

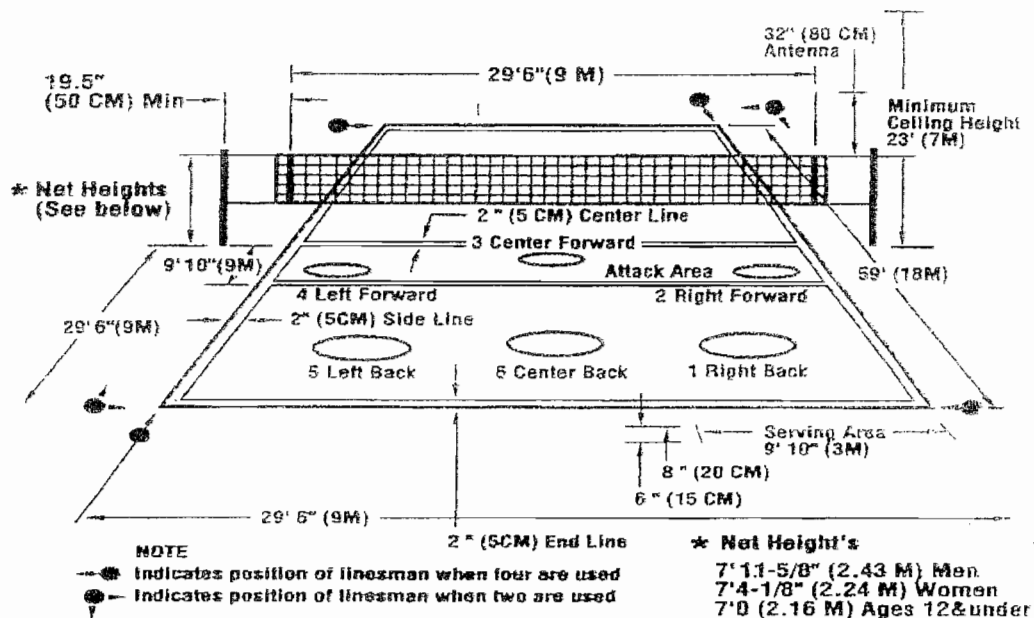
VOLLEYBALL

OBJECTIVES

Students will be given the opportunity to develop an understanding of the following as a result of their participation in volleyball.

1. Knowledge of terminology specific to the game of volleyball.
2. Knowledge of the rules and strategies specific to the game of volleyball.
3. Demonstrating correct body posture and ready position.
4. The basic skills of the forearm pass, set, serve, block and hit.
5. Implementing basic offensive and defensive strategies in game situations.
6. Showing respect for rules, authority and other student's individual abilities.

COURT DIAGRAM



Name _____ Period _____ Date _____ Teacher _____

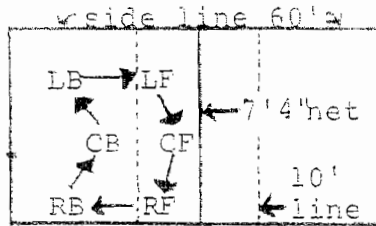
VOLLEYBALL VOCABULARY

1. Ace -
 2. Block -
 3. Double Hit -
 4. Forearm Pass -
 5. Free Ball -
 6. Game Point -
 7. Hit/Attack -
 8. Lift -
 9. Match -
 10. Rotation -
 11. Serve
 12. Serve Receive
 13. Set -
 14. Side Out -
 15. Tip -
-

VOLLEYBALL RULES

I. COURT AND ROTATION:

- 1) Number of players on a team: six (6).
- 2) Substitutes enter at the LF position.
- 3) Team must be serving to SCORE.



8) Serving area is 10' wide.

- 4) Rotate in a CLOCKWISE circle. →
- 5) End line 30'.
- 6) RB is the server.
- 7) Server must call the score. They call their score first.

II. THE GAME: The game is played with two teams of six players each. The object of the game is to hit the ball back and forth across the net, trying to prevent it from becoming dead on one's own half of the court. Also trying to cause the opponent to miss the ball. The perfect play in volleyball: Bump, Set, Spike!

III. SCORING: The score of the game goes to fifteen (15) points. You must win by two points. You must be servicing to score points.

