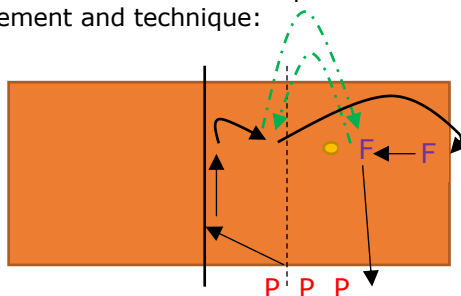
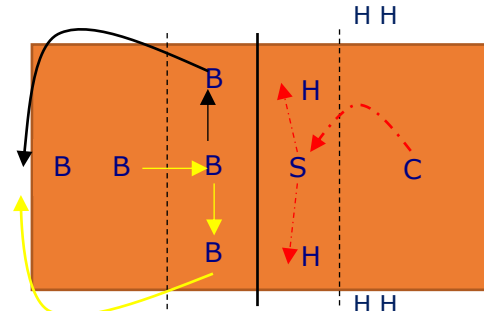

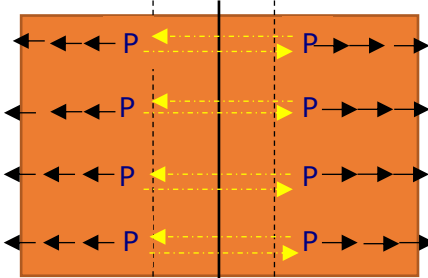
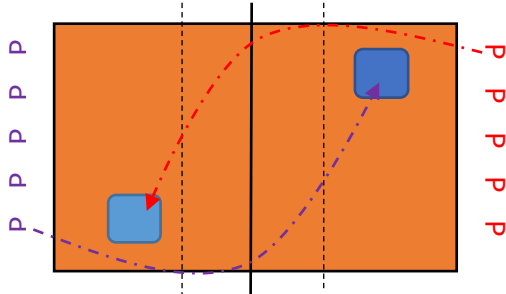
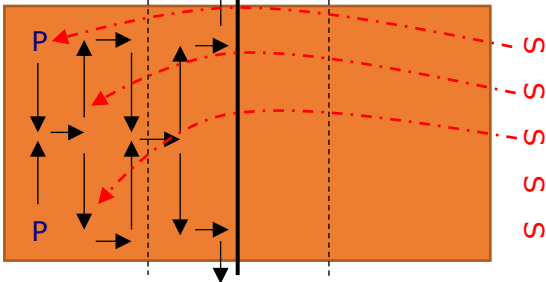


## Sitting Volleyball Session Plan Five

Date:		Time:	
Group:	Mixed Male/Female	Ability:	Beginner
Coach:		Learner coach:	
Session goals:	Hitting/blocking; introduction to serving; mini-game		
Session Health and Safety Considerations: These will differ depending on the training environment; however, things to consider are: that the space to be used is free of obstructions, the sitting volleyball equipment is set up safely and securely, no fire alarm tests are due, access routes to fire assembly points are clear, a first aider is on site, balls are inflated to correct pressure, athletes are fit and well before commencing session.			
Introduction and Warm Up (15 mins):			
Welcome attendees and recap session four. Outline Session 5 goals: Begin warm up with stretching and movement. Suggested warm up with focus on movement and technique:			
		<ol style="list-style-type: none"><li>1. Player (P) starts off court on 2-metre line;</li><li>2. They move to the net and practice, without a ball, the hit/spike technique through zone 4;</li><li>3. They then move laterally across the net to zone 2 and set their base to block;</li><li>4. They make a block technique and then turn quickly to face the Feeder (F) who feeds a ball to P who passes back using a volley or dig;</li><li>5. The F joins the end of the line of Players;</li><li>6. The P joins the end of the line of Feeders;</li><li>7. The next Feeder comes forward ready to feed a ball to the next Player.</li></ol>	
		<b>Develop</b> – Make it harder: The Feeder feeds the ball quicker i.e., as soon as the blocker has made the block action, but keep it a generous feed to give the player time to turn and react.	
Duration	Coaching Points (CP)/Activities/Organisation		Reference
Hitters v Blockers			
10 Mins	Hitters v Blockers		<ol style="list-style-type: none"><li>1. Coach feeds high ball to Setter (S)</li><li>2. Setter passes forward or reverse;</li><li>3. Middle blocker moves in direction of the pass;</li><li>4. Hitter hits and middle/outside blockers block;</li><li>5. The active outside blocker re-joins the line and the middle blocker becomes the outside blocker;</li><li>6. Next blocker comes into the middle blocker position and steps 1-5 are repeated;</li><li>7. If Hitter hits, they go to end of line and next Hitter comes into court.</li></ol>

