



# Volleyball



## Key Stage 1

### BEGINNER Movement

In volleyball, it is important that the players are able to hit the ball into the air and attempt to keep it in the air. This section helps develop the hand motion to hit the ball up into the air.

#### Introduction

Give each player a balloon and mark out an area for the players to move within. Ask the players to first stand still in a space and hit the balloon into the air. Then ask the players to do this while moving around the area fast, slow, backwards etc.

#### Game: Hands of My Balloon

Mark out an area using cones. Give each player a balloon and ask them to hit the balloon into the air while moving around the area. The idea of the game is to hit the balloon into the air and keep it in the air, while at the same time trying to knock another player's balloon out of the area. If a player's balloon gets knocked out of the area or touches the ground, then that player is out. The last person with their balloon still in the area is the winner.

### INTERMEDIATE Keep the Ball Up

The players need to be able to keep the volleyball in the air. This section allows players to get used to the feel of a volleyball and the technique for hitting the ball up.

#### Introduction

Mark out an area for the players to move within. Ask the players to begin moving within the area. As the players are moving within the area, introduce a volleyball. The players must pass the volleyball among themselves and keep it in the air. If the players are capable, introduce another ball and then another.

#### Game: Keep It Up

Split the group into teams of three or four. Mark out an area for each team. Give the teams a volleyball each. After starting the game, ask the players to keep their ball in the air but each player is only allowed one touch before a teammate must hit it. When a team's volleyball hits the floor or goes outside the area, then the team is out. The team remaining at the end is the winning team.

### ADVANCED Over the Net

The players need to be able to hit the volleyball back to the opposing team or to another player in their own team. This section allows players to get used to passing the ball and the technique for hitting the ball over the net.

#### Introduction

Demonstrate to the players how to hit a volleyball. Firstly, show them how to serve a volleyball then how to return a volleyball. Pair up the players and give them one ball between each pair. Ask the players to practise both these techniques between each other.

#### Game: Over the Net

Keep the players in the same pairs. Ask the players to practise serving the ball and returning the ball over the net to their partner. At first, keep the net low when the players are beginning. Once a pair have dropped the ball or hit the net, then that pair are out. The pair remaining at the end get a point. In the next round, increase the height of the net and ask the players to continue. The pair with the most points are the winners.



### General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Use sitting volleyball to introduce concepts of the game then if appropriate begin to play standing volleyball.

### Physical Disability

- Reduce the size of the court for players with mobility difficulties.
- Lower the net, if necessary.
- If several wheelchair users are playing, they may need to use a bigger ball.
- Use a ball that is appropriate for the group of players, for example use a sponge ball, beach ball or a balloon if necessary.
- A player with mobility difficulties could be a server.
- Allow players to catch the ball first if they have difficulties with motor skills and co-ordination.
- If some players are wheelchair users, mark out an area for them to stay within to avoid collisions with other players who are not wheelchair users.

### Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

### Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Allow an adult or 'seeing' player to guide them around the court using directions or a hand on their shoulder.