



# Dis+abled

S P O R T P R O J E C T



## GAME 11 - FOOT & HAND VOLLEY

TRADITIONAL AND ADAPTED GAMES  
FOR SOCIAL INCLUSION AND INTEGRATION OF  
PEOPLE WITH DISABILITIES AND ABLE-BODIED

<https://disabled-erasmus.org/>



### INTRODUCTION

This game is a creative adaptation of a well-known game foot volley. By adding the possibility of using hands to play, it was adapted to the needs of the Project target groups.

### THE RULES OF THE GAME:

The game involves two teams of 3-5 players each. The surface of the court should be hard, so the ball could bounce well. The playing field is a rectangle (not too large) with a size, depending on the number, age or physical fitness of the participants. It must be divided into two halves by a centre line. In the middle, we hang a low net like for tennis, or a rope or a string, at a height also depending on the number, age or physical fitness of the participants.

We need a ball that bounces well (may be a volleyball ball). Two teams line up on the playing field on both sides of the court, opposite each other. One of the participants starts the game by serving from behind the end line (throwing or kicking the ball). He or she must hit the ball over the net. The ball must bounce off the ground at least once and only then the opposing team can hit the ball to the side of the serving team. And again, the ball must bounce off the ground at least once and only then the players can hit it to the opponent's side. Players may kick or hit the ball up to three times in their own half (the third kick or hit must be done over the net to the other side). Players may kick the ball with any part of their leg (e.g. foot, knee, thigh) or hit the ball with any part of their arm (hand, elbow, etc.). The ball may not be caught or thrown.

A point is scored if the ball bounces more than once in the opponent's playing area. The points are lost if the ball is kicked out of the playing area, bounces twice in your own playing area, or is hit under the net/rope. The game is over after two won sets, each played to 15 points. The scoring system may be changed, depending on the needs.



### INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

Foot-and-hand volley is a dynamic and engaging game – a good form of entertainment for everyone, regardless of age, gender, strength or physical fitness level.

You can play it almost everywhere. You need only a small space with hard surface, free from any obstacles.

### THE POSSIBLE ADAPTATIONS FOR PLAYING WITH PEOPLE WITH DISABILITIES

#### A. For people in wheelchairs:

1. You can easily prepare different sizes of the pitch.
2. You can easily change the height of the net, by adjusting the net/string/rope.
3. Organise it on a flat and hard surface, without any obstacles.
4. They can have assistants, playing with them in integrative teams or passing them the balls.

#### B. For visually impaired people:

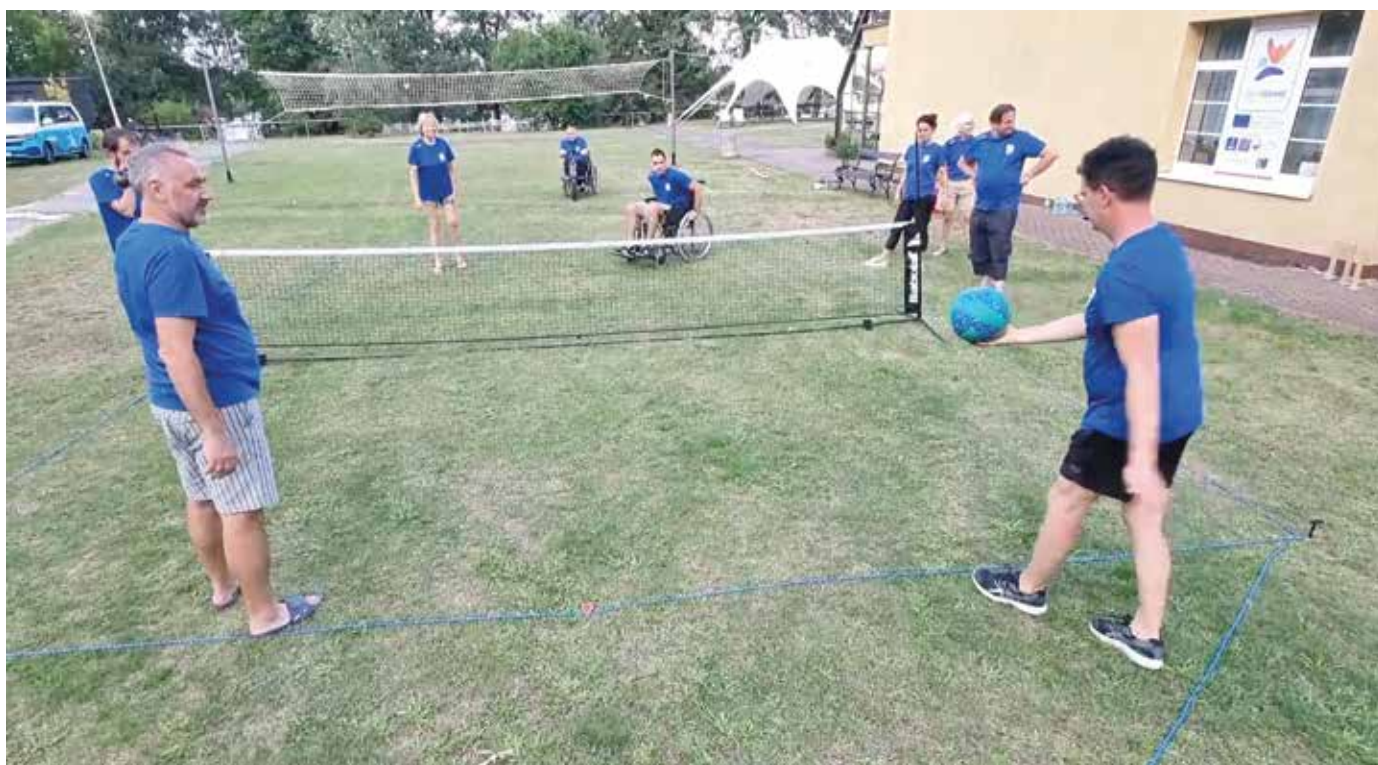
1. Use a net, a rope or a string in bright colours and/or add colourful elements, such as scarves, strings etc.
2. Use sound elements, like bells, which can be attached to a net and/or to the balls.



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Co-funded by  
the European Union

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