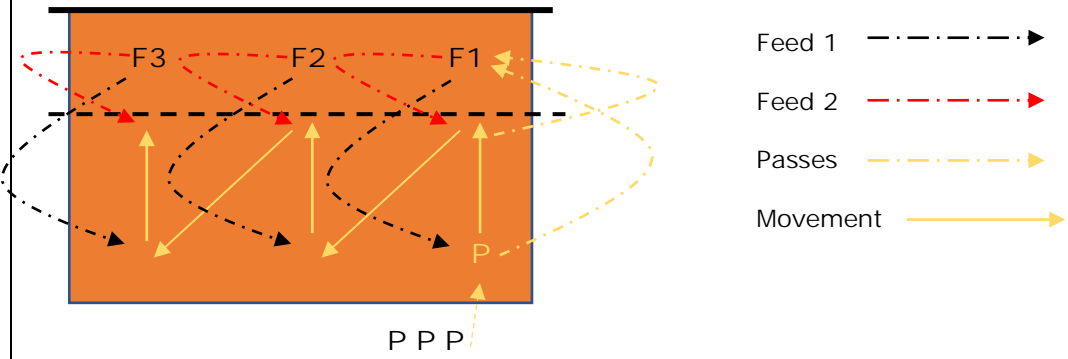
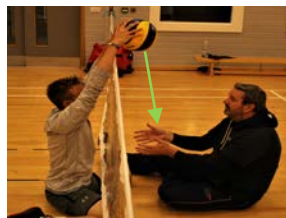


### Sitting Volleyball Session Plan Three

Date:		Time:	
Group: Mixed Male/Female		Ability: Beginner	
Coach:		Learner coach:	
Session goals: Move to play using volleying/digging; introduction to blocking; gameplay.			
Session Health and Safety Considerations: These will differ depending on the training environment; however, things to consider are: that the space to be used is free of obstructions, the sitting volleyball equipment is set up safely and securely, no fire alarm tests are due, access routes to fire assembly points are clear, a first aider is on site, balls are inflated to correct pressure, athletes are fit and well before commencing session.			
Introduction and Warm Up (15 mins):			
Welcome attendees and recap session two. Outline Session 3 goals: Begin warm up with stretching and movement. Suggested warm up with focus on movement and technique:			
<p>(Bird's eye view)</p>		<ol style="list-style-type: none"> <li>1. Teams of 3-4 take it in turns to move as indicated between the blue cones;</li> <li>2. P1 moves laterally, forward, diagonally and then forward, continuing passed the last cone to a volleyball which they <u>volley consecutively</u> against the wall 10 times. They then race back, while sitting, until their buttocks pass the first cone;</li> <li>3. Each player moves between the cones and volleys against the wall;</li> <li>4. Once everyone has had a go, P1 goes again but this time makes 5 <u>consecutive digs</u> against the wall.</li> <li>5. The first team to complete 10 volleys and 5 digs wins.</li> </ol> <p>CP – To make it simpler, players just have to make 10 volleys and 5 digs – they do not have to be consecutive.</p>	
Duration	Coaching Points (CP)/Activities/Organisation		Reference
Move to Play – continuation of session two, focus on reading ball flight, moving dynamically to the falling point to contact the ball.			
10 Mins	Move to play in a group of 3	<ol style="list-style-type: none"> <li>1. Two Feeders (F1 and F2) each with a ball and one Passer (P);</li> <li>2. P starts next to F1, taps the ball and moves back halfway between F1 and F2;</li> <li>3. F1 feeds a high ball and P volleys or digs back to F1;</li> <li>4. P turns, moves to F2, and repeats steps 2 and 3;</li> <li>5. 5 goes each side then switch.</li> </ol>	

10 mins	Move to play in a group of 4	 <p style="text-align: center;">P P P</p> <ol style="list-style-type: none"> <li>1. 3 Feeders (F1, F2 and F3) are spaced evenly across the net;</li> <li>2. The Passer (P) comes into court and F1 feeds a high ball that P passes back, then moves quickly forward to the 2m line where F1 feeds another ball that P passes back;</li> <li>3. P then moves diagonally backwards to receive a high feed from F2, which they pass back, then move forward to the 2m line to pass back another high fed ball;</li> <li>4. P continues across the court dealing with feeds from F3 on backcourt and the 2m line before re-joining the line;</li> <li>5. The next P comes into court and the routine is repeated;</li> <li>6. Once players have been twice through they swap with the Feeders.</li> </ol> <p>CP – Use a bounce if Passers struggle to move to the ball.</p>	
5 Mins	Blocking Fundamentals	<ul style="list-style-type: none"> <li>• Players can put their legs under the net but must not impede the opponent's ability to move;</li> <li>• Players sit close to the net – rule of thumb is with hands on shoulder offer elbows to the net and set base position there;</li> <li>• Establish a base and have hands ready, below the white strip that runs across the top of the net (players must not touch the strip at any time);</li> <li>• Wait for the hitter's arm to draw back to hit, then 'shoot' hands over the net, keeping the body weight forward, reaching up while engaging the core (long and strong);</li> <li>• Press hands over the net, fingers apart – if blocking on the left, turn the left hand into court, if blocking from the right turn the right hand into court.</li> </ul>	

