or off of the the block. This is a high volume position and depending on the opponent, the athlete may even position themselves outside the court to improve the angle. Position II pushes back off the net and finishes at the attack line to defend the sharp cross-court shot.

If the block is not closed then position VI shifts back to about 2m behind the attack line to defend hard-driven balls through the block and position I will stay a little higher in the corner.



Defense against a middle attack

Defense Against a Middle Attack:
The defense against a middle attack starts with the off-side blockers (Position II and IV) helping out in the middle and taking away the outside angles of the attacker. Position VI stays around the attack line and may shift left or right in relation to the attack angle of the middle. Position I and V move into the court and about 1.5m from the endline, filling any seams that may be created between the blockers.

British Sitting Volleyball

GAME TACTICS FOR CONSIDERATION

Below are some considerations for sitting volleyball tactics to be used when implementing systems and competing:

1. Successful teams are those that limit their number of unforced errors. It is important to keep the ball in play on defense and offense in order to keep the pressure on the opposition.

2. There are not many opportunities for a 'clean' kill point. There will usually be blockers in front of attackers and because the court is smaller, it is easier to get defensive touches. Because of this, attackers must be creative and look for alternative ways to score instead of trying to do so on a low attack.

3. A variety of offensive options can be used to create space for attackers. Systems commonly used in able bodied volleyball, such as overloads and back row combinations, are not effective in sitting volleyball because there is no time differential created with the blockers. Due to the fact that there is no jumping, the blockers are always set. An offensive system that is successful is the long set to seperate the blockers and create attacking seams. The speed of the set should be varied depending on the game situation. A quicker set will create seams in the block but also forces the attackers to hit at a lower angle. In some circumstances, a higher set that allows the attacker to create their own shot is a more effective choice.

4. Be creative and flexible in creating and implementing sitting volleyball systems. It is important to find the system that is the best fit for the athletes you have involved.

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EIGHT WEEK SITTING VOLLEYBALL PROGRAM

WheelPower

PROGRAM OVERVIEW

This eight week program is designed to provide you with a template of practice plans and drill ideas on how to start your own sitting volleyball program. Each training session is designed to be one and a half hours in length and will focus on a different skill or component of the game. When designing and implementing a sitting volleyball program, it is important to have participants partake in some form of game play during each training session. Sitting volleyball is a unique game and in order to fully understand it, participants need to experience game play.

These sessions can be run for both able bodied and athletes with a disability and for people of all ages and skill levels. As the game continues to grow in Canada, cooperation and participation are key to the sport's development from grassroots to the national teams.

It should be noted that this is a template to get your programming started and it is designed to get you thinking about creating your own drills and activities. Keep in mind to monitor the amount of movement that athletes are doing, especially if they are new to the game as there can be a lot of stress that is put on the shoulders, upper back and neck.

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PREPARATION WARM-UP

The preparation warm-up consists of three phases, general movement preparation, specific movement preparation and dynamic flexibility preparation.

General Movement Preparation:
This purpose of this phase is to get the athletes moving on the floor and activating the appropriate motor processes. This can be achieved through mulit-sport activities or game - play and while it may seem simple, it is an important phase because of the fact that they are not natural movement patterns when sitting on the floor. Some recommendations for activities include:

