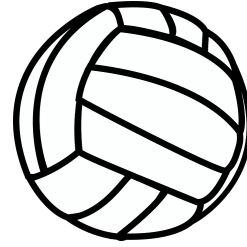


VOLLEY TENNIS

STUDY GUIDE



HISTORY: YMCA Director William G. Morgan developed the game of volleyball in 1895 in Holyoke, Massachusetts. Volleyball was introduced to the Olympic Games in Tokyo in 1964. In 1984, the US men's Volleyball won their first Olympic Gold Medal.

GAME: Volley Tennis is different than Volleyball because the ball is allowed to bounce. The Volleyball Nets are lower in Volley Tennis.

SCORING: Rally scoring is when the serving team or the receiving team wins a rally, they gain a point and the right to serve.



SKILLS USED IN VOLLEY TENNIS



SET: Overhand technique of putting the ball into the air close to the net for a spike. Get under the ball; hands above head with fingers spread, elbows out, contact ball with finger tips and extend arms after contact (follow through)

BUMP: Forearm Pass. Thumbs parallel, arms extended, elbows straight and knees bent. Get under the ball and contact ball with forearms. The angle of: your arms at contact of ball usually determines the direction of the ball.

SERVE: Method of putting the ball into play. There are 3 types of serves: underhand, overhead and jump serve. The underhand serve is easiest to master and is used in Volley Tennis.

SPIKE: Striking the ball with one hand to send the ball forcefully downward into the opponent's court.

