

## NOTABLE QUOTABLES

“Sitting Volleyball is fast and exciting and can be played by anyone, whether they have a disability or not, making it truly inclusive.”

“It is social but competitive, fun but challenging, and is a great work out.”

## FIND A CLUB

Details of sitting volleyball clubs can be found on the website “Dig Deep 4 Sitting Volleyball” which you can access here:

## WANT TO KNOW MORE?

If you have any questions or want to find out more about sitting volleyball, please contact Richard Osborne at: [digdeep4SV@gmail.com](mailto:digdeep4SV@gmail.com)

## SITTING VOLLEYBALL – WHAT’S IN IT FOR ME?

A GUIDE FOR CLUBS



# WHAT'S IN IT FOR ME?

Benefits to adding sitting volleyball (SVB) to your club offer include:

- **SOCIAL RESPONSIBILITY** - In England, around 20% of the population has a disability with many feeling excluded from sport due to barriers such as inaccessible venues, lack of opportunities and negative attitudes. Your club could make a big difference by offering SVB to a disabled person.
- **CLUB CREDENTIALS** – By offering SVB, your club can demonstrate its commitment to inclusion, welcoming players irrespective of disability.

- **IMPROVE TECHNICAL AND TACTICAL SKILLS** – SVB places a premium on anticipation and movement, reading ball flight, making quick decisions and technical execution. Indoor players, both adult and junior, can improve their all round game by playing sitting volleyball.
- **CONTINUE TO PLAY** - Indoor players can experience ankle and knee injuries which are sometimes career ending. SVB is low impact on those joints and provides an ideal opportunity to transition to an alternative version and continue playing.
- **UPSKILLING YOUR WORKFORCE** - Coaches can strengthen or improve their knowledge about a different format of the game, adapting their coaching skills and style to participants, including those with a disability. Bespoke SVB qualifications are included amongst the suite of Volleyball England's coaching awards.

- **COMPETITIONS** – The Grand Prix series and Sitting Volleyball Cup offer clubs the chance to compete over the course of a season. There are also ad hoc and some regional tournaments available.
- **KEEPING FIT AND HAVING FUN!** – SVB is great for maintaining core fitness and having fun at the same time. It is an incredibly sociable sport but provides a level playing field for all participants, irrespective of age, gender or disability.

So, now you know the benefits of adding SVB to your club offer, why not make a start? There are free resources on the 'Dig Deep 4 Sitting Volleyball' website:

