

## **Volleyball**

*(excerpt taken from the book Teachers Survival Guide Book by Christine Stopka)  
Available in the PE Central store ([www.pecentral.org](http://www.pecentral.org))*

### **Description/ Goals**

Volleyball is a game in which two teams compete to win points during by “volleying” the ball over the net and causing the opposing team to miss-hit or be unable to hit the ball, all while keeping the ball inbounds.

*It is recommended that the following adaptations be used only when needed to maximize participation and success*

### **General Adaptations:**

- Lower the net
- Place students in wheelchairs closer to the net
- Use a bigger ball
- Use a lighter ball
- Allow for multiple hits beyond three for each side
- Allow the ball to bounce (like in the game of Newcomb)
- Allow the server to serve closer to the net
- Allow for underhand passing (don't call for carrying the ball)
- Allow the student to catch the ball first; then put it back up for play

### **Facility/Equipment:**

- Space large enough to accommodate all your students in one or more courts.
- A net, or suitable alternative.

### **Skills/Objectives:**

Enough understanding and interest in the game to be motivated to learn more advanced skills up to and including elite level, official game skills and rules

- Serving
- Setting
- Passing
- Spiking
- Digging
- Teamwork and strategies
- Refereeing
- Scoring
- Coaching

# VOLLEYBALL

## Adaptations for students with . . .

### Cognitive/Behavioral Disabilities

#### If needed:

- Allow players to catch the ball instead of volleying
- Allow the ball to bounce first
- Allow students to self-toss to set the ball
- Allow students to stand closer to the net
- Lower the net
- Use larger, softer, bright colored balls for motivation and fun
- Stand closer to the net on the serve
- Hold the ball and have the student hit it
- Give physical assistance

#### Always:

- Demonstrate clearly and concisely
- Decrease unnecessary time for verbal explanations
- Maintain eye contact to ensure attention
- Praise the positive! Reinforce anything the child does correctly (skills or behaviors)
- Maximize participation time and minimize waiting time
- Give these children a chance to assist peers learning volleyball skills
- -Give these children a chance to help you set up and take down the volleyball court; allow these children to be your “teacher’s assistant.”
- -Relax and have fun!

### Visual Impairments (VI) or Hearing Impairments (HI)

#### ➤ Deaf or HI:

- 1) Peer tutors can be very helpful for practicing these sport skills
- 2) Physical demonstration (modeling) of skill
- 3) Use of rudimentary sign language is welcomed and appreciated
- 4) Face child to ease lip reading; do not exaggerate words
- 5) For HI, speak clearly, minimize unnecessary background noises

#### ➤ Blind or VI:

- 1) Peer tutors can be very helpful for practicing these sport skills
- 2) Physically assist student through various activities if needed
- 3) Use bigger, softer balls if needed for easier tracking and safety
- 4) Use a beeping volleyball, or alternative ball, with a noise making device
- 5) Maintain bright lighting and a good contrast with background colors (brighter balls for easier tracking)

### Disabilities Causing Paraplegia

#### If wheelchair is obstructing underhand motions:

- Work on overhand serve, versus underhand serve
- Work more setting; versus low passes like bumps and digs

#### If needed:

- Allow players to catch the ball instead of volleying
- Allow students to self toss to set the ball
- Lower the net
- Use larger, softer, bright colored balls for motivation and fun
- Hold the ball and have the student hit it
- Give physical assistance
- Allow students in wheelchairs to be placed closer to the net

### Disabilities Causing Quadriplegia

#### For students with very little movement abilities:

- If the ball lands near the student in the wheelchair, instruct a teammate to set the ball on the lap tray of the student in the chair. Then instruct the student in the wheelchair to put the ball back into play by knocking the ball off the lap tray (with head or arms) or rolling it down a ramp. Ending one foot from ground; have peer dig for ball before it lands and put it back into play.
- Hold the ball and have student hit it, for those with partial movements.
- Have students throw the ball in for a serve.

#### For student with a bit more upper extremity function:

- Hold the ball and have student hit it, for those with partial movements.
- -Have students throw the ball in for a serve.
- -Allow players to catch the ball instead of volleying
- -Allow students to self toss to set the ball
- -Use larger, softer, bright colored balls for motivation and fun
- -Allow students in wheelchairs to be placed closer to the net