

# LET'S PLAY THE PARA SPORT OF SITTING VOLLEYBALL



**THE PLAYING AREA**



**PLAYING THE GAME**



**THE SERVE**



**THE SET**



**THE DIG**



**THE BLOCK**

# ATHLETE CASE STUDY

**“HI, I’M WELLINGTON PLANTINI SILVA. I CURRENTLY LIVE IN SÃO PAULO, BRAZIL.**

My Para sport is sitting volleyball. My greatest Para sport achievement so far was being part of the team which was runner-up in the 2014 World Sitting Volleyball Championship, in Poland. We proved there that we belong to the group of the best teams in the world. I train for 20 hours a week – three to four hours a day – to be the best I can be at my sport.”



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Wellington Platini Silva (far right) representing Brazil