

Sitting Volleyball



Image: © Australian Paralympic Committee

This resource explains how to put on a game or tournament of sitting volleyball.

Sitting volleyball is one of the fastest and most dynamic games in the Paralympics. It was introduced in the 1980 games and has featured ever since.

Sitting volleyball is played in the same way as regular volleyball except that all players must sit on the ground at all times. Deduct points from teams that break this rule!

Aims

This game helps young people to reflect on the concepts of dignity, independence and cooperation and how they apply to all people.

You will need:

- A ball: a lighter ball like a volleyball is ideal.
- A net: a normal volleyball or tennis net will do. It may need to be lowered.
- Players: 4-6 per team, with as many teams as you can involve in a tournament.
- Time: 5-10 minutes per game and 10 minutes for debriefing.
- Space: A hall or court. A Paralympic volleyball court is 10 x 6 metres. If your court is too big it's hard to move around as needed.

Instructions

Round one: Play for 5-10 minutes. The ball needs to be kept in the air and can be touched as many times as needed to get the ball over the net.

Round two: Select one team and ask them to stand. Play another game with one team sitting and the other standing.

If time, play another round where the standing team is also allowed to communicate with each other and the seated team must be silent.

Debrief

Pair up each player in the seated team with one in the standing team and ask them to reflect on these questions:

- How did you feel in the first round?
- And the second round?
- How did you feel about the match result? What emotions did you experience?
- What does this indicate about rules, fairness, participation?

Rationale

Disabled people are among the most disadvantaged people in the world and are over-represented among the poorest of the poor. There is a strong link between people who have a disability and poverty. Many of the local experts with whom CAFOD works overseas use sport with different groups to promote equality, respect and inclusion. In many countries, CAFOD helps disabled people become valued members of society.

CAFOD in Bangladesh

Around a tenth of people in Bangladesh have disabilities. From severe physical or mental illnesses to a visual impairment correctable with glasses, many people suffer prejudice and discrimination.

'ADD', one of the local organisations supported by CAFOD in Bangladesh, works with children, young people and adults who have disabilities, helping them to overcome social stigma and discrimination. The organisation brings disabled people together in groups to talk about the problems they are facing and to demand change.

Abdur's Story

Abdur Rahim has faced discrimination because of his disability. He went along to an ADD programme:

“Since I've been involved with the group, I get more respect in the workplace and from the local leaders. It has helped me find a place in the community. I have a dream that I can become a local leader myself, and this will help me to do something for other disabled people.”