IV. DEFINITION OF TERMS:

- 1) BLOCK...A defensive play in which players at the net attempt to block or interfere with the flight of the ball which is being returned by the opponents.
- 2) BUMP...(Bounce Pass). The ball is "bumped" off the forearms with the hands clasped together and the forearms side by side. (It helps to hyperextend the elbows and use the knees!)
- 3) BODY FOUL...Ball that touches any part of the player below the waist.
- 4) DEAD BALL...Ball that is temporarily out of play.
- 5) DOUBLE FOUL...Faults committed simultaneously or on the same play by opponents.
- 6) FOOT FAULT...Server steps on or over the end line at the moment of serving the ball.
- 7) FOUL...A fault for which a point or side-out is awarded.
- 8) GAME...Fifteen points and be two points ahead.
- 9) HOLDING...Allowing the ball to visibly come to rest even momentarily in the hands.
- 10) ILLEGAL HIT...Hitting the ball with both hands below the waist.
- 11) LEGAL HIT...Ball that is given immediate impetus with any part of the body above and including the waist.
- 12) LEGAL SERVE...Putting the ball into play over the net into opponent's court without it touching the net.
- 13) NET BALL...A ball may not touch the net on the serve however during the play the ball may be played off the net if the person playing the ball does not touch the net.
- 14) OPPONENT'S COURT...Playing area occupied by a team's opponents.
- 15) OUT-OF-BOUNDS...Any surface or object outside the court except a player in the act of playing the ball.

IV. DEFINITION OF TERMS: (continued)

- 16) OWN COURT...Playing area occupied by one's own team.
- 17) PERFECT PLAY...BUMP (pass) - SET - SPIKE.
- 18) POINT...Scoring unit awarded to serving team for an infringement of the rules by the opponent. (Infringement means breaking the rule.)
- 19) RESERVE...When fouls are committed by the players on opposite teams simultaneously or on the same play.
- 20) ROTATION...Act of shifting positions in a clockwise direction when the team is awarded the serve on a side-out.
- 21) SERVER...Player in the Right Back (RB) position who begins the play by hitting the ball over the net.
- 22) SERVICE...The act of serving.
- 23) SERVING ORDER...Sequence of service of a team's players. Must stay in correct rotation or lose the serve.
- 24) SET...A ball (other than a serve) which is hit-volleyed higher and closer to the net than the pass so that it can be spiked.
- 25) SIDE-OUT...Decision following the infringement of a rule by the serving team at which time service is awarded to the opposing team.
- 26) SPIKE...A ball (other than the serve) which is hit forcibly from a height greater than the top of the net.
- 27) TEAM...The six players who work together to defend their area and try to defeat their opponents.
- 28) TERM OF SERVICE...Server continues to serve until side-out is called.
- 29) VOLLEY...Hitting the ball before it bounces off the ground.
- 30) VOLLEYBALL...The game in which all legal balls must be hit on the volley.

V. FOULS AND PENALTIES:

- 1) Serves the ball illegally.
- Fails to give immediate impetus upon contact.
 - Causes the ball to contact the net.
 - Fails to cause some part of the ball to pass over either one of the markers on the net or within the two markers.
 - Causes the ball to strike an object or land outside the playing area. (HITTING THE LINE IS CALLED GOOD!)
 - Causes ball to strike an object directly over the court unless local ground rules alter this rule.
 - Fails to be within own serving area. (Area 10' wide and behind the end line.)
 - Commits a foot fault. (Touching the end line with the foot in the act of serving.)
- 2) Plays the ball illegally.
- Fails to return the ball within the opponent's court.
 - Fails to cause some part of the ball to pass over either one of the markers on the net or within the two markers.
 - Hits the ball illegally.
 - Plays the ball more than once in succession.
 - Becomes the fourth player on the team to contact the ball. (ONLY THREE HITS PER SIDE!)

V. FOULS AND PENALTIES: (continued)

- 2)
 - f. Commits a body foul.
 - g. Catches or touches the ball, either on or off the court, and calls it OUT.
 - h. Plays the ball while supported by any player or object.
- 3) Plays illegally at the net.
 - a) Holds or pushes the ball against the net.
 - b) Touches the net with any part of the body while the ball is in play.
 - c) Reaches over the net.
 - d) Leaves the floor from a position which is not clearly behind the 10' line when executing a spike from a back line position.
 - e) Reaches under the net.
 - f) Touches the floor on the opposite side of the center line.
 - g) Touches the opponent's court in completing a play.
- 4) Plays in an illegal position.
 - a) Fails to be in the correct serving order when the ball is served.
 - b) Blocks or spikes from a position not behind the 10' line.
 - c) Plays the ball over the net from a position which is not clearly behind the 10' line at a height greater than the top of the net while playing a back line position.