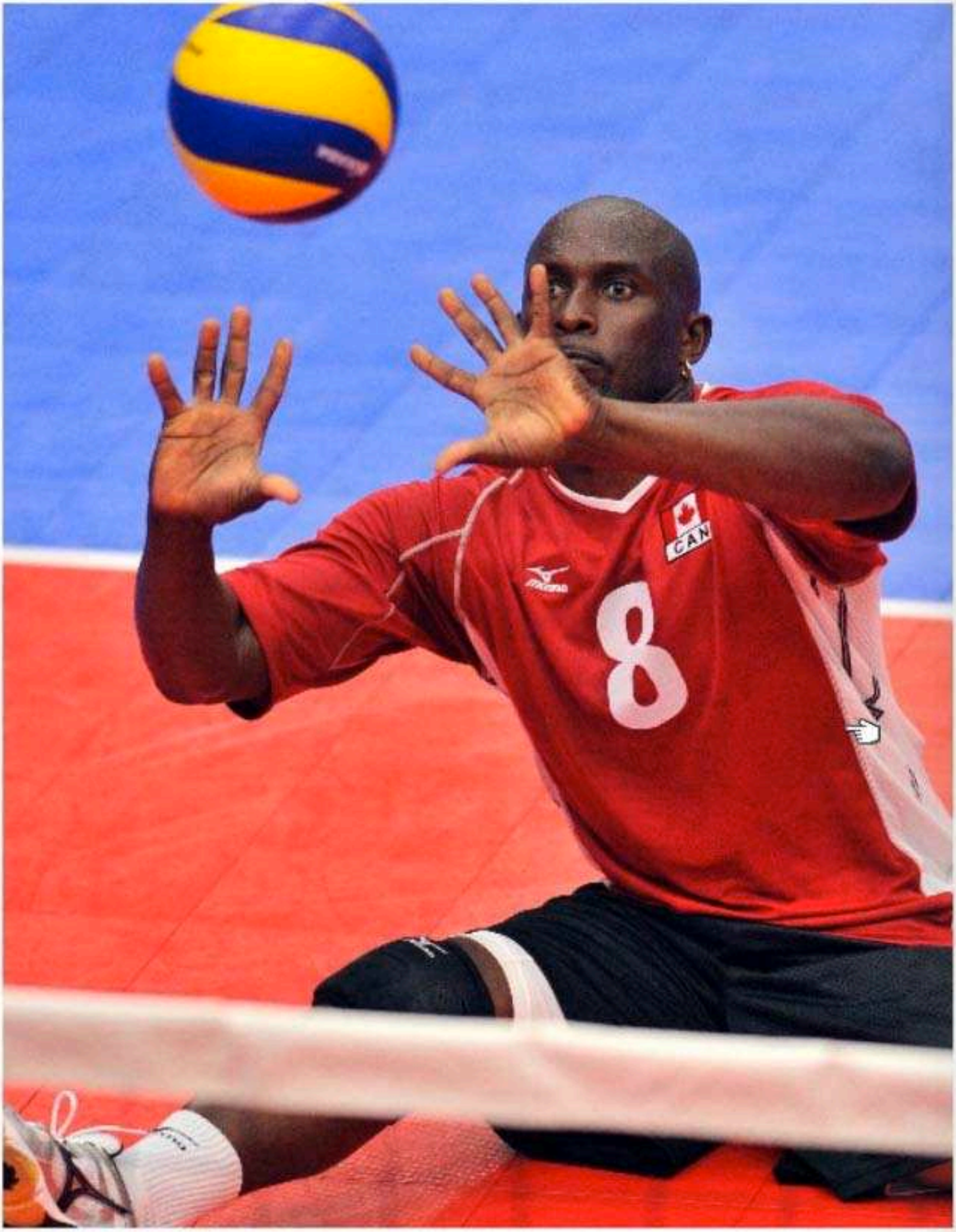
- Seated hockey with mini sticks
- Seated basketball (using garbage cans or ball carts as nets)
- Seated soccer where the ball can only be played with the hands
- Seated ultimate frisbee
- Fukahara (volleyball played under the net where the ball must go out of the court to score)
- Be creative and come up with your own unique idea! Many sports or activities can be transferred to a sitting game

Specific Movement Preparation:
This phase is a progression from the general phase to incorporate more sport specific movements. This is also a time to develop and train some of the technical movement patterns described earlier in this manual. Some ideas of movement patterns are below:

- Push/Pull (see description on page 19)
- Bicycle Kick
- Pull/ Push (see description on page 19)
- Crab Walk (see description on page 19)
- Side Kick (see description on page 19)
- Side Push/ Pull (see description on page 19)
- Blocking transitions and lateral net movements (see description on page 24)
- Attacking transitions and movement patterns (see description on page 22)

Dynamic Flexibility Preparation:
The final phase is flexibility preparation through a dynamic stretching routine. Some key areas to address in relation to sitting volleyball are:

