

VolleySLIDE Workshop

A template for those looking to introduce Sitting Volleyball



The VolleySLIDE programme consists of various educational materials, each designed to support those looking to initiate early activity and get new people playing some form of Sitting Volleyball.

This VolleySLIDE Workshop template is designed to be the start point for anyone looking to run an introductory practical/theory session with potential players, coaches, volunteers or others. Organisers are welcome to adjust the structure and/or content as required to fit their own objectives or participants needs. Or it can be delivered as is outlined here.

Content covers all the key practical sport information, ensures that participants experience the unique sensation of playing Volleyball sat on the floor, whilst demonstrating the different options and variations that exist when organising it.

Suggested Specifics:

<i>Duration:</i>	3 - 5 hours (depending on participant start point)
<i>Tutor(s):</i>	Self-led by any sports teacher or coach e-mail volleyslide@worldparavolley.org
<i>Participant numbers:</i>	Up to 20 (suggest a minimum of 8 to allow for game play situations)
<i>Requirements:</i>	Theory space – Tables and chairs facing a projector (sound and internet advisable) Practical space – sitting volleyball court and around 1 volleyball per participant (ideally with some extra balls of varied sizes/weights)
<i>Target audience:</i>	<ul style="list-style-type: none">✓ Teachers with an interest in sport✓ Community sports coaches✓ Disability sports coaches✓ Volleyball coaches✓ Interested volleyball players✓ Physiotherapists✓ Rehabilitation workers✓ Others from the medical profession

Tutor Guidance:

The emphasis should be on making the workshop engaging and enjoyable. The minimum is that every participant leaves a 'Sitting Volleyball Advocate', meaning that they will help spread awareness about the sport and point anyone that they encounter with a disability towards Sitting Volleyball.

Tutors should undertake their own risk assessment of the workspaces as well ensure that they have the relevant medical information available for the participants and liability insurance.

Tutors should be aware of the opportunities to play, coach, referee, lead or volunteer in the nearby vicinity of the Workshop and be prepared to answer any question that is generated by the group about the sport locally, nationally and worldwide.

After each workshop, Tutors should signpost participants to the VolleySLIDE section of the World ParaVolley website and the 'Central Resource Base' (<http://bit.ly/sittingvolleyball>)

Suggested Structure:

	<i>Topic:</i>	<i>Suggested Duration:</i>	<i>Content:</i>	<i>Linked VolleySLIDE / WPV Resources*:</i>
1	What is it all about? <i>(Theory)</i>	20-30 minutes	Introduction & objectives Basic rules & history of the sport Preconceptions & Differences Game characteristics Setting up a court and net	Full Resource (4-6, 8-10) Short Resource (2-4) Differences graphics Misconception graphics Getting Started (Case Study)
2	Sitting and Sliding <i>(Practical)</i>	20-30 minutes	Court orientation Different sitting positions Different ways to move Moving/playing the ball Rotation requirements	Full Resource (11, 12-15) Short Resource (5-6) Blogs
3	Playing the Ball <i>(Practical)</i>	20-30 minutes	Ball flight judgment Digging Volleying Angles of ease	Full Resource (18-19,) Short Resource (7) My Skill graphics
4	Constructing a Session <i>(Theory)</i>	15-20 minutes	Training dos / don'ts Specialisation Communication Feeding Flow	Full Resource (1, 30) Short Resource (14-15) Blogs

Break (15 minutes approx.)

5	Serving and Passing <i>(Practical)</i>	20-30 minutes	When to start with a serve Underarm (channels and targets) Overarm (Float, top spin) Passing concept Setting concept	Full Resource (22, 32) Short Resource (8) My skill graphics
6	Net Play <i>(Practical)</i>	30-40 minutes	Attacking ("spiking" vs "tipping") Blocking Jousting Defending	Full Resource (22, 28) Short Resource (9) My Skill graphics
7	Game Play <i>(Practical)</i>	40-50 minutes	Game like activities Match play Scoring Reflections	Full Resource (36-37, 42-43) Coaching Systems
8	What's next <i>(Theory)</i>	10-15 minutes	Workforce pathways Talent ID Attendance Certificate Other resources & content	Full Resource (45) Who Can Play slides Blogs

* Numbers shown are page numbers on the resources

