



Volleyball



Key Stage 2

BEGINNER Volleying Ball

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 the feel of a volleyball and the technique for hitting the ball.

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.

INTERMEDIATE Two vs. Two Game

It is important to get the players used to the concept of the volleyball game. If the game has only two players in each team, the players will get used to passing the ball and also competing against another team. In this game, stress the importance of hitting the ball up into the air to the other team.

Game

Using the same pairs as the previous game, allow the players to take part in a two vs. two game. Set out a court using cones, if there are no line markings, and use a net at an appropriate height (perhaps even start with no net). Explain the main rules in volleyball to the players but also relax some rules if necessary, for example serving, if the players are finding it difficult then they can serve with an underarm throw. Explain to the players that they have a maximum of three touches to return the ball over the net. Explain to the players that if the ball does not land in the marked area then the team who hit the ball out lose a point. The idea of this game is to develop the necessary skills for a full game.

ADVANCED Game

Now that the players have had the opportunity to practise the essential skills necessary for a game, introduce a game with more players in each team and adjust the net height. Also introduce the idea of grounding the ball on the other team's side of the net, making it more difficult to return the ball.

Game

Now that the players know the basic concepts they need for playing a game of volleyball, introduce the serving rules and show them where their serve should be from (behind the back boundary line of the court). Divide the group so there are five or six players in each team. A team may touch the ball consecutively three times, but no one player can touch the ball consecutively twice. A team will gain a point by grounding the ball on the other team's side of the net or if the other team makes a fault, for example if they do not return the ball within three touches or the ball touches the net.



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.