



Chair Volley Manual



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Introduction

Chair Volleyball is a fun physical activity for older adults. Adults of all abilities and activity levels can play the game.

Health benefits from participating in chair volleyball include:

1. **Physical:** Improves cardiovascular fitness, increases stamina and joint flexibility, and helps enhance and maintain muscle tone.
2. **Mental:** Reduces stress, builds confidence, and promotes self-esteem.
3. **Social-Emotional:** Promotes a sense of comradery and builds a positive team atmosphere, provide opportunities to meet older adults in local community and other surrounding communities.

The aim of this manual is to introduce older adults chair volleyball. It provides information on the rules and equipment needed to get started. It also contains seated ball exercises, individual and group ball drills and fun warm up games.



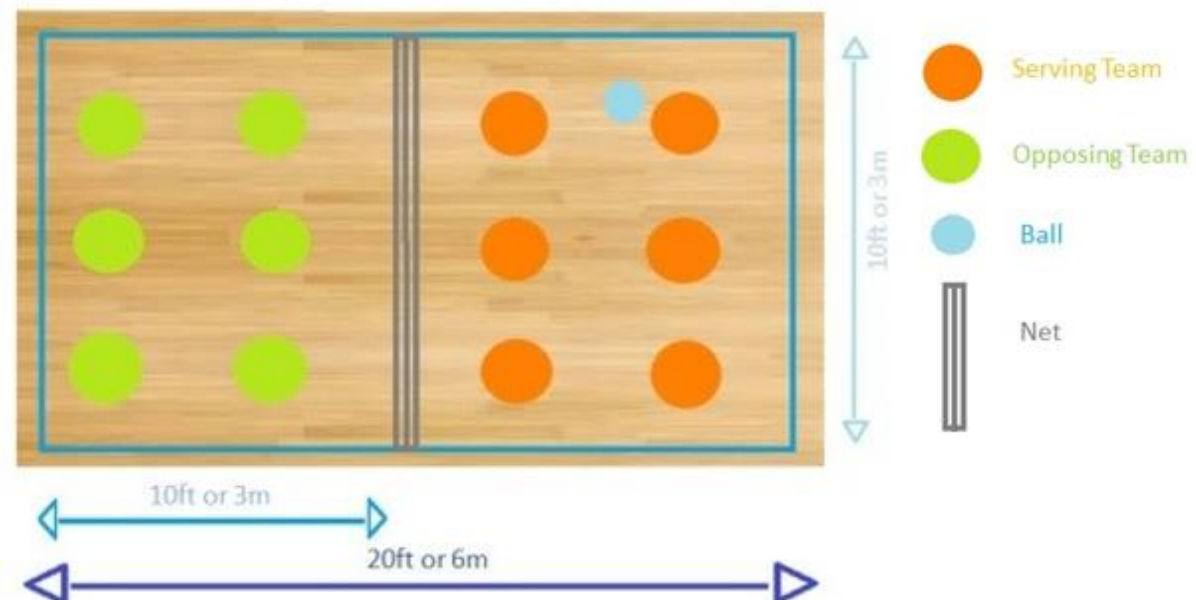
What You Need to Play

Equipment:

- Net (Bunting and Rope can be used)
- Inflatable Beach Ball (20 Inches)
- Chairs 12 (Sturdy)
- Boundary Markers (Masking Tape etc)

Court Set-Up:

- Court Size
 - 10ft/3m wide x 20ft/6m long
 - 10ft/3m on each side of the net
- Number of Players
 - 12 players in total
 - (6 players per team on each side of the net)
- Net Height: 5ft or 1.4m
- Net Length: 10ft or 3m



Rules of the Game

Aim of the game: To be the first team to reach 15 points.

Teams: Two teams of 6 players on either side of the net. Note: game can be played with players.

Rules:

- Player in the back right of the court serves the ball by hitting or throwing it over. A second serve is allowed. One team member can also assist the server on their team to help them send the ball over the net.
- Teams are allowed as many hits necessary to return the ball over.

Note: A player can't have 2 consecutive hits.

- Players must keep their bums on the chair at all times and are not allowed rise up completely.
- Players are not allowed touch the net.
- Players rotate positions clockwise when they win the serve back.

Scoring: Teams win a point when:

- The ball lands inside their opponent's court.
- Their opponents hit the ball out or into the net.
- The first team to win two out of three games is the winner. Teams must win games by 2 points.



Seated Ball Exercises

1. Ball Chest Press:

- Sitting on a chair with your back straight, feet flat on the floor and your abdominal muscles tight.
- Hold the ball with both hands out in front of your chest.
- Lift your elbows by your sides, so your bent arms are parallel to the floor.
- Push the ball forward, extending and straightening your arms.
- Pull the ball back to your chest without lowering your arms
- Complete 12 to 15 reps, stopping when your arms and chest are fatigued.

