

## **VOLLEYBALL**

Volleyball is a team sport played by two teams on a playing court divided by a net. The object of the game is for each team to send the ball regularly over the net to ground it (have it hit the ground or floor) on the opponent's court, and to prevent the ball from being grounded on its own court.

### **Playing the Game**

The ball is put into play by the right back-row player who serves the ball by hitting it over the net to the opponent's court. A player is not allowed to hit the ball twice consecutively, except when attempting a block. The rally continues until the ball touches the ground/floor, goes "out" or a team fails to return it to the opponent's court or commits a fault.

**Rally scoring is now used and played to 25 points.** When the receiving team wins a rally, it gains the right to serve and scores a point. Its players rotate one position clockwise. Rotation ensures that players play at both the net and the back zone of the court. A team wins a game by scoring 25 points with a two-point advantage and wins the match by winning the best of three or five games.

In 1995, the sport of Volleyball was 100 years old! The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports. Today there are more than 46 million Americans who play volleyball. There are 800 million players worldwide who play volleyball at least once a week.

In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of Volleyball (at that time called mintonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man's head. It, like basketball, is one of the few "invented" sports that has extended around the world. Morgan named the game Minoette originally but as he experimented with a net and a ball the players volleyed the ball back and forth across the net thus he changed the name to volleyball.

During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport. On July 7, 1896 at Springfield College the first game of "volleyball" was played.

### **OVERVIEW**

Volleyball is a game composed of two teams. Each team has six players on the court at a time. The players positions are referred to a right back, center back, left back, left front, center front, and right front. A game is played to 25 points with the winning team ahead by at least two points. High school volleyball victories are determined by matches- winning 2 out of 3 games.

### **SAFETY**

1. When playing a game, be careful not to cross the center line.
2. No wearing jewelry when playing volleyball.
3. Be sure standards are properly anchored to floor.
4. Wear proper athletic shoes.

### **CARE OF EQUIPMENT**

1. Players should never kick, throw or sit on the volleyballs.
  2. The volleyball nets should not be pulled on and players should be careful not to sit or stand on the supporting poles.
3. Put all volleyballs away after class.

### **TECHNIQUES**

#### **FOREARM PASS:**

**HANDS-** Hands are held together by making a fist with one hand while holding the thumb up towards the ceiling. The other hand is wrapped around the fist and both thumbs are flat and parallel to each other.

**ARMS-** Rotate the elbows and hands toward the floor and provide a flat surface or "platform" with the forearms to play the ball. Minimum arm swing is used to pass the ball, players should extend the legs and body in the direction of the ball.

**LEGS-** The knees should be bent with the right foot slightly ahead of the left facing the direction of the target. The body should be low and leaning forward (waist should be bent) and lift the body up and forward toward the target.

\*\* Players must first move their feet to the ball and get their body in proper position with the ball in front of them while facing the intended target.

SET:

HANDS- The fingers are spread apart in the shape of the ball. If students put their hands on their hips and raise them over their head this should be the proper position. The ball is contacted over the forehead.

LEGS- The right foot should be forward with the knees bent. Hands are just above the forehead with elbows bent. As contact is made, arms and legs extend upward and out toward the target. To set a farther distance more legs should be used.

\*\* players must first move their feet to the ball and get into proper position behind the ball and facing their target and extending the body toward the target.

OVERHAND SERVE:

TOSS- This is the most important part of the serve. (This example is for right-handed students the feet and arms are opposite for lefties). Stand with left foot in front of the right with your weight on the back, right leg. Toss the ball with the left hand- the toss should be at least as high as the extended arm and should be tossed out in front of the hitting (right) arm. As the ball is tossed, the right arm is pulled back to the right ear. As contact is made, the hand is open and the hitting arm extends up (full extension) to the ball. The ball is contacted in front of the body and follow through with the arm or swing through the ball. At the same time contact is made with the ball, weight is transferred to the front (left) leg and the toe of the right foot should drag on the floor forward as the arm hits the ball.

\*\*Be sure that students have a good toss

\*\*Watch for dropped elbows-Not fully extending the arm

\*\*Watch for transfer of weight

HITTING:

APPROACH-

(Example for right handed people)

Start at the 10 foot line, this is the final steps before hitting.

First step- right foot steps forward

Second step-both feet land together with the heels and rock to the toes as you jump. Both arms go straight up and the hitting arm drops back to hit . Swing arm forward with an open hand. The ball should be out in front of the body, the arm should be fully extended, swing through the ball with a snap of the wrist and a follow through.