- Neck and upper back
- Shoulders
- Elbows
- Wrists
- Trunk and lower back
- Hips and hip flexors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WEEK ONE
FOREARM AND OVERHEAD PASSING

Warm-Up (20 minutes)

Drill #1: Partner Passing with Progressions (10 minutes)
In groups of two, have athletes continually pass the ball back and forth using forearm, overhead and one arm passing. The progressions through the drill can be as follows:

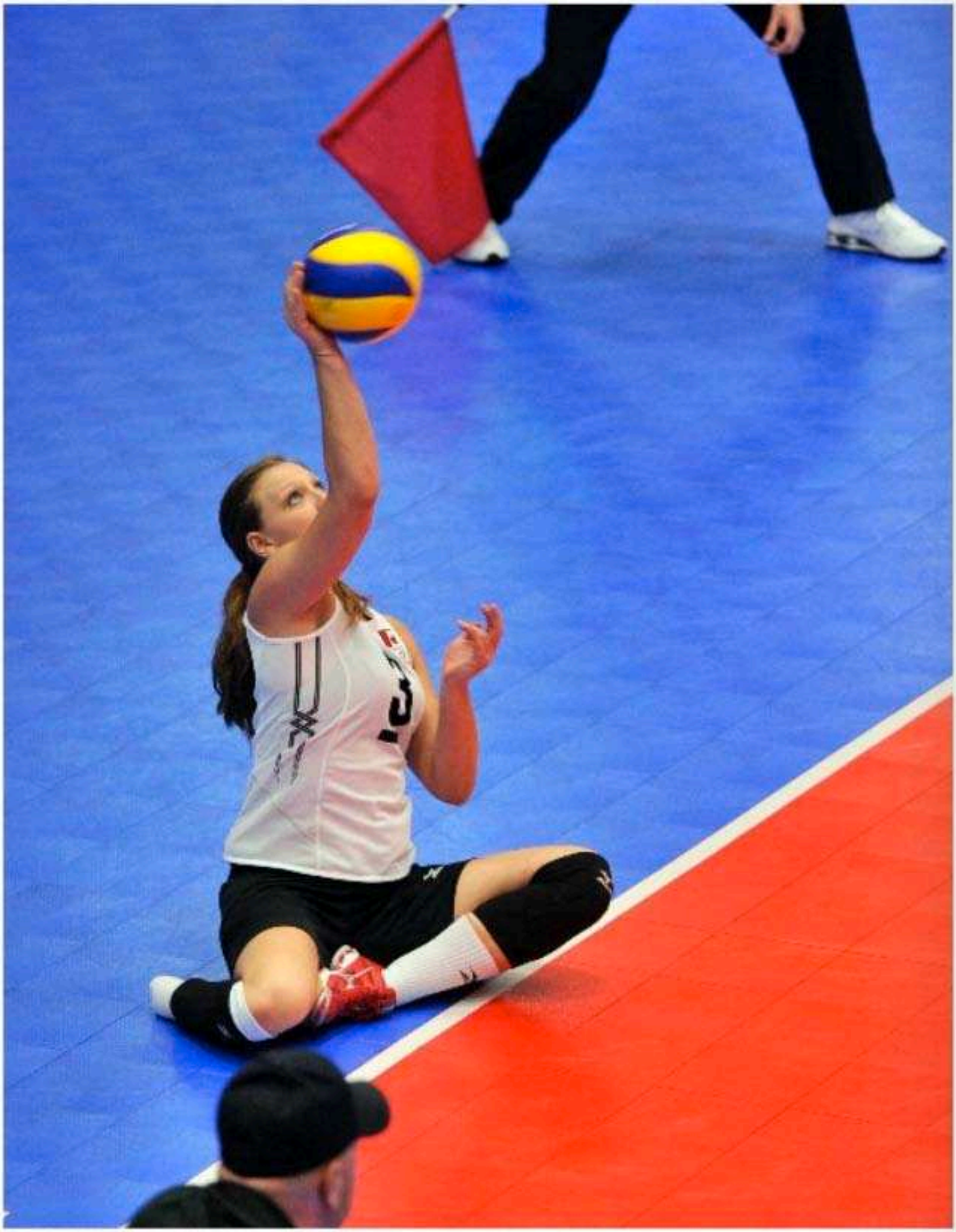
1. Passing from a partner toss
2. Passing with lateral movement
3. Passing with forward and backward movement
4. Passing by varying the height of each contact
5. Passing by playing ball to self first and then passing to partner

