

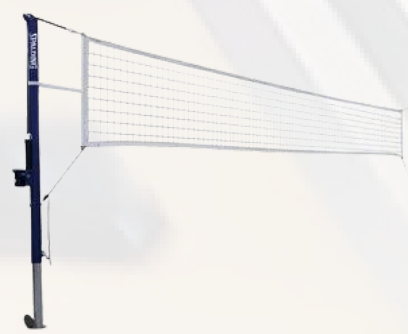
Sitting Volleyball



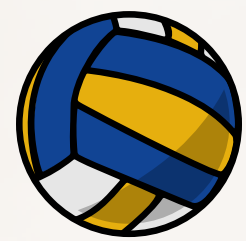
What is Sitting Volleyball?

- **Sitting Volleyball is an adapted version of Volleyball.**
- **Volleyball is a game played by two teams in which the players use their hands to hit a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned.**
- **To play Sitting Volleyball individuals need to have their bottoms on the floor. Players typically move and play the ball with their hands which makes the game great for lower limb amputees and mild CP, but ALL abilities are welcome to come and play!**

Equipment



Net



Volleyball

For more in depth information on program locations, visit www.parasportns.com or follow the QR code below.

