

# Skill development - Volleyball skills

**Volleyball** - These activities help young people who have different abilities to play volleyball in different ways

## **Age Range**

School-age young people

## **What you need**

- Balloon or beach balls
- Net, rope or chairs to act as a barrier, and for sitting.

## **How to play – game basics**

### **Version 1: Balloon Volleyball**

- The group begin sat close together in a circle facing inwards, a balloon is thrown in and the group have to keep the balloon off the floor by using their palms and fingers.
- Gradually introduce more balloons, so that the group have to become more active and cooperate to keep them off the floor (maybe for 10 secs).

### **Version 2: Blanket ball**

- Each team uses a blanket, sheet or plastic sheeting or similar.
- Teams begin by playing with a ball each and work together to toss and catch their ball in the blanket.
- Each team gets together with another team. Using one ball, they toss and catch the ball between teams.
- Finally, using a barrier (for example, net or rope) and basic court, the teams play a competitive game. Teams toss the ball over the barrier and score if their opponents fail to catch the ball or throw the ball 'out'.

### **Version 3: Volley-all**

- Raise the height of the barrier (to approximately 1.5-2.0 metres height). The players form two teams, one on either side of the net; some players sit close to the net in chairs, and others stand at the back of the court forming a front and rear zone in each team. Each group of players, standing or seated, remains within their own zone.



## **Something to think about**

Good communication between players, whether batting or fielding, can help the team and individuals to perform better.

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BESO can be applied to adapt or modify the activity as in these examples.

## **tegeBar (Task)**

- Players can decide roles within each version of the game; for example, some can 'set' the ball up by playing it into the air to enable other players to attempt a scoring shot.

## **hEzebe (People)**

- Smaller groups can enable players to be more involved in the activity.
- Some players can stand outside the group and play deflected balls back into the game.

## **quSaquse (Equipment)**

- Change the density or size of the ball to increase the speed of play; this can improve coordination, but do not move on until players are competent with slower balls.

## **bOta (Space)**

- Increase the space between players as their skills develop.

## **Safety**

- Take care when hitting the ball; do not hit a ball directly at another person.

## **How to improve**

- Individuals can try tossing and hitting a slow-moving ball or balloon to develop their skills before joining in a game.



## **Extension game – Sitting volleyball**

- Players form two teams grouped on either side of a low barrier, rope or net. Players use a slow-moving beach ball using basic sitting volleyball rules (virtually identical to the standing version) which include;
  - a player's back or bottom has to be in contact with the floor when playing the ball
  - no double hits are allowed
  - maximum three team hits before hitting over the net
  - players rotate on regaining possession

See also the **Sitting Volleyball** activity card