Drill #2: Passing with Court Movement (15 minutes)
Start with one athlete in position 2 and one athlete in position 4 introducing ball. One at a time, remaining athletes start in position 5 and pass one ball from each athlete before moving to position 6 and repeat and then position 1 and repeat. The athlete can then go back from position 1 to position 6 to position 5.
Progression: Increase the difficulty of the balls being introduced. Challenge the movement patterns of the passing athletes (W-pattern, short/ long patterns). Challenge the passer by having them dive or move more in between contacts.

Drill #3: Passing in Groups of Three Over Net (20 minutes)
Two athletes start on one side of the net, one athlete on the opposite side. The single athlete introduces the ball to opposite side and athletes have three contacts to send the ball back over, where the single player will reintroduce a free ball. Start the drill off for continuous contacts and then put scoring in place.
Progression: Put guidelines on the type of contacts used (eg: first contact can only be a one arm contact)

Drill #4: Two vs Two Game Play with No Attacking (15 minutes)
Divide the court in half or more and have two on two mini court matches with no attacking. The ball can only travel over the net through a ball control contact. The game play emphasizes the importance of quality ball contacts and the strategic placement and control of third contact balls.

Cool Down and Static Stretching (10 min)



WEEK TWO
SERVING

Warm-Up (20 minutes)

Drill #1: Serving to Partner (10 minutes)
Athletes start on the attack lines and serve back and forth to each other. After 10 consecutive successful serves athletes can move back until they are at the end line.

Drill #2: Serving Against a Blocker and Passer (15 minutes)
Start with one athlete serving, one athlete blocking the serve and one athlete passing. Server serves past blocker to passer who plays ball and between him/her and the blocker, they can put the ball over. Can create a competition scenario where the server needs to score against the two athletes.

Drill #3: Serving to Targets versus Blockers (20 minutes)
Establish targets on the serve receive side. Three blockers are trying to prevent the servers from hitting these targets. Can run on both sides of the court and alternate servers depending on number of athletes. Every time the servers hit a target, they receive a point.

Drill #4: Servers vs Serve Receivers, 6 on 6 (20 minutes)
Similar to Drill #3 except now include blockers and passers. Servers receive a point when they force the serve receivers to put a free ball back into play or when they ace the passers. Serve receivers receive a point for missed serves only.

Cool Down and Static Stretching (10 minutes)

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WEEK THREE
ATTACKING

Warm-Up (20 minutes)

Drill #1: Attacking to Partner (10 minutes)
Athletes sit just in front of the end lines and using attacking techniques, hit over the net to their partner. The key is to transition into the attacking body position.
Progressions: The ball has to bounce under the net to focus on the arm action. Athletes can also set the ball to themselves and attack to their partner.

Drill #2: Coach Controlled Attacking Lines (15 minutes)
Athletes line up in positions 4, 3 and 2 and hit coach controlled tosses. Athletes can hit two in a row to work on transitional movements.
Progressions: Introduce a setter and eventually a free ball over into passers. Attackers can also pass and then transition to attack. Introduce blockers as soon as possible to simulate game situations.

Drill #3: Attacking with Blockers (20 minutes)
Athletes attack against three blockers and starts by passing a free-ball in position 4 and attacking, then transition off and pass a free-ball to attack out of position 3 and then free-ball to attack out of position 2.
Modification: Divide court in half and have two blockers and one setter per half. Athletes then pass and attack out of two positions against blockers.

Drill #4: Attackers vs Defense (20 minutes)
Divide the court in half and have blockers and attackers on both sides. Athletes can only score cross-court to start. Coach tosses in alternating free-balls to attack. Blockers and defenders can overload cross-court to challenge the attacker to find ways to score.
Progression: Attackers can only score down the line from each attacker position.