- VI. PENALTIES: POINT.....server scores if the receiving team fouls.
 SIDE-OUT...receivers now serve if the service team fouls.
 RE-PLAY....if fouls are committed by players on opposite teams either simultaneously or on the same play, the ball shall be re-served. (Any ball that is questioned shall be a reserve!)

- VII. (CLASS CONDUCT): Be as fair as you can in your calls. You would like someone to be fair in their calls for you.
- Return any ball to the server by rolling them under the net directly to them.
- Reserve any point where there is interference.
- Foul Language will not be tolerated.
- Do not kick a volleyball.


- VIII. STRATEGY REMARK: To play good volleyball, a person must move the feet and get behind the ball to play it well.
- Call your balls and communicate with your teammates.

HISTORY

In 1895, William G. Morgan, a YMCA director in Holyoke, Mass., invented a game called *mintonette*, intended to meet the needs of local businessmen who found the game of basketball to be too strenuous. The game caught on quickly because it required only a few basic skills, easily mastered in limited practice time by players of varying fitness levels. The original game was played with a rubber bladder from a basketball. Early rules allowed any number of players on a side. In 1896, the name was changed by Alfred T. Halstead, who, after viewing the game, felt that volleyball would be a more suitable name due to the volleying characteristics of play. The YMCA promoted volleyball for many years. Then in 1982, the United States Volleyball Association was formed.

The Japanese added the sport to the Olympic Games program in 1964. Although the game was invented in the United States, it was not until the mid-1980's that the Americans began to provide strong leadership for its development. In 1984, for the first time ever, the United States men's and women's teams won the Olympic medals. The United States' men defeated Brazil to capture the silver. The success of these two teams increased the interest level of both spectators and participants throughout the United States. In 1988, the U.S. men won the gold medal at the Seoul Olympics, and in 1992, both the men's and women's teams won bronze medals in the Olympics at Barcelona. The International Olympic Committee added beach volleyball to the 1996 Olympics in Atlanta in response to the extremely popular beach game on the professional level.

The game is now recognized as a strenuous sport as well as a recreational activity. It is currently played in 210 federations around the world.



RULES

- The object of the game is to send the ball back and forth over the net so the opposing team cannot return it.
 - A team consists of six players on a court at a time. Three play the in front court and three play in the back court. Substitutions are legal and they can rotate in an out.
 - A game is played to 25 points. To win, a team must be ahead by at least two (2) points.
 - To win a match, a team must win 2 out of 3 games or 3 out of 5 games.
 - If a served ball goes out of bounds, a side out is called and the other team takes possession. Points are scored when either team wins a rally.
 - Each team may hit the ball three (3) times before hitting the ball over the net. A player may not hit the ball twice in a row before the ball goes over the net, except on any first ball over the net and it must be a simultaneous double contact.
 - The following occurrences will cause a point to be earned or a side out (loss of possession): the ball hits the floor in bounds, the ball is hit out, lift, net violation, double hit, more than 3 hits on a side.
 - A foul is called and point awarded if a player touches the net or steps across the center line.
 - If a ball hits the boundary line, it is in bounds.
 - When a team earns a sideout, the players rotate in a clockwise direction one position.
 - The serve is made by the right back player from behind the end line.
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SKILLS

Grip: The hands are gripped together in one of two ways.