30 Mins	Blocking practice	<div data-bbox="533 220 987 496"> </div> <div data-bbox="1025 225 1570 456"> <ol style="list-style-type: none"> <li>1. Players sit staggered along length of net;</li> <li>2. Using the fundamentals players start with hands just below white strip:             <ol style="list-style-type: none"> <li>a) block middle (both hands facing forward);</li> <li>b) block left (turning left hand into court);</li> <li>c) block right (turning right hand into court)</li> </ol> </li> </ol> </div> <div data-bbox="1025 459 1570 515"> <p>CP – Focus on reaching up, extending shoulders and ‘shooting’ hands over the net.</p> </div> <div data-bbox="533 568 987 826"> </div> <div data-bbox="1025 568 1570 890"> <ol style="list-style-type: none"> <li>1. Players work in pairs sitting opposite each other at the net;</li> <li>2. P1 holds a volleyball just above net height, while P2 has to reach over the net and making a block uses their fingertips to take the ball from P1 bringing it over to their side of the net;</li> <li>3. Reset, this time P1 lowers the ball a little so that P2 has to reach further below the height of the net to pick it off P1’s hands and bring it to their side of the net;</li> </ol> </div> <div data-bbox="510 906 1480 962"> <ol style="list-style-type: none"> <li>4. Keep going to see how far below net height P2 can reach to retrieve the ball;</li> <li>5. Switch over so P2 holds the ball and P1 retrieves it.</li> </ol> </div> <div data-bbox="510 991 1615 1078"> <p>CP – Make sure players resist the urge to lift their buttocks off the floor to reach over the net. Also, make sure the player retrieving the ball doesn’t touch the white strip across the top of the net.</p> </div> <div data-bbox="519 1090 1003 1390"> </div> <div data-bbox="1025 1082 1608 1374"> <ol style="list-style-type: none"> <li>1. P1 and P2 sit opposite each other at the net;</li> <li>2. P1 moves laterally across the net, in any direction they choose, left or right, and P2 has to mirror them;</li> <li>3. As P1 moves, they make blocks over the net which P2 has to make at the same time in the same place (high 5 if they can);</li> <li>4. Once P1 has moved all the way across the net, both players rejoin the line and next two players go.</li> </ol> </div>	
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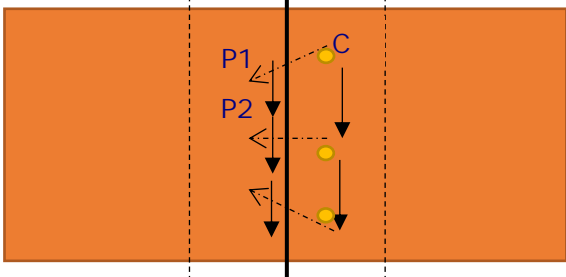
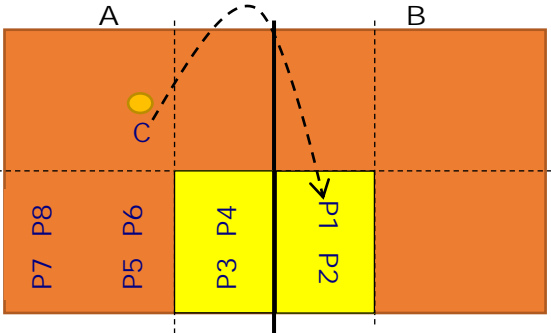


1. Two players sit opposite each other at the net;
2. One player feeds a volleyball vertically from below net height and the other player blocks it as it arrives at net height;
3. 10 goes then switch;
4. **Develop** – so that ball is fed horizontally i.e., ball held just above feeder's head and thrown at speed to blocker, who blocks.
5. 10 goes then switch.



1. Two players of equal height sit opposite each other at the net;
2. Both players put both hands on the ball and joust, i.e., use body weight and upper strength to push the ball against their opponent trying to get the ball to land on the opponent's side of the court;
3. Have 2 or 3 goes, then **Develop** – both players use left hand only, then **Develop** – so both players use right hand only.

CP – A joust occurs above the net between two or more players that forces the ball to become stationary. The sitting volleyball rules say this: *"If simultaneous hits by two opponents over the net lead to a "CATCH", it is a "DOUBLE FAULT" and the rally is replayed. However, a short catch is permitted when the extended contact does not stop the continuity of the play"*. More often than not, a referee will call a let and replay the point if the contact is longer than a second.

		 <ol style="list-style-type: none"> <li>1. Two players (P1 and P2) start at the net, shoulder to shoulder;</li> <li>2. The Coach (C) hits and the Players block;</li> <li>3. P1 and P2 move dynamically to the middle of the court, keeping as close to each other as possible, then set their bases;</li> <li>4. C moves to the middle and hits and P1 and P2 block;</li> </ol> <p>5. P1 and P2 move dynamically to the right-hand side of the court, again keeping as close together as possible, then set their bases;</p> <p>6. C moves to the left-hand side and hit and P1 and P2 block;</p> <p>7. P1 and P2 exit and re-join the line and two more players come into court and repeat steps 1-6. C resets to the right-hand side.</p> <p><u>Champion of the court:</u></p>	
15 Mins	Gameplay	 <ol style="list-style-type: none"> <li>1. Teams of 2 compete for the right to become champions of the court;</li> <li>2. The first two teams come into court (indicated by yellow section);</li> <li>3. To establish who wins the right to become champions of the court, the Coach feeds a high ball to the team on Side B and the rally is played out;</li> <li>4. Whichever team wins that rally has earned the right to stay on court and goes to (or stays on) Side B;</li> </ol> <p>5. The losing team exits and another team comes into court;</p> <p>6. Coach feeds another ball to the champions of the court and the rally is played out. If the team that won the first rally wins, they score a point and stay on court. If they lose, they exit and the winning team moves to Side B;</p> <p>7. Coach fed rallies continue until one team has reached 7 points and are decreed "Champions of the Court".</p> <p>CP – You may want to impose rules, such as 'each team must contact the ball at least twice each time it comes to them'. Blocking should be included.</p>	
5 Mins	Warm down	Players stretch to warm down, either individually or in a group.	