Cool Down and Static Stretching (10 minutes)

WEEK FOUR
DEFENSE AND BLOCKING

Warm-Up (20 minutes)

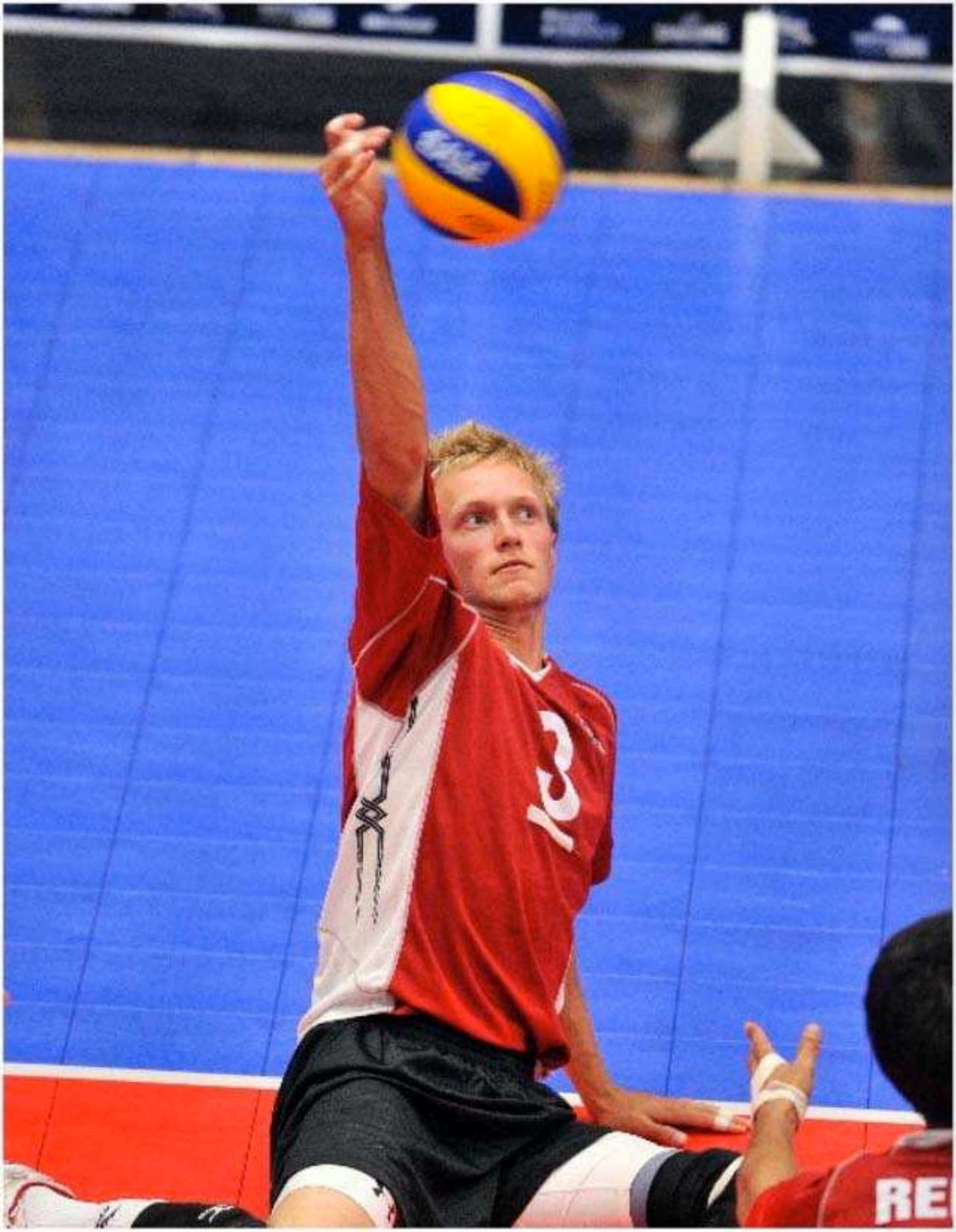
Drill #1: Defense with Partner (10 minutes)
One athlete continually attacks at partner, challenging them with hard driven balls, high, low, tips and roll-shots. The attacker is in control of the drill and constantly pushes the defending athlete.

