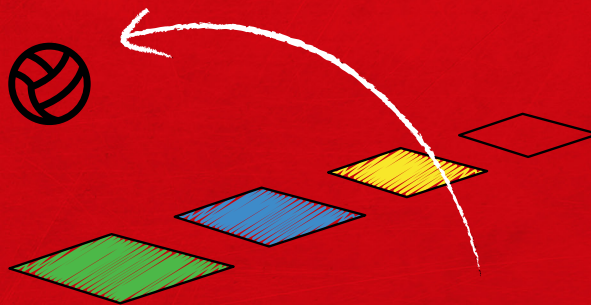




Foundation

WAYNE ROONE
FOUNDATION

Seated volleyball



What you'll need

- Inflatable football
- Balloons
- Flat markers or cones

How to set up the game

- Use your flat markers or cones to mark a centre line on the floor
- Two players sit on opposite sides of the centre line facing each other
- Players must remain seated at all times



How to play

- Using the inflatable football or a balloon, players are to strike the ball/balloon up in the air with the palm of their hand, hitting it over the centre line into their opponent's half
- Continue hitting the ball/balloon to each other using your hands, ensuring the ball/balloon goes across the centre line without bouncing. The player on the opposite side must return the ball/balloon before it touches the floor
- See how many times can you pass it between each other without the ball/balloon touching the floor
- Wheelchair users can remain in their wheelchairs to participate in this activity or alternatively you can sit on the floor – whichever is most comfortable

Progression

- If the ball/balloon bounces in your opponent's half, then the player that made the pass gets a point
- The first player to get five points is the winner, then play the best out of three games

