

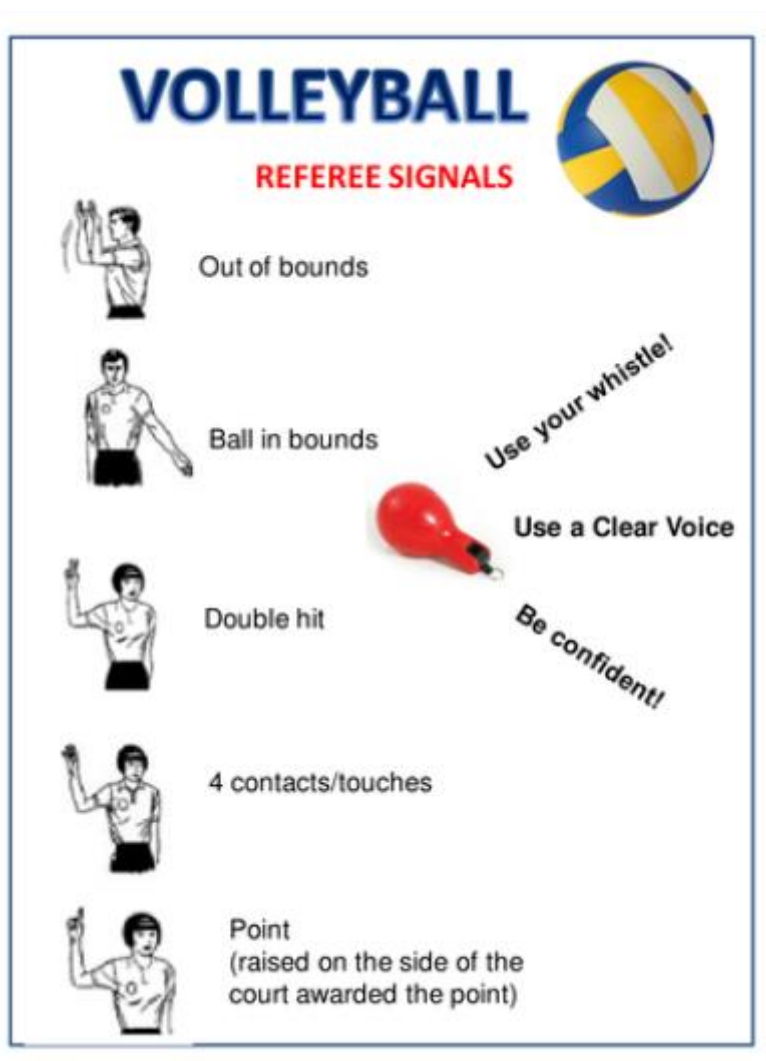
Volleyball



Seated Volleyball was delivered across the week, the main coaching points and rules were applied:

1. How to play the game – all players to be seated on the floor, on a chair or using a manual or powerchair
2. Coaching – players were instructed how to hit the ball and the following rules were taught:
Ball can bounce twice
All players must remain seated
No kicking of the ball allowed
Court markings – Badminton court (smaller) if marked
3. Group split into small teams to practice and students to umpire using signals on page below

4.



5. Students umpire matches and teams rotate as they play
6. Students from NSC and Biesalski to learn umpire signals and umpire together – peer support

