

VOLLEYBALL STUDY GUIDE

10TH GRADE

General Rules:

1. Volleyball teams consist of 6 players per side.
2. If the ball lands on the boundary line, it is considered in bounds.
3. A player may not contact the ball twice in a row.
4. The team is allowed to contact the ball up to 3 times after it crosses the net.
5. Rally scoring is used in Volleyball. This means that after each rally, the winning team earns the point.
6. A "side-out" is called when the non-serving team wins the point, and they earn the serve. Rotate clockwise on a side-out.
7. Call the score before each serve, and call the server's score first.
8. The volleyball net is 7'10" high.

Skill Cues:

SERVE: This skill is used to start rally play. The serve may be served underhand or overhand and must be served from the back service line. The serve may hit the net and is considered "good" if it falls into the opponent's side. (This is called a LET serve.)

BUMP (FOREARM PASS): Using an athletic stance, bring thumbs together to create a flat platform with the forearms. Using the legs (and not swinging the arms), contact the ball on the forearms to attempt a pass to a teammate.

SET: With elbows out, create a window with thumbs and forefingers. "Draw" the window up above the forehead. Using both hands, extend to meet the ball with control.

SPIKE (HIT): Using one hand to contact the ball, this is usually the third and final contact to send the ball over the net. Timing the approach, track the ball in the air, pull back hitting arm (bow and arrow), contact ball at highest reach, and follow through.