2. Shoulder Circles:

- Sitting on a chair with your back straight, feet flat on the floor and your abdominal muscles tight.
- Lift your arms in front of your shoulders so that they are parallel to the floor.
- Keep your wrists straight and elbows slightly bent.
- Form small clockwise circles with your arms for 30 seconds and then switch direction.
- Make sure you don't lower your arms.

3. Overhead Extensions:

- Sitting on a chair with your back straight, feet flat on the floor and your abdominal muscles tight.
- Hold the ball with both hands and lift it overhead.
- Press your arms against your ears and relax your shoulders.
- Bend your elbows and lower the ball behind your head, keeping your elbows in tight to your ears.
- Complete 12 to 15 reps, stopping when your arms and chest are fatigued.

4. Oblique Twists

- Sitting on a chair with your back straight, feet flat on the floor and your abdominal muscles tight.
- Bend your elbows and lift the ball in front of your belly button.

- Keep your hips still and twist your torso and the ball to the right, then return to centre and pause before twisting to the left.
- Complete 12 to 15 reps, stopping when your arms and chest are fatigued.

5. Thigh Squeezes

- Sitting on the edge of the chair with your back straight and the ball between your thighs.
- Tighten your thigh muscles and squeeze the ball with your legs.
- Hold for 30 to 60 seconds.
- Repeat the exercise until your muscles are fatigued.

6. Sit and Stand

- Sitting on a chair with your back straight, feet flat on the floor and your abdominal muscles tight.
- Using as little assistance as possible from the hands or arms engage your core tip forward from the hips and stand up.
- Make it slightly more challenging by adding a ball. Holding the ball out in front of you, stand up and sit down without any assistance.

Fun Warm Up Games

Keep it up:

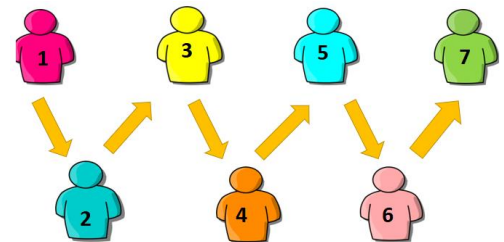
- Object: To keep the ball up in the air for as long as possible without it hitting the ground.
- Equipment: Beachballs and chairs.
- Description: Participants sit in a circle and must keep the ball up in the air. Count how many touches they get. If the ball hits the ground, they must start again.
- The team with the highest number of consecutive hits at the end wins.



Ball Slither:

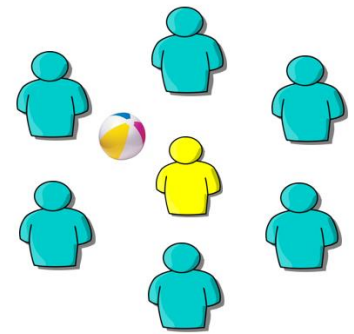
Object: To send the beachball to the end of the line and back as many times as possible without dropping it.

- Equipment: Beachballs and chairs.
- Description: Participants sit on their chairs and form two lines facing one another.
- Participants should be arm length apart, and the lines should be about 1.5m apart.
- The ball starts at one end, is thrown in a controlled way to the first person across, who hits it across to the next person, etc., all the way down the line and back.
- If the ball is dropped, the count starts over.
- Challenge: Have two groups competing against each other for the top score.



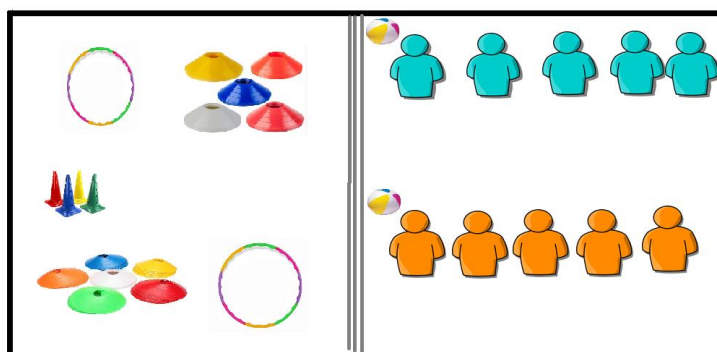
Hot Volleyball:

- Object: To send the beachball over the person in the middle without making an error
- Equipment: Chairs, Beachballs.
- Description: Participants sit on chairs in a circle about arm width apart, one participant starts in the middle.
- One person throws the ball to another player in the circle, over the person in the middle, who is trying to intercept while remaining sitting on their chair.
- The recipient catches the ball, then passes the ball to another player.
- Passing and catching continues until:
- The ball is dropped – player who dropped the ball goes into the middle;
- The ball is intercepted – the player who threw the intercepted pass goes to the middle.
- Challenge: Participants must hit the ball over the person in the middle. No throwing or catching is allowed.



