

Volleyball Handout

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History of Volleyball

The sport of volleyball was invented in the United States by William G. Morgan while working at a YMCA in Holyoke, Mass. He invented this sport when some businessmen would not play basketball. The bladder of the basketball was the very first volleyball used. This new game was named "mintonette".

The Spalding Co. eventually provided the first official ball made of soft calfskin. During a demonstration of his game at Springfield College a faculty member suggested he change the name of the game to volleyball because of the volleying aspects of the game.

Players of all ages can play this game from elementary to master's level. It can be played as an informal game or a competitive game. The addition of volleyball to the Olympics in 1964 helped increase its popularity, especially in the US.

Vocabulary

Ace: A serve that the receiving team cannot put into play.

Attack: The act of forcefully sending the ball to an opponent in a forceful manner: often called a spike.

Base Formation: A team's ready position while its opponents play the ball.

Block: When a player jumps, extending both arms over the top of the net with hands in a wide position, fingers spread, to block the opponent's spike.

Centerline: The court marking that is directly under the net that divides the court into 2 equal sides.

Dig: A one or two armed save in which a player has difficulty reaching the ball before passing it high so that a teammate can play it.

Double Fault: A play in which faults are committed by players of both teams at the same time. The point is replayed.

Forearm Pass: The passing action in which the ball rebounds off a player's forearms and is directed to a teammate; also called a bump.

Free Ball: Any ball coming over the net from the opponent that is not a spike or an attack.

Let Serve: A serve that hits the net but still crosses into the opponent's court.

Rally Scoring: A system of scoring in which a point is awarded for every serve and resulting rally.

Serve: The act of putting the ball into play. Servers must hit the ball behind the end line- within the service area- into the opponent's court.

Set: Placing the ball so that the spiker can attack it directly into the opponent's court.

Side Out: When the serving team faults and the receiving team gains the serve.

Spike: A ball hit with great force from a position higher than the top of the net, so that it drops at a sharp angle to the opponent's court.

Tip: A change-of-pace play in which a spiker tries to catch the opponents off guard by hitting the ball softly instead of spiking it. The spiker hits the ball with the fingertips of one or both hands so that it just clears the block and drops on the floor.

Basic Skills

1. The forearm pass- used to receive a serve or spike from the opponent.

Skill cues: contact ball on forearm, wrap hand around fist with thumbs up, thumbs next to each other, elbows in, arms away from body, knees bent, feet shoulder width apart.

When making contact with ball: step forward and extend arms to target, arms below shoulder level.

2. The set- used primarily to set the ball for the spiker.

Skill cues: Hands in front of forehead, triangle position of hands, hit ball with fingertips, knees slightly bent, and feet shoulder length apart.

When making contact with the ball: extend arms and legs in the direction of your target.

3. The underhand serve- easiest serve to master.

Skill Cues: Wrist locked, hand in fist position, thumb on side of fist, shoulders to target, ball held waist level in non-dominant hand, release ball before hand strikes it.

When making contact with ball: Step in opposition, transfer weight forward, strike ball, follow through with extended arm to target.

4. The overhand serve-

Skill Cues: Ball held in non-dominant hand, toss ball into air, and dominates hand behind head.

When making contact with the ball: contact ball with open hand, step in opposition, full arm extension when contacting ball, contact above head, transfer body weight forward.

5. The spike- or an attack is the most exciting skill but most difficult to perform. Timing is the most important aspect of this skill.

Skill Cues: two or three steps up to net, swing arms backwards, forward swing of arms on jump, jump off two feet, full extension of arms, ball in front of shoulders, snap wrist, land on both feet.

6. The tip- another form of an attack. Most effective as a change of pace play.

Skill Cues: The approach is the same as the spike. Instead of hitting the ball hard to the ground, at the last moment before striking the ball- reach as high as possible with a soft touch on the top back part of the ball drop it over the net.

7. The block- the team's first line of defense. Best way to stop an opponent's attack.

Skill Cues: Ready position- 6 to 12 inches from net, with arms bent, thumbs up. You want to move to the spiker who is hitting the ball. Jump up off both feet, extend arms up, reach hands over net.

Rules and Regulations

1. No person can touch the net during play.
2. No person can cross the centerline during play.
3. Serve can be underhand or overhand.
4. Server cannot cross over the back boundary line.
5. Serve can touch the net.
6. Three hits are allowed per side on a possession.
7. Illegal hits: ball resting on arms or hands, 2 hands apart, carrying, lifting, catching and throwing.
8. Ball is dead as soon as a rule is broken.
9. Six players per side for an official game.
10. Rotate in a clockwise rotation.
11. Game is to 25 points, rally scoring. If there is a tie- must win by 2 points.
12. Rally scoring- one-team scores on every serve. The team not making the error scores the point.
13. Side out occurs when the serving team loses the rally or misses their serve and the other team gets the ball.
14. If a ball touches a boundary line- it is called in.
15. No player can reach over the net and interfere with play on the other side of the net.
16. If the ball hits the ceiling on your side- it is playable by your team. If it hits the ceiling and goes to the other side of the net- a point is awarded to the other team.
17. Ball must pass between standards to be considered in bounds.
18. Back row players are not allowed to spike the ball or contact the ball above the net in front of the spiking line.