




Sitting Volleyball Session Plan One

Date:		Time:	
Group:	Mixed Male/Female	Ability:	Beginner
Coach:		Learner coach:	
Session goals:	Focus on movement; move to play; volleying building to 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 from obstruction, 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 introduce yourself. Outline session goals. Begin warm up with stretching and movement. Work in groups of 5-6 with players in a big circle. Mix stretches with movement, for example, players move clockwise and anti-clockwise keeping size and shape of the circle they are working in. They can move 360 degrees, returning to their starting position, or just two shuffles to the left back to their starting position then two shuffles right and back to their starting position. They can also move into the middle of the circle and back out, perhaps doing a team call when they all meet in the middle.			
Duration	Coaching Points/Activities/Organisation		Reference
Basic Movement – Movement is fundamentally important but everyone moves differently depending on their mobility and stability. Finding the optimum way to move can take time and for disabled/injured players it is important not to ask them to move in a way that will exacerbate their injury or cause pain. Players will know their own body and what it can/cannot do, so emphasise the need for them to try different movements to find out what works best for them.			
10 Mins	<p>1. Players (P) spread out along the length of the court, facing into court.</p> <p>2. They move forwards to the other side of the court, turn around and move back to where they started.</p> <p>Develop</p> <p>3. Players set up as per diagram 1. Using one leg to push forward and opposite hand to pull, they move across court and back.</p> <p>Coaching point – Right-handed lower limb amputees may still be able to move like this, but if their right leg is missing they are more likely to use their left leg to pull themselves forward.</p>		<p>Diagram 1</p>

	<p>1. Players now turn away from court and move backwards to the other side of the court, turn and move backwards to where they started.</p> <p>Develop</p> <p>2. Repeat, but this time players raise knees and use heels and hands to push themselves, focussing on 'cycle' movement as shown in diagram 2.</p> <p>1. Players now face the net and move sideways across court and back to where they started.</p> <p>Develop</p> <p>2. Repeat, but this time focus on keeping hands behind back to create space to move as shown in diagram 3. Use heels to transition across court.</p>	<p>Diagram 2</p>  <p>Diagram 3</p> 
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Duration	Session Content	Coaching Points (CP)/Activities/Organisation	Reference
5 mins	Judging the peak of the ball	<p>Players take a volleyball and find some space. Throw the ball in the air, move underneath it and let it drop between legs (knees). The ball mustn't bounce so 'cap' hands over the top of the ball before it bounces. This is encouraging proper movement to the ball.</p> <p>Develop, so at peak of ball, player claps hands then caps it between legs (knees).</p> <p>Develop – Throw ball high and rotate 90 degrees and trap ball on the floor between legs (knees).</p> <p>CP: Explain peak of the ball. Need to judge the ball's falling point based on its speed and upward trajectory and peak i.e., the highest point before the ball falls;</p> <p>Throw the ball higher or further away to challenge yourself;</p> <p>Don't catch ball in mid-air and pull it down to the ground!</p>	

10 mins	Move to play in pairs	<p>In pairs, one player feeds a high ball to their partner who is sitting about 5 metres in front of them. The feeder slaps the ball and tosses it high and in front of the player. The player judges the falling point, moves behind the ball and 'caps' it as it hits the floor. The player resets and the feeder tosses another ball. Repeat 7 times then rotate.</p> <p>Develop – Feeds are made 1-1.5 metres to the left, right and behind the player forcing them move dynamically to the ball's falling point and 'cap' the ball.</p> <p>CP: Players focus on moving to the ball and finishing with their shoulders square to the feeder.</p> <p>Use a bounce if players struggle to move to the ball.</p>	
5 mins	Keep the ball in the air	<p>Players assemble into equal sized groups and form a circle. Using a beach ball pass to each other keeping the ball off the ground. How many passes can they make?</p> <p>Develop - Make it competitive. The team that makes the most consecutive passes wins.</p> <p>CP: Rule – each player can only touch the ball once and must keep their bottom on the floor when they contact the ball.</p>	
10 mins	Volleying fundamentals	<p>Stay in the same circle, but replace beach ball with conventional volleyball. Each player takes it in turns to stand in the middle of the circle and feed a high, under-arm pass to each player in the circle. The receiving player lets the ball bounce between their knees and catches the ball above and in front of their head. Return the ball to the passer who goes all the way round the circle and then swaps in with another player.</p> <p>CP – Focus on extending elbows out in a lozenge shape and use ball-shaped hands to catch the ball.</p> <p>Develop – Players now push the ball back to the passer rather than catching and returning.</p>	
10 mins	Gameplay 1 v 1	<p>Players get into pairs and sit opposite each other at the net. Designate a baseline (usually the white line of a badminton court).</p>	

20 mins	Gameplay 6 v 6 (or equal teams)	<p>One player feeds a high ball over the net which the receiver allows to bounce, moves their body behind the ball and volleys back. Rally is played out and a point is scored if ball goes beyond the baseline or a mistake is made. Play to 7 points.</p> <p>Two teams of 6 assemble with each comprising 3 front court and 3 back court players.</p> <p>Teams use a beach ball to play a rally. The only rules are their bottom must be on the floor when ball contact is made and they can't touch the ball twice in succession (someone else has to have a touch). Play to 10 points.</p> <p>CP – Explain that in sitting volleyball a player may only touch the ball twice in succession where their first touch is a block followed by another contact.</p> <p>Develop – Must have two touches before the ball is played over the net.</p> <p>Develop – Must have three touches before the ball is played over the net.</p> <p>Develop – Must have three touches before the ball is played over the net and one of those touches must be from a back-court player.</p> <p>Develop – As above, but when ball is played over the net the front and back court players switch.</p>	
5 mins	Warm down	Players stretch to warm down, either individually or in a group.	