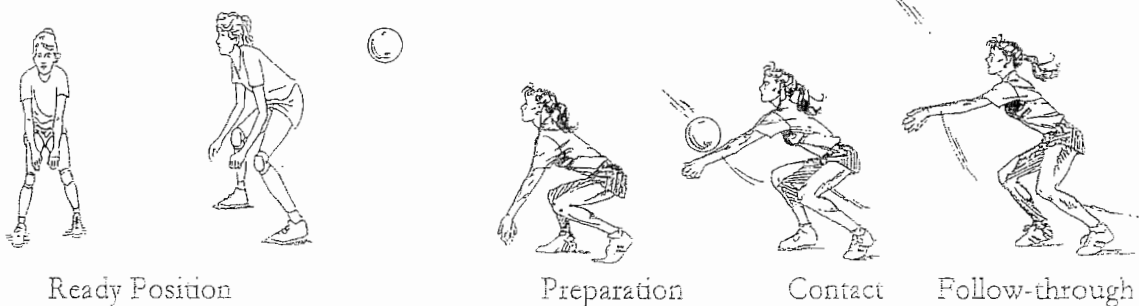
Cupped

1. Place one hand across the palm of the other.
2. Fold both hands together.
3. Make sure the thumbs are on top and side-by-side.
4. Thumbs must remain parallel and level.



Forearm Pass

1. Begin in ready position. Feet shoulder width apart and even. Do not place one in front of the other. Stay in balance.
2. While bending the knees, keep the forearms, wrists, elbows straight (platform), your back at 45 degrees.
3. Contact the ball at the knees with the forearms in front of the body using a slight upward motion (shoulder shrug). Shoulders should be in front of the knees. It is important to watch the ball contact the platform.
4. On contact, transfer weight forward.
5. Follow through in the direction of the intended flight with the arms remaining well below shoulder level.



Ready Position

Preparation


Contact

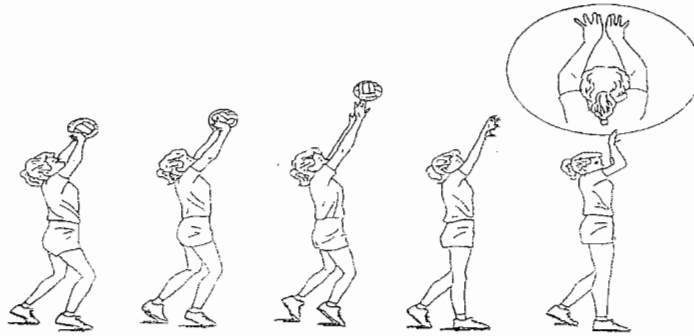
Follow-through

Set

1. Begin in ready position with one foot slightly in front of the other.
2. Flex the knees and elbows prior to the set.



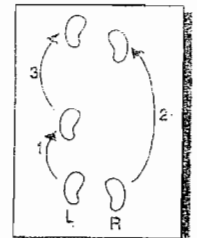
3.  Tilt the head back, form a window with the hands above the forehead and watch the ball closely through the window.
4. On contact, extend the arms upward while setting the ball with the fingertips in an upward and forward direction.
5. Follow through in the direction of the intended flight.



Hit or Attack : The spike consists of two parts; the approach and the hit.

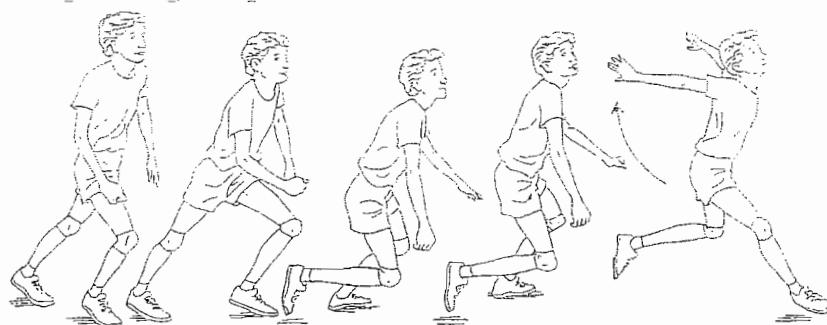
Approach

1. Wait for the set to be half the distance to you from the setter and then move toward the set.
2. Approach the net, covering the distance with as few steps as possible. A three step approach is the most common.
3. The last two steps are the most important. Make a two-footed takeoff by planting one foot heel first and closing with the other foot even with the first foot.
4. As you plant both feet, to change forward momentum into upward momentum, swing both arms back to prepare for a jump.