TIP:

This is the same as hitting except for the final contact. Contact is made with the finger tips and the ball is lightly directed to an open spot just past the net.

BLOCK:

The defenders are up at the net with the hands above the shoulders. The hands should never drop below the shoulders (this keeps them from hitting the net on the way up). As the player jumps, they bend the knees and jump straight up fully extending both arms up and over the net. Hands should penetrate over the top of the net with the fingers spread apart and hands bent down and facing in the court to direct the ball in bounds when blocked. The timing of the block is for the blocker to jump when the hitter jumps.

\*\* hands should be together so that the hit does not go through their arms.

SERVE RECEIVE:

The harder the serve, the less action the passer needs to use. Use the middle front player at the net as the setter and all passes should be directed to them. The passer must call the ball and move their feet to get into proper position facing the target.

DIG:

The dig is a defensive pass usually from an opponents spike or tip. Passers must stay low and move their feet. The harder the hit, the less reaction you need.

GENERAL:

\*\*The ideal order of hits is pass(bump), set, spike.

\*\*Players rotate in clockwise direction.

\*\*Back row players cannot jump in front of the 10 foot line.

**\*\*Players can block a serve \*\*All players (except the server) must be in bounds until the ball is served.**

**\*\*A single hit off a players body above the waist is legal.**

**\*\*Players can step on the center line but not completely over it.**

**\*\*Players can never touch the net.**

**\*\*Serves cannot touch the net but during volleys balls can touch the net.**

**\*\*All balls that travel over the net must do so over the area of the court which is in bounds.**

## **RULES**

1. An official team shall consist of six players.
2. The winner of the toss has a choice of first service or preferred court.
3. After the opening game, the losing team has first service.
4. The ball is put in play by the player in the right back position. The right back player can serve anywhere along the endline.
5. The service shall alternate when an official calls side-out.
6. On the first play at the beginning of the game, the defensive team (team without ball) will rotate when they receive possession of the ball.
7. Illegal plays are:
  - a. Any player touching the net while the ball is in play.
  - b. Pushing or holding the ball against the net.
  - c. Reaching under the net while the ball is in play.
  - d. Stepping over the center line while the ball is in play.
8. Illegal serve are:
  - a. A ball that is not definitely hit.
  - b. A ball that goes into the net.
  - c. A ball that touches the top of the net.
  - d. A server commits a foot fault before the ball has left her hand.
  - e. A ball hits an over-head object directly over the court.
  - f. A ball is assisted by another player on the serve.
9. It is not necessary for the entire ball to be on a players side of the net before it is played.
10. A ball in play which hits the net and goes over is considered good UNLESS it is on the serve.
11. A ball, other than a service may be recovered from the net, provided a player does not touch the net.
12. A ball touching the boundary lines is considered good.
13. Double fouls result when:
  - a. Players on opposing sides commit a foul simultaneously.
  - b. In case of a double foul, the play shall be repeated.
14. The ball may be contacted not more than three times before it is hit over the net. A block does not count as one of the three hits.
15. If the ball contacts any part of the players body below the waist it is considered dead.
16. If two of more players of the same team contact the ball simultaneously it shall be considered one play and either player involved in the play may hit the ball again.
17. The ideal order of the three volleyball hits are bump, set, and spike.
18. All players must be inside the court as the server contacts the volleyball.

## **TERMINOLOGY-**

**Ace-** a serve that cannot be returned

**Block-** a skill used to stop a spike

**Dead ball-** a ball temporarily out of play

**Dig-** a skill used in defense against a spike

**Foot Fault-** server steps on or over the service line

**Forearm pass-** A skill used to receive serves or pass balls waist height or lower

**Holding-** player lifts, scoops, shoves or rests the ball momentarily in the hands

**Kill-** a spike which hits the floor and cannot be returned

**Match-** winning two out of the three games

**Out of bounds-** All walls, poles & any object outside of boundary lines. Any ball landing on the lines is good

**Play time-** game is complete at the end of 15 points ( with two point lead)

**Rotation-** the shifting of all players in a clockwise direction

**Scoring-** the failure of the receiving team to return the ball shall merit one point for the serving team.

**Serve-** Method of putting the ball into play. Ball must go over the net without touching the net, pole or another player

**Set-** Skill used to set up a hitter.

**Side-Out-** serving team fails to win its point or play the ball illegally; the opposing team shall gain possession of the ball.

**Positions on a volleyball court-**

Net

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LF CF RF

LB CB RB  
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**NET HEIGHT**

High school girls: 7 feet, 4 and 1/8<sup>th</sup> inches

High school boys: 7 feet, 11 and 5/8 inches