Target Practice:

- Object: To hit as many targets as possible.
- Equipment: Net, Cones, Hoola Hoops, Bean-bags and any other targets.
- Description: Have two teams lined up on one side of the net.
- The teams take it in turns to spike the beachball over the net aiming for the targets.
- Give the targets certain points.
- The team with the most points at the end wins.



Clean Your Room:

- Object: To have as few balls as possible in your team's possession when the whistle is blown.
- Equipment: Chairs, a net and lots of beachballs, balls, balloons etc.
- Description: One team is seated on each side of the net, with an even number of balls per side.
- On a signal, each team begins throwing the balls to the other team. Balls are caught and thrown back over the net.
- You want as few balls as possible on your side of the net when the whistle is blown. One point is given for each ball in the team's possession at the end of the game, and the team with the lowest score is the winner.



Individual Ball Drills

Participants can perform the drills seated or standing if they prefer.

- Throw ball high and catch it after one bounce.
- Throw ball high and catch it with no bounce.
- Throw ball high clap once and catch it.
- Throw ball high clap as many times as you can then catch it.
- Throw the ball at the wall and catch it on the rebound
- Throw the ball over the net
- Throw the ball with right/left hand
- Throw the ball as far as possible
- Throw the ball at a target
- Underarm throw the ball high and catch the ball with arms outstretched.
- Underarm throw the ball high and catch the ball with hands above forehead.
- Experiment with different ways of striking the ball
- Strike the ball using the palm of hand or fist
- Strike the ball upwards.
- Bounce the ball and strike the ball against the wall.
- Strike ball over the net.



Ball Drills Working in Pairs/Groups

Drill 1: Working in Pairs

- Allow participants to work in pairs one standing about two metres apart and the other sitting in a chair. (Participants have the option to both sit down if they wish)
- The participant (A) standing throws the ball to the participant (B) sitting and they hit the ball back.
- (A) throws the ball to (B) 10 times and then they swap positions.
- **Competition:** Participant (A) and (B) both sit down and must attempt to continuously keep the ball flying, keeping count of how many hits they have had.
- Once the ball is caught or hits the floor the pair must cross both their arms.
- Last pair to cross their arms wins.



Drill 2: Working in Pairs

- Allow participants to work in pairs one standing about two metres apart and the other sitting in a chair. (Participants have the option to both sit down if they wish)
- The participant (A) standing throws the ball to participant (B)'s right.
- Participant (B) plays the ball back using their right forearm only.
- (A) throws the ball to (B)'s right 5 times.
- (A) then throws the ball to (B)'s left 5 times where (B) uses their left forearm to play the ball back.
- (A) and (B) then switch positions and repeat the drill.

Drill 3: Working in Pairs

- Participant (A) and (B) both sit down about 2 metres apart from each other.
- Participant (A) throws the ball to (B).

- Participant (B) hits the ball up in the air to themselves (self-sets) and then hits the ball back to (A)
- Participant (A) then hits the ball up in the air to themselves (self-sets) and then hits the ball back to (B).
- Players continuously keep this drill going for as long as possible.

Drill 4: Working in Groups

- Participants work in groups of 3. They set themselves up in a triangle shape.
- Participants send the ball continuously in a counter clockwise motion. Counting how many passes they get each time before the ball hits the ground.
- Challenge: Using the same rules as above but with bigger groups of 5 or 6 participants. They set themselves up in a star shape and try get as many passes as possible.

Drill 5: Working in Groups

- Divide the court in half.
- Participants working in groups of 4 with one pair on one side of the net and the other pair on the other side of the net facing them.
- Another group of 4 can play on the other half of the court.
- Play regular games of 2 v 2 on the court.

Drill 6: Working in Groups

- Place both teams either side of the net about half way up the court in a straight line and start them serving over and back to each other.
- After 3 successful serves the player should move further back and continue to do so until they are at the back of the court.
- **Competition:** Have both teams lined up at the back of the court, but still inside it.
- Team 1 goes first, and they must see how many successful serves they get into their opponent's court.
- Team 2 then have a go.
- Every successful serve counts as a point, the team with the highest amount of points after three rounds wins.

Chair Volleyball Equipment Pack

Chair Volleyball starter pack includes:

- 1 Pop-up portable net.
- 3 Beach balls.
- 1 Chair Volleyball Manual.



Price: €69.99

Delivery is an additional €15.

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Notes

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