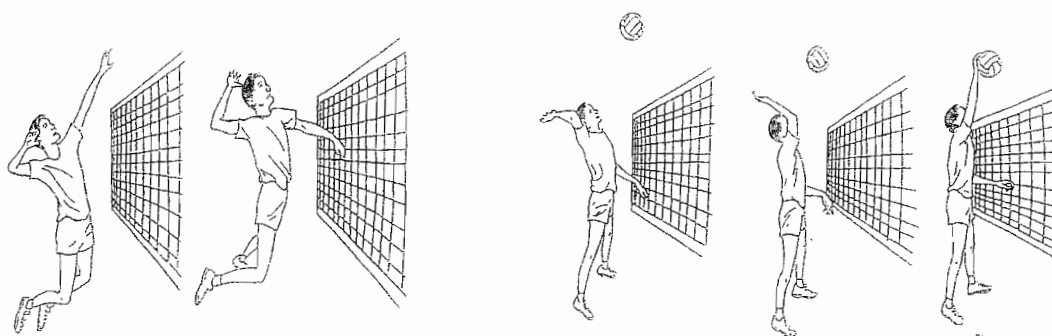
3 step

3. Swing both arms forward and reach high toward the set as you jump straight up into the air.



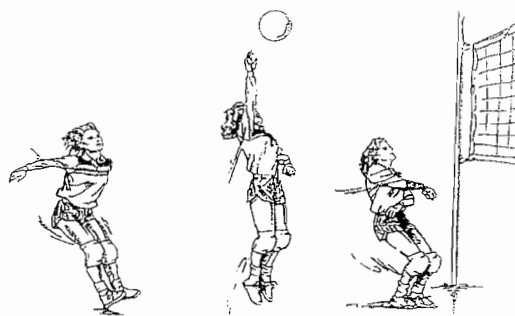
Hit

1. Draw your hitting arm back keeping your elbow high and hand close to your ear.
2. Contact the tip of the ball with the heel of an open hand.
3. At contact, forcibly snap your wrist and drop your arm toward your waist.
4. Follow through toward the target. Make sure to keep clear of the net.
5. Land on both feet with the knees bent.



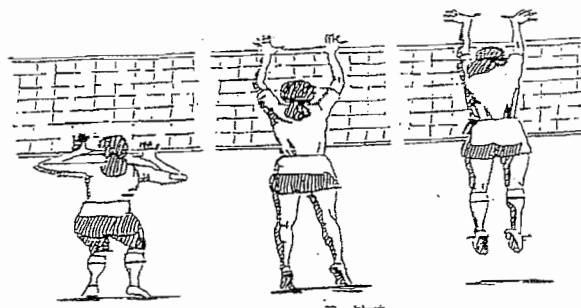
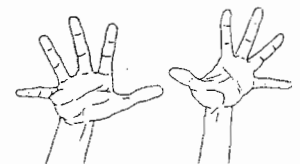
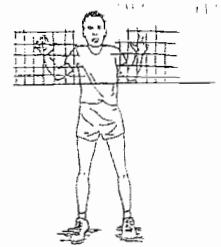
Dink /Tip

1. Use the same approach as a spike.
2. At contact, gently direct the ball by using the upper two joints of the fingers of your hitting hand.
3. Contact the ball slightly below the center back to direct the ball upward to barely clear a block or the net and drop quickly to the floor.
4. Land on both feet with the knees bent.



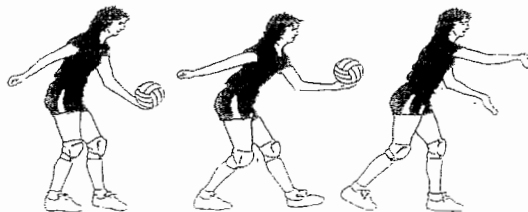
Blocking

1. Stand in ready position, close to the net, with the hands at shoulder level.
2. Jump up to meet the ball when the hitter jumps.
3. Thrust arms upward, keeping the hands somewhat spread with the fingers tense and straight as they contact the ball.
4. Land on two feet with the knees bent.
5. Be careful to avoid touching the net and to not swing the arms forward as the body lands.



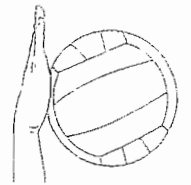
Underhand Serve

1. Use a staggered stance with the knees bent.
2. Hold the ball in the non-dominant hand, across the body and in front of the dominant shoulder. The ball should be held below the waist.
3. Hold the striking hand (dominant hand) beneath the ball. Using the heel of the hand, swing the arm down and back and up and forward to hit the ball off the hand. Make contact below waist level.
4. Transfer weight from the rear foot to the front foot.
5. Follow through in the direction of the ball flight.



