PLEASANT GROVE

VOLLEYBALL STUDY GUIDE

HISTORY

Volleyball was invented by William Morgan in Holyoke, Massachusetts, in 1895 as an alternative to the popular game of basketball. Morgan borrowed the idea of getting a ball back and forth over the net from the game of tennis and other techniques from the game of handball. The YMCA promoted the game of volleyball over the next 30 years, and in 1928 the United States Volleyball Association was formed. The game has evolved to include more action through the use of power and skills. Volleyball is played all over the world and is a sport in the Olympic Games.

THE GAME OBJECTIVE

The object of volleyball is to score more points than your opponent. Regulation Volleyball has six players per team. The game begins with a serve from one team from behind the baseline in the back right corner. The server continues to serve until a fault occurs by the serving team. Service then goes to the opposing team. A point is scored every time the ball is served. Play continues until one team gets to 25 points with at least a 2-point lead. Ro-sham-bo will determine all ties.

RULES AND TEAM FAULTS

* A serve must be hit by the right back from behind the baseline.
* The serve is allowed to clip the net on the way over, but must not be hit by any other player of the serving team.
* It is a foul for a player to touch the net or to step over the center line.
* Lifting or throwing the ball while it is in play is a foul.
* A ball landing on the boundary line is “in”.
* Rally scoring is used, which means a point is scored every time the ball is served.
* The ball may be played only three times by one team before it crosses the net, not including a block.
* A player may not the play the ball twice in succession.
* Players of the serving team must rotate clockwise when receiving the ball to serve.
* A player may play the ball off the net or other fixture as long as it was a teammate that hit the ball prior to it hitting the net or fixture.

VOCABULARY

* **Ace** – a point scored then the defense fails to return the serve.
* **Defense** – the team not in possession of the ball.
* **Dig –** a one armed save. Hitting the ball when it is clearly out of reach.
* **Double Hit** – When a player hits the ball twice in succession
* **Foot Fault** – When the server steps on or over the baseline before contacting the ball.
* **Forearm Pass** (bump) – A ball played off the flat surface of the forearms.
* **Foul** – Failure to play the ball properly resulting in a point and/or sideout.
* **Game –** Awarded to the first team to reach 25 points with at least a 2-point advantage.
* **Match** – Consists of three games, the first team to win two is the winner.
* **Net** – Divides the playing surface. Net cannot be touched by a player during play. The ball is live if it hits the net during play.
* **Offense** – The team in possession of the ball.
* **Overhead Pass** (set) – Hitting the ball is a high arc to the player who will hit the ball over the net. Contact is made at forehead level with the finger pads.
* **Point** – Unit of scoring awarded to the team who is able to return the ball legally.
* **Rally** – Continuous action is a game until the ball is dead.
* **Rotation** – The act of shifting players one position clockwise each time a team is awarded the serve.
* **Sideout** – Use to indicate that the serving team has committed a foul.
* **Spike** – A ball hit forcefully at a downward angle over the net.

SKILL TECHNIQUES

* **Forearm Pass** – Thumbs parallel, forearm contact, don’t swing arms-use legs, staggered stance-knees bent.
* **Overhand Pass** – Staggered stance, fingers in a triangle, contact on fingerpads, extend up and through.
* **Overhand Serve** – Face net, toss ball high, toss ball in front of hitting shoulder, draw hitting arm back as in archery, contact ball with flat hand
* **Underhand Serve** – Face net, swing serving arm straight back, hit ball out of non-serving hand, don’t throw ball up and swing straight through

COURT & POSITIONS



ETIQUETTE

Social skills are necessary in playing the game of volleyball. Some rules of etiquette that should be observed are for the server to announce the score before each serve and for players to roll the ball under the net when it must be returned to the server. Students should play the ball only when it is near them to allow other teammates a fair chance to be a part of the game.