Drill #2: Defense vs Attackers (15 minutes)
Coaches can begin this drill by introducing the ball from positions 2 and 4. On the opposite side, there will be 3 blockers and 3 defenders who will react to the attack from the coaches. Start this drill slow to ensure that proper technical and tactical adjustments are being made and then increase the speed that the balls are introduced.
Progressions: After each attack, introduce a free ball so that the defenders have to transition out of their defensive set. Can progress to having a setter and two attackers vs the defenders.

Drill #3: Chaos (20 minutes)
Coach in position 3 controls the drill against blockers and defenders. There are attackers in position 2 and 4 going against the defenders. The coach can set the attackers, toss free-balls, attack himself or herself in a random and chaotic pattern to challenge the defenders to continually defend and reset.

Drill #4: Defense Focused 6 vs 6 (20 minutes)
One side is continually on defense and the other side continually on offense. Coach tosses a free ball into the defending side and the must send a free ball back to the attackers. The attackers then run an offense back at the defenders. Defense only scores points when they transition to attack kill.

Cool Down and Static Stretching (10 minutes)



WEEK FIVE
SERVE RECEIVE

Warm-Up (20 minutes)

Drill #1: Rotating Serve Receive (10 minutes)
Six athletes on serve receive side. Coach tosses balls over the net and players pass and then set but no attack. Once the ball is set, players rotate one position and repeat. Ensure that blockers are involved in the serve receive as well.
Progression: Increase the difficulty of the served ball. Give players multiple serves in each rotation.

Drill #2: Half Court Serve Receive (15 minutes)
Divide the court in half and have one server, two serve receivers and one setter/ blocker per half. Start with serves down the line only, passers play the first ball to the setter who sets one of the passers to put a free ball back to the server.
Progression: Switch and have cross-court serves only and then progress to where serve receivers pass one ball from down the line and then one ball cross-court.

Drill #3: Serve Receive to Position Where the Serve Originated (20 minutes)
Start with three servers in positions 1, 6 and 5. Six players on the serve receive side. Each position serves one ball and where that ball comes from dictates where the first contact ball must go on the serve receive side. Examples, if the player from position 1 serves, then the first contact ball must go to position 4 on the serve receive side. A position 6 server equals a position 3 serve receive and position 5 server equals position 2 serve receive.

Drill #4: Servers vs Serve Receivers, 6 on 6 (20 minutes)
Same drill as used during the serving session except now the Serve receivers receive a point for an effective side out. Servers still receive a point when they force the serve receivers to put a free ball back into play or when they ace the passers.

Cool Down and Static Stretching (10 minutes)

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WEEK SIX
OFFENSIVE SYSTEMS

Warm-Up (20 minutes)

