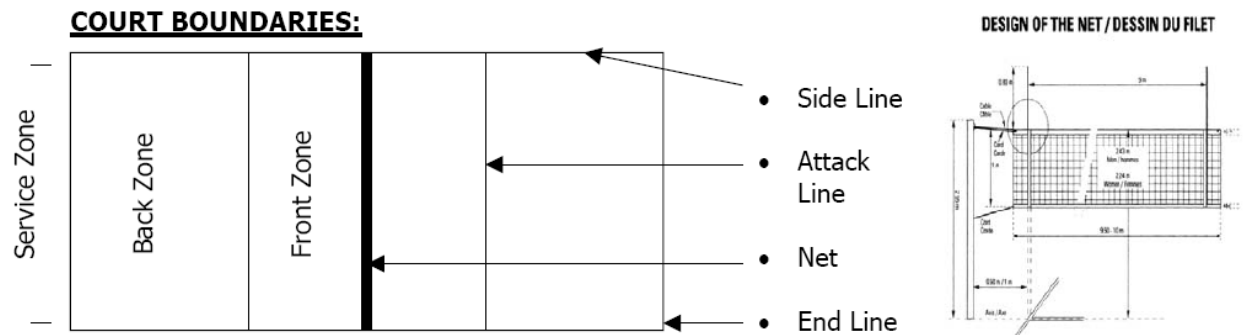


## Volleyball Study Guide



### COURT



### **VOLLEYBALL RULES:**

- Server must serve from behind end line until after contact.
- Team rotates each time that they win the serve.
- Games are played to 25 with rally serving
- Players rotate in a clockwise manner.
- There is a maximum of three hits per side.
- A player may not hit the ball twice in succession.
- A ball (Including serve) may be played off of the net.
- A ball hitting the boundary lines is good.

### **VOLLEYBALL VIOLATIONS:**

- Stepping on the line of a serve
- Failure to serve the ball over the net
- Hitting the ball illegally (carrying, palming, throwing etc.)
- Touching the net with body while ball is in play
- Failure to serve in the correct order.

### **VOLLEYBALL SHOTS:**

#### TIPS:

- 1- Use your legs for your main power source, your arms should be there to guide the ball.
- 2- Move your feet and make sure that you are in position to contact the ball.
- 3- Communicate with your teammates, this will add to your success.

## **VOLLEYBALL SHOTS:**



Forearm Pass



Dig



Block



Set



Serve



Hit/Spike

## **Vocabulary:**

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## **VOLLEYBALL HISTORY:**

In 1895 at a Holyoke YMCA gymnasium in Mass, **William G. Morgan**, designed a new game called "Minonette" where an inflated basketball bladder was hit around by two teams over a rope. Rules at the time stated that the ball had to be hit from one player to another and catching, holding or throwing was not permitted. In it's initial format, minonette required nine players to play and they were placed in three rows of three. Team rotation was necessary in order to ensure that all players took turns playing the various positions on the court. In 1896 at a YMCA Conference, the name of this game was changed to "Volleyball". Subsequently, the net height was raised and the teams were reduced to six players. American troops introduced this new sport into Western Europe in 1918. Before the year was over it was played in England and soon Volleyball spread worldwide, partly because of the YMCA movement at the time. It became very popular in Russia and Japan.

## **VOCABULARY:**

**ACE**-When a ball is served to the other team and no one touches it.

**ASSIST** – A ball placed in the air that is attacked for a kill.

**DIG**-When a player makes a save from a very difficult spike.

**KILL**-When a team spikes the ball and it either ends in a point or a sideout.

**BLOCKING** -- a defensive play; the action of stopping or slowing the returning spiked ball with hands above and near the net

**BUMP/FOREARM PASS** -- usually the first play by a team; used to get the ball to the setter; performed with the forearms

**DEAD BALL** -- ball that is out of play

**DINK** -- a fake spike; playing the ball gently over the block with the finger tips

**FOOT FAULT** -- stepping on or over the end line before or during the serve, or stepping completely over the center line

**GAME POINT** -- the last point in the game

**MATCH** -- to win 2 of 3 games or 3 of 5 games

**POINT** -- awarded to either team for any infringement of the rules.

**ROTATION** -- the act of shifting positions in a clockwise direction after a side-out before the next person serves

**SERVICE** -- putting the ball into play by the right back

**SET** -- a high pass that is generally the second play by a team to relay the ball to the spiker

**SIDE-OUT** -- ending a team's right to serve following an infringement of a rule by the serving team

**VIOLATION** -- a foul