



Australian Government
Australian Sports Commission

SPORTS ABILITY

Sitting Volleyball

Keep it up

A lead up game to Sitting Volleyball that develops basic volleyball skills.

Learning Intention

To practice hitting the ball into the air so that teammates are able to make another shot.



Skill Focus

Shot placement, spatial awareness, striking



What you need

- Suitable indoor or outdoor playing area
- Balloon, beach ball, or lightweight volleyball



What to do

- Players sit in a circle, close together on the ground or in chairs.
- Using fingers and hands (but no feet or legs), players must keep a balloon or slow-moving ball off the ground.
- As players' skills and reactions improve, introduce different density or faster-moving balls.



Add more balloons to challenge the players



Curriculum links

ACMPMP043, ACPMP045, ACPMP061, ACPMP080

F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Keep everyone involved by ensuring groups are not too large.
- Encourage players to cooperate with each other to keep the balloon floating. Where should they direct the balloon?
- Introduce simple technique first e.g. keep your palms up.
- Encourage students to call for the ball if it is going near another player.

Rules

- Allow players to play the ball off one bounce initially.
- Introduce some volleyball-based rules, e.g. no double hits.
- Try playing the ball in a specific order. Give everyone a number to make this easier.

Equipment

- As skill level develops, add more balloons. This encourages players to cooperate to keep them all 'afloat'.
- Gradually move towards faster-moving balls, e.g. balloon > beach ball > lightweight volleyball.

Environment

- Introduce a specific playing area. Mark this with markers or lines on the ground.
- Divide the group into two equal teams who face each other. Continue to play cooperatively without point scoring.
- Introduce a barrier. Begin with a line on the ground.
- Introduce volleyball rules and play for points.
- If appropriate, introduce movement by standing to play.

Safety

- Play sensibly. Don't hit the ball directly at another player.
- Be aware of other players.

Ask the players

- How can you ensure the balloon/ball stays in the air?
- How can you work together to ensure the ball/balloon stays off the ground?
- Where should you aim to hit the balloon/ball in order to make it easier for the next person to play a shot?