

# Volleyball Study Guide

## History

In 1896, a man named William Morgan invented the game of volleyball. His idea came from a friend, James Naismith, who invented the game of basketball. Morgan felt basketball was too strenuous for a middle-aged businessman, therefore he invented his own. Today, volleyball is played in middle schools, high schools, and colleges. It is also an Olympic event for both men and women. Many of us play volleyball on the beach, at picnics and in our backyards. Volleyball is considered a lifetime activity because it is something that can be played at all ages.

## Terms

**Athletic Position** - feet slightly staggered, weight on the balls of your feet, knees bent.

**Ready Position** – athletic position with your hands ready to bump or set.

**Volley** – when the teams can hit the ball back and forth across the net.

**Bump** –You need to be in an athletic position, both arms should be together creating a flat surface. Hands need to be locked together, use your legs for power and be sure not to swing your arms. The ball should go up high into the air in preparation for the set. (Used when the ball is below your waist.)

**Set** –You need to be in an athletic position, both arms should be up above your head slightly bent. Form a triangle with your index fingers and thumbs just above your forehead. You need to get your body under the ball, contact the ball with your finger pads and extend both your arms and legs for the most power. (Used when the ball is over your head.)

**Underhand Serve** – make a paddle with your hand. Hold ball out in front of your body with your nondominant hand. Use your dominant hand/arm like a ping-pong paddle, step forward with opposite foot and contact the ball out in front. Hit the ball hard enough so it crosses the net without touching.

**Overhand Serve** – toss the ball high into the air. Draw arm back so your hand is next to your ear. (Like you would if you were shooting an arrow with a bow.) Step forward with your opposite foot. Contact the ball with the heel of your hand out in front of your body.

**Dig** – your body needs to be low to the ground. Reach your arm out, contact the ball with the fleshy part of your forearm and hit it up into the air. (Use this when the ball is just about to hit the ground.)

**Rally Serving** - In rally point scoring, a point is awarded on every rally regardless of which team is serving.

**Spike** – you bring your arm back as if to serve overhand but your contact on the ball should send it in a downward rotation. You must jump into the air in order to contact the ball above the net. You want to hit the ball as it is making a downward spin towards the ground. Your body may not hit or cross the net. (Used, as a power hit that opponent can't return.)

**Volley for serve** – the ball needs to cross the net 3 times, and then live play begins. When play is over the team that didn't cause the play to end wins the serve.

### **Rules and Regulations**

- 6 players per team
- The server is in the back right hand corner of the court
- Rotation is clockwise
- Call the score before you serve (your score, then your opponents)
- You get one chance to serve, unless you completely miss the ball
- The ball is not to be helped over the net by your teammate on the serve
- The ball is allowed to touch the net on the serve
- Each team is permitted three hits on their side
- No teammate is permitted to contact the ball twice in a row
- If the ball lands on the line it is good and playable
- The ball is allowed to touch the net during regular play
- No player, from either team is allowed to touch the net
- Only legal hits are the underhand serve, bump and set
- If a player contacts the ball with their palms up, hands not locked that is a carry
- A game is played to 25. If score is tied you must win by 2.
- If the ball contacts the ceiling or basketball net/wire it is out

### **Strategies**

1. Always be in a ready position.
2. Anticipate the ball coming your way.
3. Communicate with your team (I got it, mine).
4. Control your hits.
5. Look to bump, set and spike.
6. Position yourself on the net an arm length away.
7. Backcourt players should be one step off the back line.