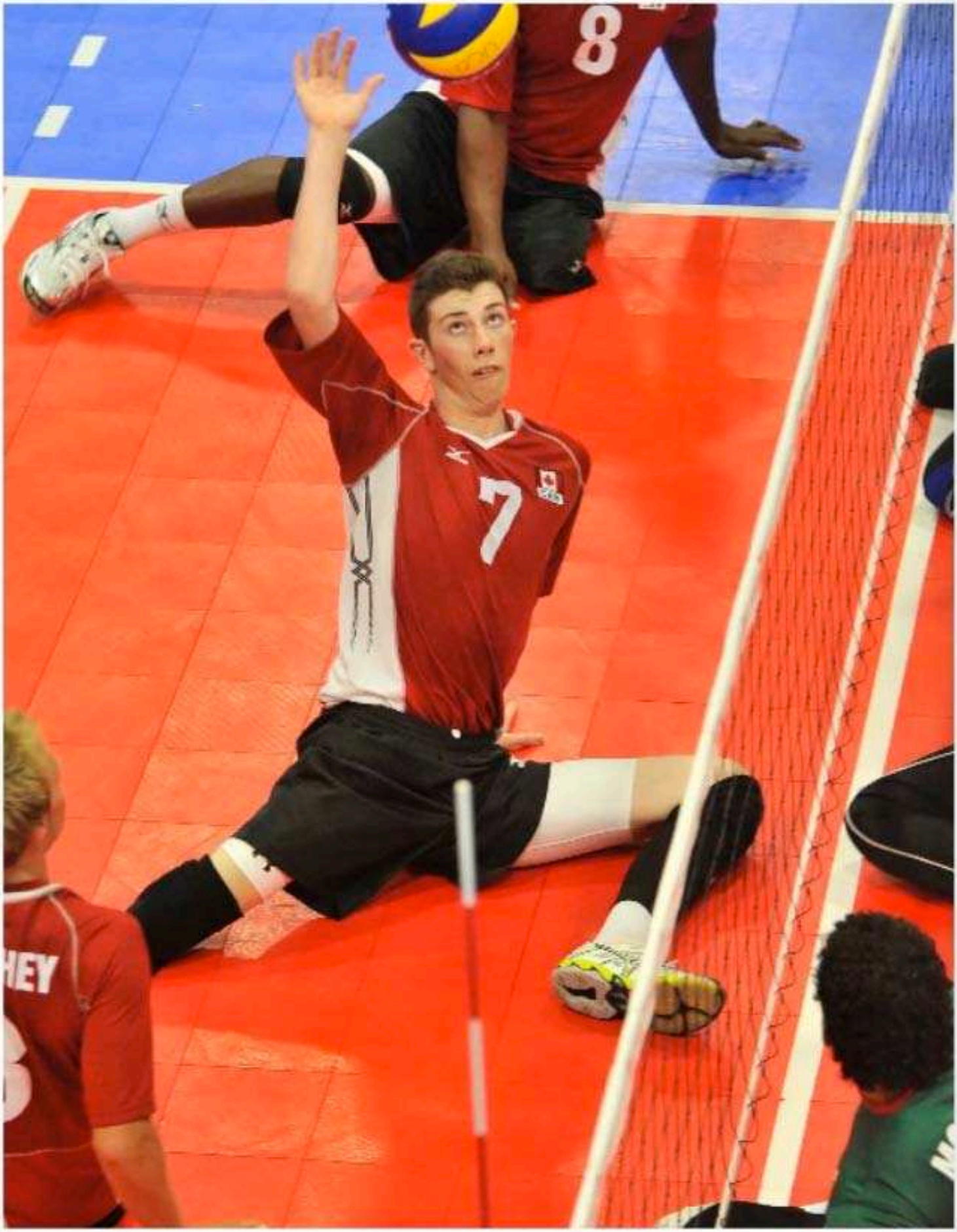
Drill #1: Passing to Attack (10 minutes)
Two athletes line up beside each other in the middle of the court just behind the attack. Establish one setter at the net. Coach tosses in free-balls to the passers and then they split and run an inside front or back set. Athletes follow one after another.

Drill #2: Speed of Set (15 minutes)
Establish two blockers on left side of court and two blockers on right side of court. Place one setter, two passers and two attackers on opposite side of court. Coach tosses in free balls to passers and the first set is run with speed. As soon as the setter releases the ball, the coach tosses in a second ball, which is set as a high ball. Repeat for all hitters.

Drill #3: Middle Runs the Offense (20 minutes)
6 vs 6, with coach tossing in alternating free balls. The offense is run away from the middle that can either run 31's, 41's, 51's or 61's. The middle must make an offensive run every time and the setter must set the long set away from that middle.

Drill #4: Confirm the Point (20 minutes)
6 vs 6 game play where athletes are serving and coach introduces free balls. Rally starts off with a serve and whenever a successful offense is run for a point, that side receives a free ball to run another offense and confirm that point. If a rally is ended but not from an offensive run then there are no points scored and the team serves again (wash).

Cool Down and Static Stretching (10 minutes)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WEEK SEVEN
GAME TRANSITIONS

Warm-Up (20 minutes)

Drill #1: Attack to Transition (10 minutes)
Divide the court into three and have three setters and three passers/attackers. One player on opposite side introduces free ball to attacker and as soon as attack is completed, another ball is quickly tossed in and attacker passes and goes again.

