

Sitting volleyball first-session card

An adaptable coaching example and blank plan. Not a medical programme, classification assessment or complete official-rules summary.

Worked example — fictional

Group: six new learners, three soft balls for the partner phase, adjustable low net, 30 minutes including checks and review. Use one live ball for 3 v 3 and store the spares clear of movement areas. Before starting, the leader checks access, dry floor, clear space, post padding and each participant's preferences. Help with floor transfers is discussed privately and offered only as agreed.

Plan: 5 minutes for access and the stop signal; 5 for controlled movement; 8 for partner toss/pass; 8 for cooperative 3 v 3; 4 for rest and review. In the game, a first-contact catch is allowed as a stated learning adaptation. Participants may rest or observe whenever needed.

Observe and change one thing

Fictional observation: several balls are too far away and the group rushes. The leader moves the gentle feed closer and repeats the same task. Players then discuss whether the ball was reachable and whether calls were clear; no universal target is needed.

Next choice: keep the catch, remove it for one short round, or return to pairs. Do not increase difficulty simply because a timer ends. Official competition still uses its own ground-contact, attack, serving, rotation and classification rules.

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Your blank plan

Date / leader / group size / total time: _____

Access and participation preferences discussed privately: _____

Surface, clear space, posts, first-aid contact checked: _____

Ball / net / available space: _____

Stop signal / rest and observation options: _____

Movement activity / time: _____

Partner activity / time: _____

Cooperative game / time: _____

Teaching adaptations clearly announced: _____

One observation / one change / retest: _____

Participant feedback / next local session: _____

Before a competition: ask the organizer about training, current rules and the applicable eligibility process.