**Aim**
Teams work together to pass the ball, using their hands, over the net in such a way that it lands on the floor on the opposing team’s side, or so the opponent cannot return it.

**Basic rules**
- There are two teams made up of two, four or six players, on either side of a net.
- A maximum of three passes can be made before the ball is passed to the opponent’s court.
- Players cannot touch the ball twice consecutively.
- The ball must be hit (not held or thrown) and should not be blocked.
- A point is scored when the opposing team:
  - makes more than three consecutive passes,
  - lets the ball fall to the ground, or
  - makes contact with the net.

**Features**

**Values**
- Solidarity and teamwork
- Communication
- Confidence in others

**Specific features**
- **A unique way of handling the ball**
  Extended contact with the ball is not permitted
- **‘Limited’ contact with other players**
  The ball cannot be passed back and forth between players (a maximum of three passes is allowed).
- **A unique relationship with the opponent**: there is no contact with the opposition, teams interact through a ball and a net.
- **A unique space**: two horizontal playing surfaces separated by a high, vertical obstacle - the net.
- **A surface which functions both as the target and the area of play**
  The two targets, on the ground are also the two teams’ areas of play.

**Champion tips**

Sidiki Sidibé, Volleyball Champion, France

“Characteristics of volleyball include quick starts, jumps of varying height, and sprints across very short distances. ‘Be as relaxed as possible to be in tune with the ball, play with it, not against it.’”
Setting up the activity

What can be adapted

Practice area

- Volleyball can be played inside or outside on all types of solid surface (tarmac, grass, etc.).
- Adapt the size and shape of the practice area (wider or narrower, longer or shorter, depending on the number of players and the aim of the session).

Equipment

- Mark out the practice area using cones, rope, flags and/or painted lines/chalk (see sheet C).
- Use:
  ✓ two posts and a net, or equivalent (see sheet E),
  ✓ a ball that will bounce (see sheet E).

Rules

- Change the duration of exercises and matches.
- To increase or decrease difficulty:
  ✓ raise or lower the net,
  ✓ catch the ball with two hands, then pass it back within two seconds,
  ✓ allow the ball to be bounced once or more before receiving and passing it,
  ✓ use a larger, smaller, heavier or lighter ball.
- Reduce or increase the number of players in one team so that the imbalance helps to train the attack/defence. (2 against 3, 4 against 6, 7 against 10, etc.).
- Change the minimum or maximum number of passes allowed before passing the ball to the opponent's area (for example, a minimum of five passes).
- Decide the value of points awarded according to:
  ✓ the hitter,
  ✓ their position on the ground during the hit,
  ✓ the area where the ball lands.
• Talk to each other while watching the ball so that you know the position of other players and do not bump into each other (defenders can shout “I’ve got it!” before receiving the ball).
• Call the name of the player you want to pass the ball to so that they’re ready to receive it.
• Have the participants umpire matches, counting points and making sure that the rules are respected.
  ✓ The umpire should count each pass out loud. On the third pass, the attacking team should send the ball to the opposing side, otherwise it will be returned to the opposing team.
  ✓ One or more referees check whether the ball falls inside or outside the court.
**Ethos of the activity**

Volleyball is different from most other sports in that the horizontal goals are within the two teams’ area of play. Players collectively occupy their playing area in order to protect it from opponents trying to score. Teams must find a good balance between attacking the opposition and defending their area.

**Interpersonal skills and knowledge**

**Building an identity**

- **Concentration skills**
  Players constantly watch the ball, even during defensive withdrawals.

- **Sense of balance**
  Players must use their balance when they are in position beneath the ball with their head tilted back.

- **Ability to make decisions**
  Players choose the most appropriate course of action: shooting into an empty space or passing to a strategically placed player.

**Relating to others**

- **Accepting each player’s individual abilities**
  Players trust and respect the abilities of their partners; if a less agile teammate is strategically placed on the court, players should pass them the ball.

- **Working in a team towards a common goal**
  Players position themselves and work together with the same goal in mind. Players seek support from their teammates in order to succeed.

**Sharing space**

- **Positioning in the space**
  Players interact with their partners in a small space. They position themselves so that between them they fill their area.

**Possible variations**

All players on one team must receive the ball once or more before the team can pass the ball back to the opposing team.

Players are forbidden to receive, pass and/or shoot! During a match, team members are given one or two of these roles (serve, receive, pass and/or shoot).

Attack versus defence! Face to face without a net, one player smashes (hits the ball from above) to the other who receives/returns the ball.

Player = umpires! Players decide the rules and the court’s boundaries before playing. Then they umpire the game themselves (game without an umpire).

One of the players is forbidden to send the ball to the opposition's side. They are only able to serve, receive and pass the ball.

**Challenges identified**

- **Cooperation**
  Participation of everyone
  Acceptance of being watched by others

- **Interdependence**
  Making an effort to help others
  Using skills to help others

- **Controlling emotions**
  Dealing with fear
  Introducing contact with the ball

- **Respect for the rules**
  (taking responsibility
  Communication and listening to others
  Confidence in others

- **Interdependence**
  Making an effort to help others
  Making an effort to help the team