Overhand Serve

1. Use a staggered stance.
2. Hold the ball in the non-dominant hand, across the body and in front of the dominant shoulder.
3. Toss the ball about two feet above the shoulder, so the hand can meet the ball just above head height, while swinging the hitting arm back with the elbow high.
4. Transfer weight from the rear foot to the front foot as you contact the ball with the heel of an open dominant hand.
5. Extend the elbow and flex the wrist forward as you contact the ball and then follow through in the direction of the intended flight.



NAME _____ DATE _____ PERIOD _____

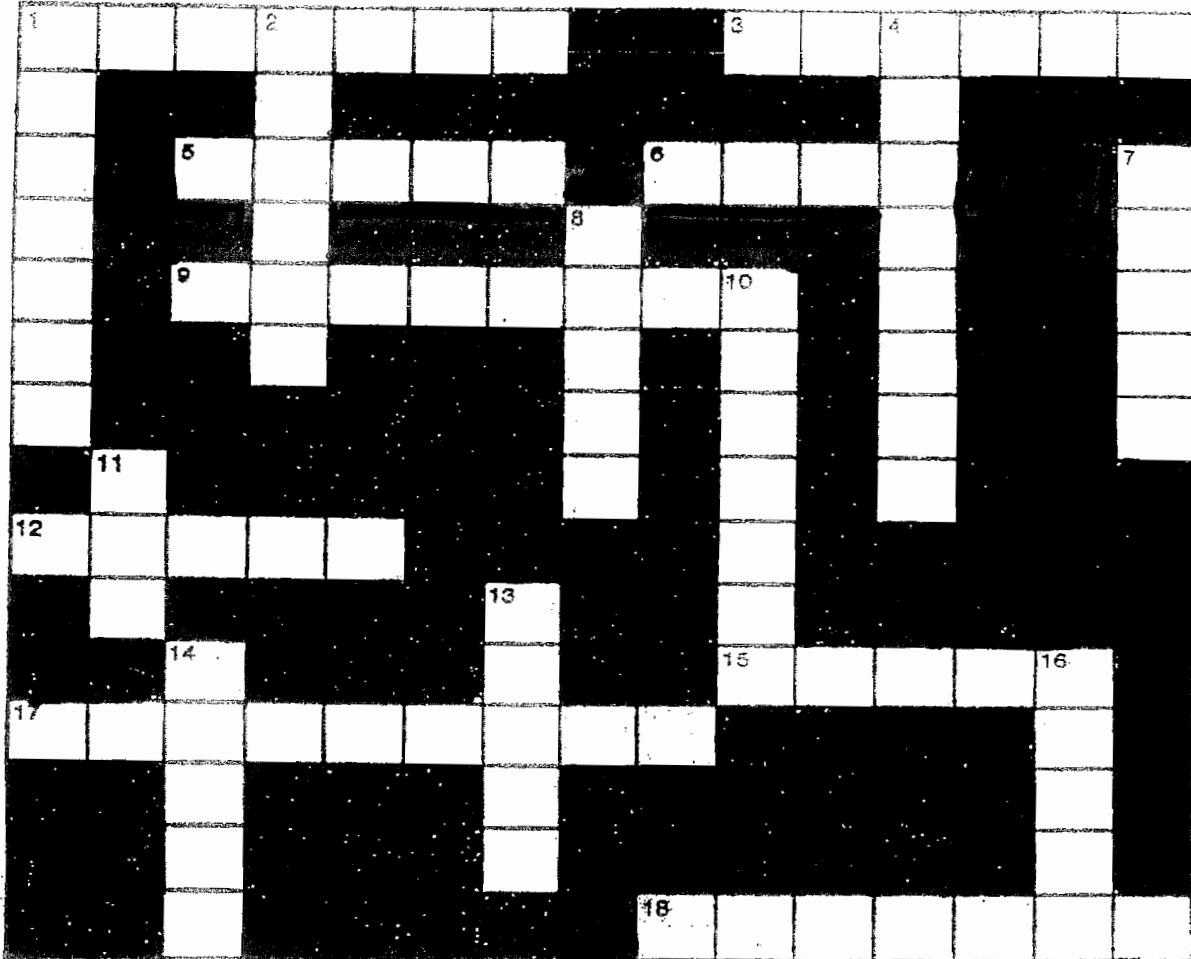
WRITING ASSIGNMENT 1

1. In 1895, _____, the director of the YMCA in Holyoke, Mass, created a game called _____.
2. In _____, volleyball received its current name because the main idea of the game was hitting a _____ back and forth over a _____.
3. In 1982, the United States _____ was formed.
4. Volleyball is played by two teams each having _____ players.
5. Player's play the front court and _____ players play the back court.
6. Both men and women's volleyball teams won medals for the first time in the _____ Olympics.
7. _____ volleyball was added to the 1996 Olympic Games.
8. A game is played to _____ points, and the team must win the game by _____ points.
9. Only the _____ team can score.
- 10.A _____ is called when the serving team loses its serve.
- 11.A player may hit the ball _____ time(s) in a row.
- 12.List two occurrences that result in a point or side out

_____ , _____

NAME _____ DATE _____ PERIOD _____ TEACHER _____

WRITING ASSIGNMENT 2



VOLLEYBALL CROSSWORD PUZZLE

DOWN

1. Serving team fails to score
2. One contact of the ball by a player
4. Shifting of players just before new player serves.
7. Height of net for boys' games.
8. Two out of three games
10. Ball is made of this material
11. Foul committed by a player reaching over the net
13. A hard driven ball
14. This is the area where the game is played.
16. The number of forwards on a team.

ACROSS

1. The right back hits the ball over the net to start the play.
3. Man who invented the game.
5. Defensive play by a player in the front line.
6. Server faults by stepping on the line.
9. After a point has been scored.
12. It takes two _____ to play volleyball.
