

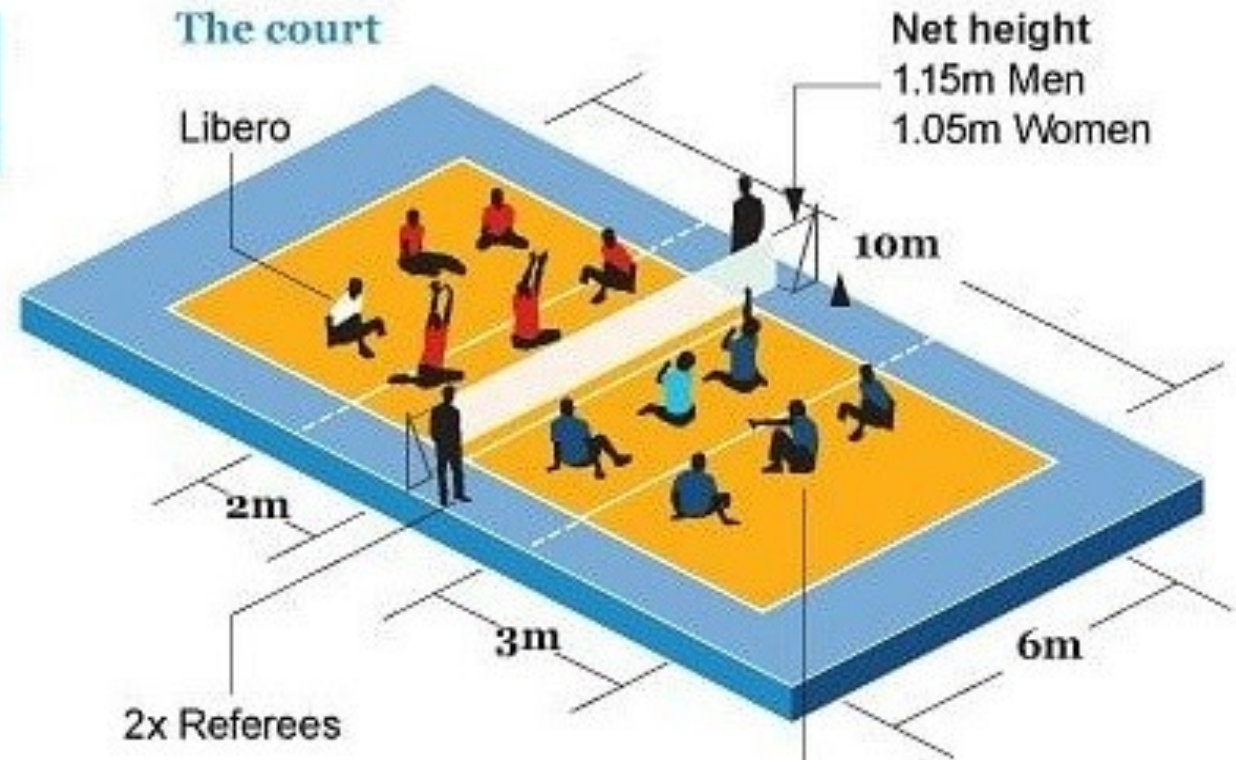
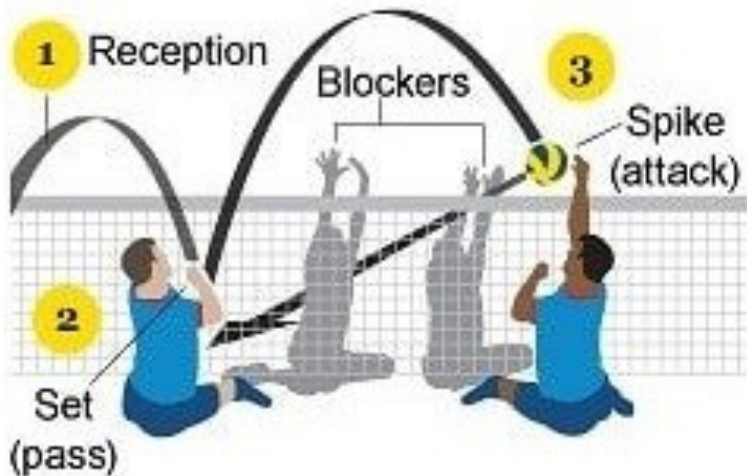
Subject: PE
Topic title: Sitting Volleyball

Sitting Volleyball

A combination of volleyball and a German game called Sitzbal. It has grown into one of the most fast-paced and exciting Paralympic sports. It is now played by athletes around the world

Pattern of play

Each team is allowed three touches of the ball before it must cross over the net. The key attacking move is the set and spike



Libero

A specialist defensive player, who may not play attacking shots. They wear a different colour shirt to the rest of the team

Team formation

Is two rows of 3 players, at each serving opportunity the players rotate one position