



When Sitting is Not Resting: Sitting Volleyball

Kwok Ng

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Sitting volleyball is a dynamic, exciting, fast and high spirited sport. It is a peaceful game that can be enjoyed by all. When played at the highest level, only people with physical disabilities are allowed. Coaches coming from a volleyball background will find they need to take into consideration the degree of disabilities as well as functional ways of playing. Coaches and players coming from disability sports, would probably find the need to get to grips with the key concepts of the sport. At a glance, team systems in the game can appear to be complex, unsystematic and often rather confusing. *When Sitting is NOT Resting: Sitting Volleyball*, is an essential resource for coaches and players to help his or her own understanding of playing sitting volleyball. The make up of this book comprises of match analyses of international matches combined with knowledge specific to volleyball strategies. It's an insightful and practical guide that goes beyond skills and drills of volleyball training, with direct application to competition scenarios. The book is the first of its kind to compile the history of the game from documented sources. The intention is to provide context for the readers on how the game was, is, and will be played. There are also examples of how sitting volleyball has been used outside of elite competition through which studies examining the psychosocial instances of inclusion in schools, clubs and society.

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