5 Mins	Serving Fundamentals	<ul style="list-style-type: none"> <li>In sitting volleyball, the server's buttocks must be behind the service line at the point of serving;</li> <li>For beginners, there is a tendency to stay at the service line following serve – the player must remember to move into court!</li> <li>The server has 8 seconds from the referee's whistle to serve;</li> <li>Look for a consistent throw which is slightly in front of the player in line with their serving shoulder;</li> <li>If the ball is thrown too far behind the player they will have to lean back losing power and accuracy in the process;</li> <li>If the player is able, encourage them to use the posture in <i>Diagram 1</i> which will help them move into court more efficiently.</li> </ul>	<p><i>Diagram 1</i></p> 
35 Mins	Serving Practice	<p>1.</p>  <p>1. Players (P) sit opposite each other starting on the 2-metre line;  2. Each P takes it in turns to serve to the other;  3. If <u>both</u> Ps catch the served ball they shuffle back half a metre and serve again;  4. If either player drops the ball then both players take a shuffle forward half a metre;  5. The objective is to move progressively towards the service line and for each player to make a serve from there that the other player can catch.</p> <p><b>CP</b> – This is not a race but an opportunity for players to progressively improve serving accuracy. They can serve under or over arm but the key is consistency.</p> <p>2.</p>  <p>1. Players (P and P) spread out evenly across the service line;  2. The first player in line serves to the object opposite. It can be a mat, bench, ball cart – anything that is a reasonably sized target;  3. If the server hits the target <i>directly</i> i.e., without a bounce beforehand, they score a point for their team;  4. The next server in line serves and so it continues down the line. Once the last player in the line has served, the first player serves again;  5. The first team to hit the target 10 times wins.</p> <p><b>Develop</b> – Move the target around the court and repeat the practice.</p>	

<div data-bbox="174 842 284 906">20 Mins</div> <div data-bbox="174 927 284 959">5 Mins</div>	<div data-bbox="284 842 481 906">Gameplay</div> <div data-bbox="284 927 481 959">Warm down</div>	<div data-bbox="495 193 745 225">3. Space Invaders</div> <div data-bbox="506 248 1050 531">  </div> <div data-bbox="1093 209 1637 531"> <p>1. Two players (P) start just inside the service line at zone 5 and 1. They are the space invaders;</p> <p>2. When the coach says 'Go', the Ps move laterally, timing their movement so they arrive together in the middle of the court and thereafter move in the direction of the arrows until they reach the net;</p> <p>3. As the space invaders start moving, each server (S) <u>takes it in turns</u> to serve at them, scoring a point for every <i>direct</i> hit;</p> </div> <div data-bbox="495 552 1615 663"> <p>4. Once the space invaders have reached the net the serving practice stops and each server adds up their score. The server with the most points wins.</p> <p>5. Reset, with the space invaders becoming servers, and two different servers become space invaders.</p> </div> <div data-bbox="495 695 1648 810"> <p><b>CP</b> – The space invaders must have synchronised movement so they meet in the middle at the same time. The servers must not serve at the same time, however tempting that is! If the space invader stops to avoid a ball then the server scores a point. Similarly, if the space invader attempts to stop the ball from hitting them directly then the server scores a point.</p> </div> <div data-bbox="495 842 1615 898"> <p>6v6 – Teams play to 25 points focussing on serving, volleying, digging, blocking, hitting and movement.</p> </div> <div data-bbox="495 930 1055 962"> <p>Players warm down individually or as a group.</p> </div>	
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