



# Senior Volley Guide

## Chair Volleyball Instructions





**ADAPTIVE  
VOLLEY**



Volleyball WA's Senior Volley initiative is part of our Adaptive Volley program, which aims to adapt and modify the sport of volleyball, making it more accessible for people with disability and seniors aged 60+.

## Chair Volleyball Overview

Senior Volley activities pertain to a modified version of volleyball, referred to as chair volleyball. Chair volleyball is played in teams of six players, either side of a 4-metre wide net approximately 1.2 metres in height, using an extremely lightweight ball similar to a beach balloon. As the name suggests, chair volleyball is played seated in either a sturdy four legged chair or wheelchair.

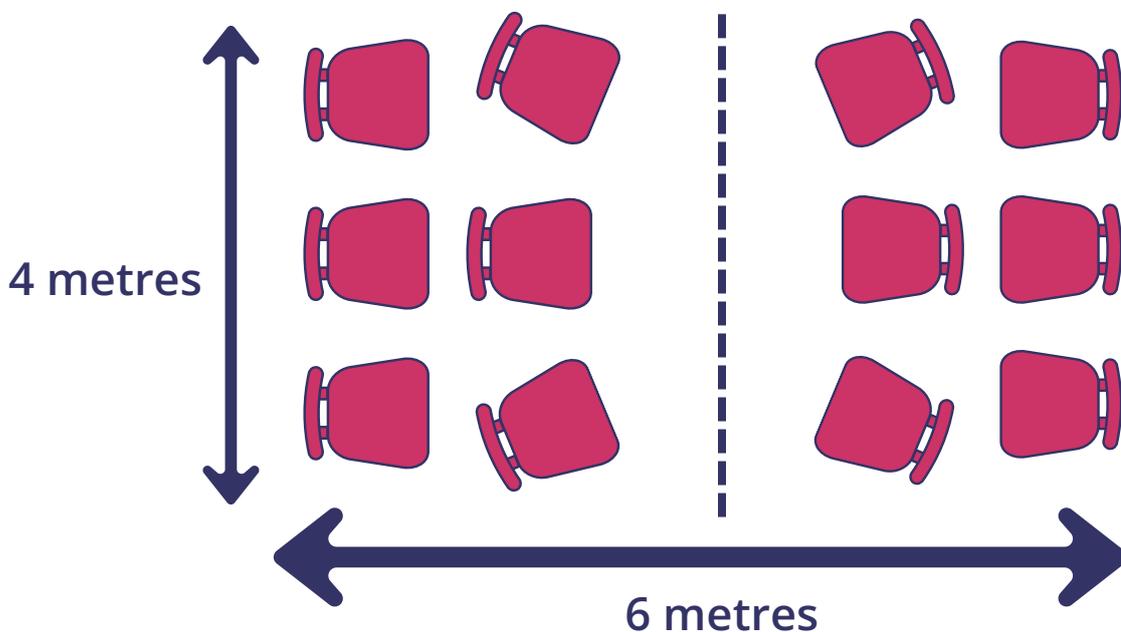
The recommended court dimensions of 4 metres in width and 6 metres in length, means that chair volleyball can be played almost anywhere, making Senior Volley our most flexible program offering!



# ADAPTIVE VOLLEY

## Setting Up the Court

Whilst chair volleyball is a flexible activity that can easily be adapted to suit the number of players and their capabilities, we recommend playing in two teams of six players, with chairs arranged in two rows of three, as per the graphic below.



Notice that the chairs in the front row on the sides of the court are slightly angled. This is so players in those chairs can more easily see teammates seated in the back row, without having to significantly rotate their bodies or necks.

The net included in the Senior Volley Kit is adjustable in height. For beginners, we recommend using the lowest possible height, and extending the height after some practice!



# ADAPTIVE VOLLEY



**IMPORTANT:** Before participating in chair volleyball, it's important to remind all players to be mindful of any pre-existing injuries. Also, players should be encouraged to stay seated on the chair and to refrain from using their legs to stand or slide backwards to contact the ball.

