

TEACHING AND COACHING VOLLEYBALL FOR THE DISABLED

Foundation Course Handbook

2nd edition



R A J K O V U T E

Ljubljana 2009

Rajko Vute

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Foundation Course Handbook**

with contribution by Anita Goltnik Urnaut

This handbook is provided to the
WOVD – World Organisation of Volleyball for the Disabled
to assist in the development and support of teachers and coaches of athletes
with a disability who play sitting volleyball

University of Ljubljana
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Contents

Introduction	7
About the author	8
Acknowledgements	8
Chapter 1 Foundation course syllabus	9
Chapter 2 Foundation course programme: Theory topics	10
2.1 Disability Sports	10
2.2 The organisational structure of the WOVD	11
2.3 History and development of volleyball for the disabled	13
2.4 Most frequent disabilities in the volleyball game	14
2.5 Care of the person with disabilities	15
2.6 Communication skills	17
2.7 Sitting and standing volleyball specifics and facts	18
2.8 Basic principles in teaching and coaching volleyball for the disabled	20
2.9 Sporting values among sitting volleyball players	22
2.10 Model for teaching children sitting volleyball	24
2.11 Games	29
2.12 Fair play and sportsmanship	32
2.13 Refereeing aspects of sitting volleyball	33
2.14 Insight into the classification system in volleyball for the disabled	35
2.15 Lesson plan	36
Chapter 3 Foundation course programme: Practical topics	38
3.1 Varieties of moving on the floor	39
3.2 Warming up activities and games	40

3.3 Adaptations of volleyball skills	41
3.4 Volleyball technique in volleyball for the disabled	42
3.5 Serving	42
3.6 Passing	44
3.7 Setting	46
3.8 Smashing (Hitting)	47
3.9 Blocking	49
3.10 Team offense and team defense	51
3.11 Evaluation	52
Chapter 4 References and resources	56
4.1 Selected references	56
4.2 Useful addresses	57
4.3 WOVD accredited training courses	57

Introduction

This handbook is provided to the WOVD – World Organisation of Volleyball for the Disabled to assist in the development and support of teachers and coaches of athletes with a disability who play sitting volleyball. The presented Foundation Course Handbook should encourage a wide range of those wishing to introduce volleyball for the disabled to the potential candidates, especially to the young athletes and beginners. It is the author's experience that the person with sports background can see the educational possibilities in the game within a relatively short period of time after directing their attention to the issues. Therefore we intend to support all those working in the area of sports and who wish to introduce and practise sitting volleyball as a challenging and attractive possibility. Concepts for the instructors who will be responsible for the introduction of sitting volleyball to beginners is carried out on the foundation course.

Only a well - organised and complex teaching plan is truly effective for introducing sitting or standing volleyball to the players and their performance in individual and team work. Volleyball teaching and training is a long-term process. Developing the physical fitness of the players means better possibilities for adaptation of all body functions to the wide variety of outer and inner stimulus influencing a person. It is also necessary to take into account the medical, psychological and social influences and necessary social adaptations emphasised by the fact that sitting volleyball is a team sport. The wide and logically organised knowledge regarding social functions, objectives, principles, contents, building and organising, evaluating and other necessary conditions and factors to a great extent determine the foundation course and results of teaching sitting volleyball. Communication is also important as the basic mechanism for transferring the teacher's and coach's knowledge to the player. To be effective, communication must be a two way process. If it goes one direction only, from teacher or coach to the athlete, they will wind up with little idea of the needs, responses and thinking of their players. At all levels of competition, sitting volleyball requires basic skills and teamwork. With proper teaching methods and a lot of enthusiasm we can create a way to successfully introduce the sport and help young players, beginners and experienced players to enjoy sitting volleyball and sports in general throughout their lives.

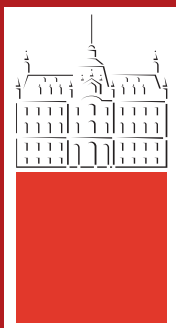
The purpose of this handbook is to acquaint school, sports club, and community service personnel with sitting volleyball, a rapidly growing sport appropriate and particularly useful for those with amputations, polio and others with mobility problems. Although jumps are not a part of the game structure, sitting volleyball offers plenty of opportunity for excitement, pleasure and top sports achievement.

About the author

Dr. Rajko Vute is an associate professor of sports activities for persons with disabilities in the Department of Special and Rehabilitation Pedagogies at the Faculty of Education, the University of Ljubljana, where he teaches Adapted Physical Activities and Theory of Sport with Didactic. His long – time teaching experience in sports for the disabled extends to all levels of the sport, including his work as the head coach of the Yugoslavian men’s sitting volleyball team, a bronze medallist at the Paralympic Games in Arnhem, 1980. Rajko Vute is an actual member of the Board of Administration of WOVD, and Director of its Sports Development Department. He has lectured and researched on issues related to the sports for the disabled and particularly on swimming and volleyball for the disabled.

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