



Sitting Volleyball Skills



Spiking

Start with the body 4-5 feet away from the net
 Move towards the ball by using your arms and pushing with your lower body
 Pull back your hitting arm as if you were pulling to shoot a bow and arrow
 Swing your arm forward fast, reaching as high as you can while rotating your shoulders
 Direct the ball in part by turning your wrist in different directions as you follow through

Forearm Passing / Dig

Thumbs together and even in height
 Point thumbs downwards
 Keep arms fully extended to create a platform with your forearms
 Direct the platform angle to rebound the ball towards your target



Differences Between Olympic and Paralympic Volleyball

Olympic

Net height: Men – 7'11", Women – 7'4"
 Court Size: 18m long x 9m wide, divided in half by the net
 Illegal to block a serve
 Feet must be behind the service line at contact

Paralympic

Net height: Men – 3'9", Women – 3'5"
 Court Size: 10m long x 6m wide, divided in half by the net
 Blocking a serve is legal
 A player's bottom must be behind the service line (feet can cross)
 A player's bottom must be touching the ground when the player contacts the ball

Overhead Passing / Setting

Open hands and spread fingers into a ball shaped "cup" above the forehead
 Allow the wrists and hands to be loose
 Make a triangle with the thumbs and pointer fingers
 Flick the wrists and extend the arms to push the ball to the target



Blocking

Start with your hands down, ready to move side-to-side
 Once in position, raise arms with hands open wide and fingers spread apart
 Turn wrists outwards so the thumbs point upwards
 Watch the hitter, not the ball
 Extend your arms across the net without touching it
 Flick your wrists toward the middle of the court



Movement

Ready Position

Legs in front of you, slightly bent
 Arms down with hands on the floor ready to push in all directions
 Stay alert and ready to move



Moving

Forward

Push with hands, pull with heel or feet

Side-to-Side

Extend arm toward direction wishing to go

Use arm to pull forward

Push with legs

Backward

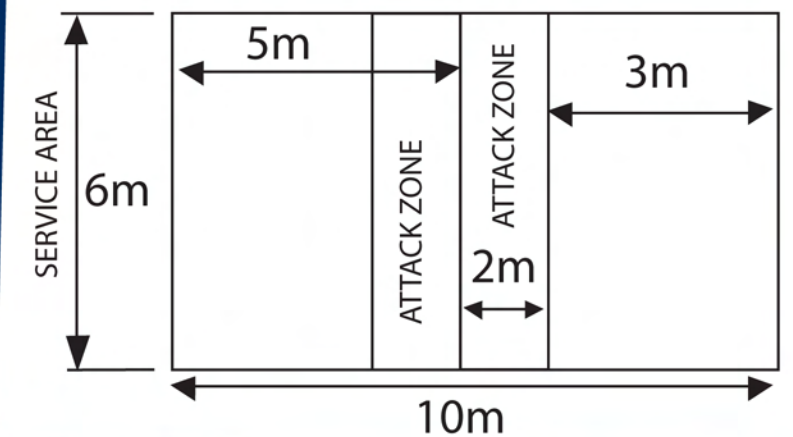
Push with heel or feet, pull with arms



Serving

Breathe. Patience. Relax – Your OPPONENTS are the nervous ones
 Pull back on your hitting arm as if you were going to shoot a bow and arrow
 In your non hitting hand, raise the ball to shoulder height with your arm in front of you
 Toss the ball gently 1-2 feet out of your hand
 Swing through the ball to your target
 Snap your wrist for top spin; keep wrist rigid and consistent for float

Sitting Volleyball Court Diagram



To start playing contact sittingvolleyball@uco.edu