## Warm Up Stretches

- **Starter Breathing Exercise** - Sit up tall at the edge of your seat and place your hands on your waist. Take a deep breath in through the nose, expanding through your sides and abdomen, then exhale slowly. Repeat for ten breaths.
- **Wrist Circles** - Gently roll wrists in a clockwise circle within comfortable range 10 rotations. Change to anti-clockwise direction 10 rotations.
- **Shoulder rolls** - Big slow shoulder circles in clockwise and anti-clockwise directions. 5-10 rotations per direction.
- **Above Head Reach** - Hold hands palm out just in front of shoulders, elbows pointing down. Alternating hands, reach straight up above head and bring hand back down to relaxed position in front of shoulder. 10 reaches per hand. (simulates main action in game). Repeat action but with two hands going up together for 5 repetitions.
- **Aeroplane Tilt** - Arms straight out to the side like an aeroplane. Tilt gently and slowly to the left and right with a pause at the bottom. 5 repetitions.
- **Ankle to Knee (more challenging)** - For more mobile participants only. Sit up straight, bend your right knee and place your right ankle over your left knee. For a deeper stretch, lean forward. Hold for five breaths, then repeat on the opposite side.



# ADAPTIVE VOLLEY

**IMPORTANT:** Once players begin throwing, catching, and hitting the ball, it is common for the ball to land on the ground. Instruct players, particularly those with low mobility, not to reach forward and pick up loose balls. Ball collecting should be done by a coach, staff member, or volunteer leading the activity.



## Chair Volleyball Activities

- **Ball work** – Starting at the corner of the back row, pass the ball along the two lines of your team, directly hand to hand, not throwing. Focus on a slow, controlled twisting motion when passing. Add to this activity by saying your name as you pass the ball, changing the direction, or going a little faster!
- **Throwing and Catching** - Progress to gentle throwing between players within their own team. The aim is for players to get used to the ball travelling through the air. Increase the difficulty by throwing and catching with players on the other side of the net. You could make a game of this by getting players to count aloud how many successful catches are completed in a row.
- **Volleying/Hitting** - The final stage of the warm up. Building on the above activity, encourage players to avoid catching the ball, instead using the techniques below to contact the ball, passing it between teammates and to players over the net.



Set



Spike



# ADAPTIVE VOLLEY



## Benefits of Chair Volleyball

- Core strength
- Flexibility
- Hand-eye Coordination
- Reaction Times
- Concentration
- Social Engagement
- Laughter
- Teamwork
- Competitive Outlet

## Playing Chair Volleyball

- Rally starts with a throw or overhead serve, typically from players in the back row. Remove the option to throw for a challenge or when playing competitively.
- Players (particularly front court but can be all players) are advised to adopt a starting position with hands raised above head or at shoulder level to be ready to play the ball.
- Any number of touches are allowed in order to keep ball going. This can be modified to three as per regular volleyball rules.
- Rally stops when ball hits the ground or comes to a complete rest on someone.
- The team who won the previous point is next to serve. Typically, players seated in the back three chairs take it in turns.
- You may choose to not score, particularly when beginning, however scoring is typically first to 25 points (must win by 2).
- Beginners may opt to allow catching and throwing during rallies. When playing competitively, players must hit the ball.
- Court lines may be marked with markers or rope, or may not be used at all.
- In summary, the main aim is to encourage the ball to keep moving as much as possible, ensuring all players are getting the opportunity to participate and feel part of a team!



# ADAPTIVE VOLLEY

## How else can I be involved in the Senior Volley Program?



### VWA Coach Led Sessions

Want some tips from the experts? Volleyball WA can deliver a one hour clinic for any aged care facility or community group. Our accredited coaches supply all equipment required, these sessions can be booked as frequently or infrequently as you like.

<b>COST</b>	\$150 (free trial available)
<b>DURATION</b>	1 Hour
<b>LOCATION</b>	We Come to You!

### Annual Senior Volley Cup

Volleyball WA celebrates Seniors Week WA in November, by bringing together various groups who have been involved in the Senior Volley program throughout the year!

To enquire about entering a team of 6-8 players for just \$70 in this fun, social competition, email [inclusion@volleyballwa.com.au](mailto:inclusion@volleyballwa.com.au)

