
Sitting Volleyball Games for Younger Ages

As for conventional volleyball, it is difficult to teach younger age groups the basics of sitting volleyball. However, as long as some key principles are kept in mind, the foundation of sitting volleyball can be set using fun games and modifications of game formats used in conventional volleyball. Games can also be appropriate for a wide range of age groups.

An added difficulty when teaching sitting volleyball is the fact that athletes sit on the floor when playing the game. Moving on the floor while sitting is difficult, and many of the games listed here are designed to assist in learning that fundamental skill in a fun way.

It is important to keep in mind that games must be: fun, safe, competitive, inclusive, and educational.

They must also provide maximum participation, focus on skills, meet the needs of players with different abilities, encourages efficient and effective movement, and provide a progression of skills.

Below are some examples of games that can be used to build the foundation for sitting volleyball. They will hopefully stimulate you to create your own games! Be creative!

Tag

Object: To not become 'IT!'

Equipment: Gym floor

Description: Participants move around the floor while sliding on their buttocks, all the while trying to avoid becoming 'IT'. Any number of participants. All ages.

Variations:

- More than one person 'IT' at a time
- Start with one person 'IT', and each participants whom he/she touches becomes 'IT' as well, until everyone is caught.

Ball Slither

Object: To send the volleyball to the end of the line and back as many times as possible without dropping

Equipment: Gym floor, volleyballs

Description:

- Participants sit on the floor and form two lines facing one another.
- Participants should be arm length apart, and the lines should be about 1.5m apart.
- The ball starts at one end, is thrown in a controlled way to the first person across, who catches it and then then throws it back across to the next person, etc., all the way down the line and back.

1 3 5 7 9
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2 4 6 8 10

- If the ball is dropped, the count starts over

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Variations:

- Use different types of balls (lighter, bigger) for different age groups
- Introduce movement to the game (changing lines after releasing the ball)
- Have two groups compete against each other

Hot Volleyball

Object: To send the volleyball over the person in the middle of the circle without making an error

Equipment: Gym floor, volleyballs

Description:

- Participants sit on the floor in a circle about arm width apart, one participant starts in the middle.
- One person throws the ball to another player in the circle, using overhand pass movement, over the person in the middle, who is trying to intercept while remaining sitting with buttocks on the floor.
- The recipient catches the ball, then passes the ball in the same manner to another player.
- Passing and catching continues until:
 - the ball is dropped – player who dropped the ball goes into the middle;
 - the ball is intercepted – the player who threw the intercepted pass goes to the middle;
 - the leader blows a whistle – the player with the ball when the whistle blows goes to the middle.

Variations:

- Use different types of balls (lighter, bigger) for different age groups
- Introduce movement – rotation whenever there is a new player in the middle

Odd Ball

Object: To have as few balls as possible in your team's possession when the whistle is blown.

Equipment:

- A good number of volleyballs (or other types of balls) per game
- Nets and standards

Description:

- One team is seated on each side of the net, with an even number of balls per side.
- On a signal, each team begins throwing the balls to the other team. Balls are caught and thrown back over the net.
- You want as few balls as possible on your side of the net when the whistle is blown.
- One point is given for each ball in the team's possession at the end of the game, and the team with the lowest score is the winner.

Notes:

- Players must move while sitting on the floor.
- Assistants (or other players) can help to prevent balls from going too far outside the court.

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Variations:

- Use an underhand serve, forearm or overhead pass rather than throwing the ball over the net.

The Harvest

Object: To collect all the items on the court and place them in the basket

Equipment:

- A lot of anything that can easily be picked up and carried – be creative!
- One court with nets and standards
- Hula hoops

Description:

- Items are scattered throughout each side of the court – make sure there are the same number per side. Place a hula hoop in the middle of each side.
- Two even teams are seated on either side of the net.
- On a signal, each team begins moving around the court on their buttocks and collecting the items one at a time – not allowed to carry more than one item at a time.
- Once an item is collected, it must be placed in the 'basket' (hula hoop).
- Once all items have been collected by one team, that team's players must hold onto the hula hoop and yell their team name.

Variations:

- Place the hula hoop elsewhere on the court or even off the court to make movement more challenging.

Target Games

Object: To throw objects at targets with accuracy

Equipment:

- Objects to throw: beanbags, balls, anything! Be creative and fun!
- Targets: pylons, hula hoops, etc.
- Sitting volleyball net and posts (or even a string tied between two chairs)

Description:

- While sitting on the floor, objects are thrown at targets placed on the floor, or slightly raised.
- Objects are thrown using basic volleyball motions to simulate: underhand serve, forearm pass, overhead pass, spike.

Examples and variations:

- Place a hoop on the floor, participants sit ten (10) feet away and attempt to throw the object into the hoop
- Place an object on a pylon, participants try to hit it off by throwing another object
- Place the hoop on the other side of the net, participants try to throw the objects into the hoop
- Can be just for fun or can be competitive