



G-Volley

Involving people with intellectual disability in physical activity at the club

Volleyball for everyone

Volleyball is a social, non-contact sport. It is suitable for many different target groups to participate. People with intellectual disabilities are often not stimulated to play sports. Clubs find it difficult to apply to the needs of this target group because of lack of knowledge and programs.

G-Volley aims to stimulate clubs to organize volleyball activities for people with intellectual disabilities. Involving this target group at club-level will not only bring benefits for the participants, but also stimulate discussion about social inclusion. The program offers volleyball activities for the participants. They learn how to play together in a team, to interact and they will build up experience with winning and losing.

Targeted: Developed curriculum, implemented at 5 clubs, with 50 participants. 1 G-Volley tournament with 5 teams. Social inclusions is discussed during Transnational Project Meetings to create awareness and stimulation to include this target group more.

Reached: 72 G-Volley activities | 2.757 participants with mental disability | 314 coaches educated | 124 clubs and 205 schools participated

Manuals: [G-Volley Manual English](#) | [G-Volley Manual Dutch](#)

Video: [G-Volley in Norway](#)

