

Ready Positions

There are two ready positions commonly used in sitting volleyball depending on the situation presented.

Reception ready position is used primarily for serve receive and it allows the athlete to move behind the ball before contact.

Defense ready position is lower to the ground and has limited abilities for weight transfer. Instead, the body positioning is lower to the floor and 'loaded' to respond to where the ball is directed.



Position #1: Reception

Sit tall with chest and head up

Place legs comfortably in front of body or slightly to the side with the knees slightly bent

Arms down beside hips with hands on the floor ready to push in any direction

Stay alert and use both hands and feet to move behind ball once in play

Position #2: Defense

Keeping back straight and head up, lean forward at the waist

Legs are bent and angled to the side, widening the amount of court covered and allowing body to get closer to the floor

Once in position to receive the ball, lift arms in front of body with elbows extended and palms up

