



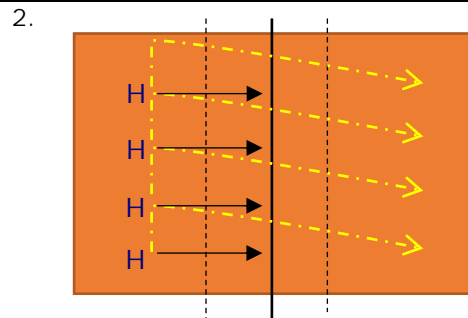


Sitting Volleyball Session Plan Four

Date:		Time:	
Group: Mixed Male/Female		Ability: Beginner	
Coach:		Learner coach:	
Session goals:		Move to play using volleying/digging/blocking; introduction to hitting; gameplay.	
<p>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.</p>			
Introduction and Warm Up (15 mins):			
<p>Welcome attendees and recap session three. Outline Session 4 goals: Begin warm up with stretching and movement. Suggested warm up with focus on movement and technique:</p>			
		<ol style="list-style-type: none"> Two Players (P) start at the net in the blocking position; Coach (C) slaps ball and Ps move to backcourt and slightly apart; C feeds high ball to either P; P calls for the ball and passes to partner; Receiving P catches the ball and recycles to C; As Ps move to backcourt, the next two Ps on side lines move into court and set their base in the blocking position; Repeat steps 2-6. <p>Develop – Test the block before Ps move backcourt.</p> <p>CP – Use a bounce if Ps struggle to move to the ball.</p>	
Duration	Coaching Points (CP)/Activities/Organisation		Reference
3 v 3 – Volleying, Digging and Blocking only			
10 Mins	3v3 (Frontcourt only)		<ol style="list-style-type: none"> 3 Players (P) start on frontcourt on both sides of the net; One team starts with a free ball and a rally is played out which must be 3-touch; Whoever wins the rally scores a point; Players rotate as shown; First team to 10 points wins.

5 Mins	Hitting Fundamentals	<p>The hitting/spike action is the same in sitting as it is in indoor volleyball in terms of the swing mechanics. The obvious difference is movement, because sitting volleyball players slide on the floor to the ball. A few things to consider:</p> <ul style="list-style-type: none"> • When contacting the ball resist the temptation to use the non-hitting arm to push off the floor in order to reach higher – buttocks must be on the floor at the moment of contact (<i>Diagram 1</i>); • Instead, use the non-hitting arm to create stability, keeping it straight and as close to the body at the moment the hit is made, to maximise height (<i>Diagram 2</i>); • Right-handed able-bodied and left leg amputees – use right leg to push and left arm to pull towards the ball (<i>Diagram 3</i>); • Right leg amputees – dig in heel of left foot to pull towards the ball using arms in synchronicity (<i>Diagram 4</i>); • There may be other disabilities e.g., double leg amputee, multiple sclerosis, cerebral palsy etc where different movement is required. Each individual moves differently, and it is about finding a way that is most efficient but which does not exacerbate injury or cause pain. 	<p><i>Diagram 1</i></p>  <p><i>Diagram 2</i></p> 
30 Mins	Hitting practice – Spike action	<p>1. In pairs across court, each player takes it in turn to throw the ball to their partner. Take the ball in both hands and place it behind head, like taking a throw-in in football, so that the ball touches the player's back. Focus on getting elbows high. Throw the ball across to partner finishing with arms fully extended and aiming to project the ball high and loopy across to partner.</p> <p>Develop – Same as above, but using one hand (hitting hand) only. Place hand at bottom of ball and cup it. Still focus on high elbow and finishing with a straight arm;</p> <p>Develop – Now, using one hand, repeat the step above but this time bounce the ball down onto the floor and across to partner. Aim to bounce the ball between knees, getting the hand over the top of the ball to drive it down.</p> <p>Develop – As above, but focus on turning shoulders away and rotating towards target as ball is released;</p> <p>Develop – Throw the ball straight up, inside the hitting shoulder, turn shoulders away and back as the ball is hit down and across to partner.</p>	<p><i>Diagram 3</i></p>  <p><i>Diagram 4</i></p> 

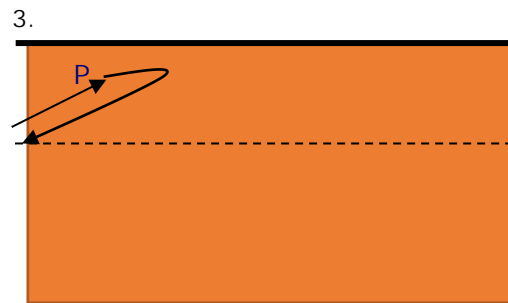
Hitting practice – at the net



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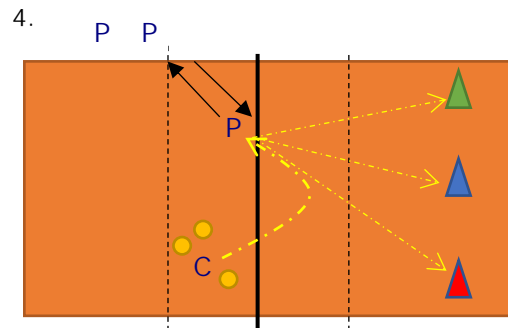
1. Hitters (H) start backcourt, 1-metre in from service line;
2. H throws ball to self and hits across to Target (T);
3. T catches and recycles ball;
4. 5 goes, then H moves forward 1-metre and steps 2 and 3 are repeated;
5. H keeps moving forward until 1-metre from net, 5 goes then switch with T.

CP – The purpose of this practice is for players to begin to understand the need to hit the ball above and in front of them and, as they get closer to the net, the need to reach up as high as possible (without lifting their buttocks off the floor) to contact the ball, focussing on 'capping' the ball i.e., getting their hand over the top of it to impart top spin and drive it down.



1. Player (P) starts at net in block position;
2. P turns 90° facing into court and transitions to attack line as shown;
3. P moves towards net making spike action at same time;
4. Repeat x 5 times.

CP – Left handed players can practice on the right-hand side of the court.



1. Player (P) starts at the net in blocking position;
2. The Coach (C) slaps the ball and P transitions off the net as shown;
3. C feeds a high ball and P slides into ball and hits over the net, aiming for one of the cones. A point is scored for every hit cone;
4. P repeats steps 1-3 five times then exits court and the next player has a go.

25 Mins	Gameplay	6v6 – Coach fed, teams play to 25 points focussing on volleying, digging, blocking and hitting.	
5 Mins	Warm down	Players warm down individually or as a group.	