Drill #2: In System/ Out of System (15 minutes)
Played 6 vs 6, with the coach introducing balls. Rally starts with coach tossing in a free ball to receiving side that runs an in-system offense and plays the rally out. At the end of the rally a 2nd contact ball is tossed into the back court and a back court player must set a front row attacker. Teams must score on both rallies to get a point.

Drill #3: Defense Overload (20 minutes)
Played 6 vs 6, with serving and coach introducing balls. Rally starts with the defensive side serving and that rally is played out. The serve receive side then receives a free ball and runs an offense again. Finally, the serve receive side receives a 2nd contact ball and runs offense again. The serving team is on defense for all three rallies and must win 2 out of the three for a point. The serve receive team is on offense for all three and must win all three for a point.

Drill #4: Confirm the Point (20 minutes)
Played 6 vs 6, with serving and coach introducing balls. Rally starts with a serve and then is played out. The side that wins the rally is immediately given a 3rd contact ball from the coach, which needs to put to opposition right away. This ball can be set, attacked, tipped, whatever is deemed to be most effective. As soon as that rally is played out, then the opposing team receives the same 3rd contact ball and that rally is played out. The team that wins two out of the three rallies receives a point and service.

Cool Down and Static Stretching (10 minutes)

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WEEK EIGHT
GAME PLAY

This day is designed to be an opportunity for varied game play. Be creative and include formats such as two on two, four on four and six on six. Use a variety of games, including wash and normal scoring to control the intensity of the matches being played.

This day is also an opportunity to create a tournament style competition and provide prizing for teams and individuals.

In preparation for the matches being played, a competition warm-up can be used. Traditionally, a competition warm-up for sitting volleyball goes as follows:

- Movement patterns (without ball) 5 min
- Dynamic stretching 5 min
- Ball warm-up and pepper 5 min
- Hitting warm-up 10 min
  A hitting warm-up usually takes place with both teams hitting at the same time down the line and then switching sides of the court halfway through.
- Serving warm-up 2 min
  Teams serve back and forth to each other.

An important thing to consider when running a sitting volleyball competition warm-up is that it is difficult for the athletes to 'shag' their own volleyballs. Because of this, it is important to have coaches or volunteers help out and provide the athletes with volleyballs when needed.

Team Canada Women
2010 World Championships (Edmond, Oklahoma)

Team Canada Men
2011 European Continental Cup (Kettering, UK)

SITTING VOLLEYBALL IN CANADA

Sitting volleyball in Canada is still relatively an unknown sport but it is slowly gaining more exposure and development from coast to coast. Nationally, the sport of sitting volleyball is governed by Volleyball Canada (www.volleyball.ca) and any developing programs can be found on their website.

The Volleyball Canada Development Model (www.vcdm.org) is an iniative to the development of the sport of volleyball in Canada across all disciplines. This newly launched website and resource programs provides information on Long Term Athlete Development, athlete development opportunities, technical and tactical education and much more.

The Canadian Paralympic Committee (CPC) is responsible for creating an optimal environment for high-performance Canadian Paralympic Athletes to compete and win in the Paralympic and Parapan American Games, and by promoting their success, inspire all Canadians with a disability to get involved in sport. They have been involved in developing and promoting sitting volleyball programming and more information can be found on their website (www.paralympic.ca).

Canada currently has two national teams for sitting volleyball (one male and one female), that compete internationally in preparation for major games such as World Championships, Para Pan Am Championships and the Paralympic Games.

For more information on how to get involved in sitting volleyball please contact:
disabled@volleyball.ca

For more information on the sitting volleyball national team programs please contact
kmacdonald@volleyball.ca

SITTING VOLLEYBALL RESOURCES

Below is a list of sitting volleyball resources. You can access more information about sitting volleyball by going to each of the websites provided or by using your mobile device to scan the QR code beneath each organization's logo to be taken to their website.

Volleyball Canada	www.volleyball.ca
Volleyball Canada Development Model	www.vcdm.org
Canadian Paralympic Committee	www.paralympic.ca
World Organisation Volleyball for Disabled	www.wovd.info

For more information on how to get involved in sitting volleyball please contact:
disabled@volleyball.ca

For more information on the sitting volleyball national team programs please contact
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