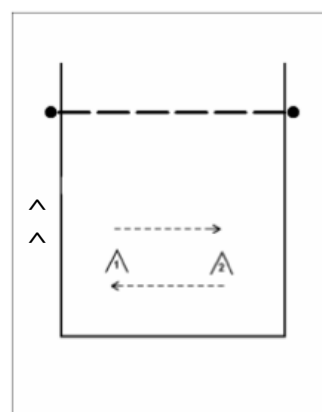
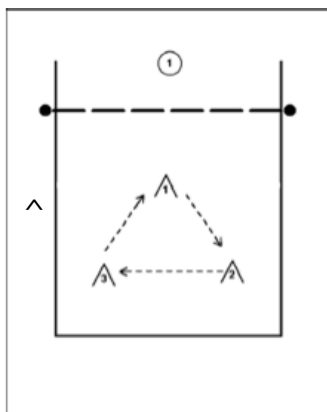
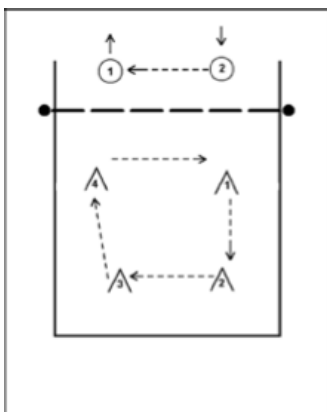


Circulation Volleyball – Sitting Volleyball

Stage 1: Varying ages, minimal experience

Game procedures:

1. 6 on 6 (regular court) or 4 on 4 (smaller court): Any extra players form a line off the court. Players catch and throw the ball over the net and try to get their opponents to misplay the ball or ground the ball on their opponent's side of the net.
2. To start and resume the game:
Toss the ball over the net from any area on the court-any team, any player may do this.
3. When the ball is caught upon coming over the net, it is thrown to a teammate, who then also throws it to another teammate, who then throws it over the net (three contacts). No walking with the ball.
4. When a teammate throws the ball over the net, the whole team rotates one position clockwise – must remain in sitting position. *This adds movement and excitement to the game.*



5. If the ball is mishandled (ie. dropped, thrown out of out of bounds or into the net), the player leaves the court and joins a line beside the court. When the ball hits the court, the player who is the closest to the ball leaves the court. When there are just two players left, they switch positions when one of them throws the ball over the net.
6. When one of the players of a team catches a ball that comes from the opposite team, the first player waiting in the line off the court returns to the game.
This creates a cooperative atmosphere and player interdependence.
7. When one of the teams loses all their players (no players left on the floor) the opposing team earns one point. Then all players return to the court and the whole game starts again. Timed games.

Variations to add challenge:

Encourage players to play the ball in a specific way. Examples:

- Toss the ball with the arms outstretched (similar to arm position for a forearm pass).
- Push the ball from over the head (from a similar position and utilizing a similar movement to the overhead pass).
- Throw the ball with one hand above the head (the basic movement for the spike)