

4 DISABILITY SPORT

Below is brief information some of the sports we can deliver as well as some pictures .



Sitting volleyball-

- two teams each side of the net
- People can play this sitting on the floor or a chair
- Can use volleyball, beach ball or a giant inflatable ball
- Can touch any part of your body to keep the ball in the air and or over net

Boccia-



- Two teams usually of 3 players each team
- You have to sit on a chair
- Each team has to try get there balls as close to the jack as possible (a little bit like beach bowls)
- You can kick, throw or use a ramp to put the ball down.

New Age Curling-



- Same game as curling stone (on ice) but we play it on the floor.
- There is a big target mat
- Two teams – four on each team
- Idea of game is to get your Curling stone as close to the centre of the matt as possible – Obviously as people take there goes this can get quite tactical and start knocking others off the matt.
- You can kick, push or use a ramp to push the Curling stone down.

Polly Bat- If venue has a Table tennis table



- This is played on a table tennis table
- One person each end, you can stand or sit at each end of the table.
- You have one bat each- which can be strapped on if you havnt got a good grip and also one ball between you.
- Idea is to hit the ball over your opponents end line, you can use the sides to make the ball change path.



Table cricket played on a tennis table. If venue has table tennis table

Goalball - played with end lines and 6 players. All players get blind folded and ball has bell in it, idea is to roll the ball so it goes over end line with out being saved.

We can do any sport and adapt the game to the groups and individuals needs. Hopefully the above gives you some idea of what we can offer.