15. Back who is the first server.
17. Players rotate
18. When the opposing team loses the serve, the team taking the ball for the serve _____ one position.

NAME _____ DATE _____ PERIOD _____

WRITING ASSIGNMENT 3

VOLLEYBALL SCRAMBLER

1. LBCKO	1.
2. TOUESID	2.
3. TOFOLTFAU	3.
4. ETN	4.
5. LLVEALBOY	5.
6. KPSIE	6.
7. ROWKMEAT	7.
8. OOTTARIN	8.
9. PPNNTOOE	9.
10. CRESCO	10.
11. SPAMUBPS	11.
12. MARVERO VERSE	12.
13. NNTAURMOE	13.
14. LDSIRL	14.
15. EIBLADCARLR	15.
16. MMTTAAEE	16.
17. TSETER	17.
18. NITOOSPI	18.
19. TTAGREYS	19.
20. BFERLLAE	20.
21. AANTPIC	21.
22. KTCLNAAKJET	22.
23. GHWLLOOORTHUF	23.
24. BDNOLLWA	24.
25. LBHOUIDET	25.

NAME _____ DATE _____ PERIOD _____ TEACHER _____

WRITING ASSIGNMENT 4

Place in the blanks below the correct term that corresponds to the definition on the right.

Block	Foot Fault	Rotation
Catching a ball	Game Point	Service
Dead Ball	Match	Side out
Two	Out of bounds	Spike
Double foul	Point	Volley

- _____ 1. When the receiving team fails to return the ball legally, the serving team makes a score.
- _____ 2. A defensive play by player in the forward position.
- _____ 3. One contact of the ball by a player or two players from the same team hitting the ball simultaneously.
- _____ 4. The right back hits the ball over the net and puts it in play.
- _____ 5. After a point, side out, or any decision stopping play.
- _____ 6. When the score is tied at any point from 14 or more, you must win by.
- _____ 7. Shifting of positions, clockwise, just before a new player serves.
- _____ 8. A team wins two out of three games
- _____ 9. A hard driven ball by a player who hits the ball at a height above the top of the net.
- _____ 10. The last point in a game.
- _____ 11. The serving team fails to score or plays the ball illegally.
- _____ 12. A momentary holding of the ball in the hands.
- _____ 13. Server steps on or over the end line when serving.
- _____ 14. When a ball lands outside a boundary line.
- _____ 15. Violation of the rules by both teams on the same play.

Thought Questions on Volleyball

1. Is volleyball a good coeducational activity? Why?

2. Describe the 3 step approach when performing a spike.

3. How would the game be changed if the ball were allowed to bounce before it was hit?
