

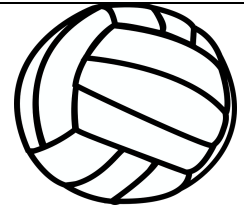
QUESTIONS

VOLLEYBALL STUDY GUIDE

1. Volleyball was invented in what year? _____
2. Who invented Volleyball? _____
3. How many players on a regulation Volleyball team? _____
4. How many points does your team need to win? _____
5. What position serves first? _____
6. Can the ball hit the net? _____
7. Can a player touch the net? _____
8. What is the ideal offensive attack? _____
9. What Volleyball skill do you want to use as the second hit? _____
10. What is the hit called that hits the ball downward? _____
11. Where do you want the ball to contact your arms when doing a forearm/bump pass? _____

HISTORY:

Volleyball was developed in 1895 by William G. Morgan at the YMCA in Holyoke, Massachusetts. It was developed for businessmen who required a game that involved less physical contact than basketball. Volleyball was introduced to the Olympic Games in Tokyo in 1964.



GAME:

Volleyball is a game played by two teams of 6 players separated by a net. Volleyball positions are set up with 3 front row players and 3 back row players. The object of the game is to send the ball over the net so that the opposing team cannot return the ball. Games are played to 25 points with tie breaker games being played to 15 points. The winning team must win by two points. Rally scoring is used in Volleyball which means whenever a team wins a rally they will earn a point and the right to serve.

SERVING:

- The Right Back player starts the game with a serve. The serve may be overhand or underhand.
- The server must have both feet behind the end line or else it will be a foot fault.
- Rotate positions in a clockwise pattern when it is time for your team to serve.
- The ball **MAY** touch the net on a serve.



SKILLS IN VOLLEYBALL

Forearm pass/Bump- Method of passing the ball by bouncing it simultaneously off of both forearms. Grip: thumbs parallel, arm extended/elbows straight: bend knees to get under ball; contact with forearms. The angle of your arms at contact of ball will determine the direction of the ball.



Overhead Pass/Set- Overhand technique of putting the ball into the air close to the net for the spike. Usually the second hit after the forearm pass. Get under the ball; hands above head with fingers spread, elbows out, contact the ball with fingertips, extend arms after contact.



Spike/Hit- Striking of the ball with one hand hit forcefully downward into the opponent's court. This is the ideal third hit in a series.

12. Does a block count as a hit?

13. Can a player hit a ball twice in a row?

14. How many hits does each team have to get the ball over the net? _____

15. If a ball hits the line is that IN or OUT? _____

“BUMP, SET, SPIKE” is the ideal offensive attack.



DIG- Passing of a powerfully spiked ball or hit. The back row players usually are responsible for digging the ball and keeping it in play.



BLOCK- A defensive play by one or more of the front row players meant to intercept a spiked ball. THE BLOCK DOES NOT COUNT AS A HIT.



RULES:

- Each team has three hits to attempt to get the ball over the net.
- A ball hitting a line is IN.
- Touching the net with any part of the body while the ball is in play is illegal and results in a point for the other team.
- A player may only hit the ball once in a row unless: the player blocks the ball or two players hit the ball at the same time.
- A player cannot step on the other side of the net.



