

# Volleyball

## Answer the questions.

1. What is your past experience with volleyball?
2. Describe the two grips used for a forearm pass.
3. When executing a forearm pass (bump), what are some of the common mistakes people make? What would you tell them to help fix those errors?
4. Describe the proper technique for setting the volleyball.
5. Describe underhand serving technique.
6. Describe overhand serving technique.
7. What are the keys to blocking a hit?
8. What have been your greatest strengths and weaknesses in Volleyball so far this unit?
9. What would you do to help a fellow classmate who is afraid of the volleyball?
10. Your job is to teach someone how to execute a forearm pass (bump). How would you accomplish this goal?
11. Your job is to teach someone how to set the volleyball. How would you accomplish this goal?
12. In Volleyball, there are three hits allowed each time a team receives the ball. Explain those hits in an ideal situation.
13. What has been your favorite part of the volleyball unit so far? Explain.
14. What has been your least favorite part of the volleyball unit so far? Explain.

**History** In 1895, William G. Morgan, a YMCA director in Holyoke, Mass., invented a game called *mintonette*, intended to meet the needs of local business men who found the game of basketball to be too strenuous. The game caught on quickly because it required only a few basic skills, easily mastered in limited practice time by players of varying fitness levels. The original game was played with a rubber bladder from a basketball. Early rules allowed any number of players on the side. In 1896, the name was changed by Alfred T. Halstead, who, after viewing the game, felt volleyball would be a more suitable name due to the volleying characteristics of play. The YMCA promoted volleyball for many years. Then in 1928, the United States Volleyball Association was formed.

The Japanese added the sport to the Olympic Games program in 1964. Although the game was invented in the United States, it was not until the mid- 1980's that the Americans began to provide strong leadership for its development. In 1984, for the first time ever, the United States men and women's team won Olympic medals. The United States men defeated Brazil to capture the silver. The success of these two teams increased the interest level of both spectators and participants throughout the United States. In 1988, the U.S men won the gold medal at the Seoul Olympics, and in 1992, both the men's and women's teams won bronze medals in the Olympics of Barcelona. The International Olympic Committee added beach volleyball to the 1996 Olympics in Atlanta in response to the extremely popular beach game on the professional level.

The game is now recognized as a strenuous sport as well as a recreational activity. It is currently played in 210 federations around the world. The best world teams compete for the Triple Crown, which includes winning the Olympic Games, the World Cup and the World Championship.

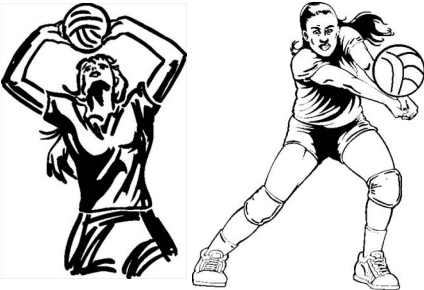
## Rules

- The object of the game is to send the ball back and forth over the net so the opposing team cannot return it.
- A team plays with six players on a court at a time. Three play the front court, and three play the backcourt. Substitutions are legal, and they rotate in and out from the non-serving side.
- A game is played to 25 points. To win, a team must be ahead by at least two (2) points.
- To win a match, a team must win 3 games. It may take playing 5 games to win a match.
- If a served ball touches the net or goes out of bounds, a side out is called and the other team takes possession. Only the serving team scores.
- Points are scored when a team fails to return the ball to the opponents court. Both teams are able to score a point.
- Each team may hit the ball three (3) times before hitting the ball over the net. A player may not hit the ball twice in a row before the ball goes over the net.
- The following occurrences will cause a point to be earned or a side out (loss of possession): the ball hits the floor in bounds, the ball touches a player below the waist, the ball is hit out of bounds or the ball hits the ceiling.
- A foul is called if a player touches the net or steps across the centerline.
- If a ball hits the boundary line, it is in bounds
- When a team earns a side out, the players rotate in a clockwise direction one position.
- The serve is made by the right back player from anywhere behind the end line.



## Questions Continued

15. Explain the rotation system in Volleyball.
16. Discuss your serving skills. What are your strengths and weaknesses concerning this skill?
17. Discuss the Volleyball skill you have improved the most this unit.
18. Someone on your team is having a difficult time passing the ball. Others are starting to make fun of him/her. What do you do?
19. Your team always wants to win, and usually they do. When they face a team who is beating them, however, they tend to bicker and become unsportsmanlike. What do you do?



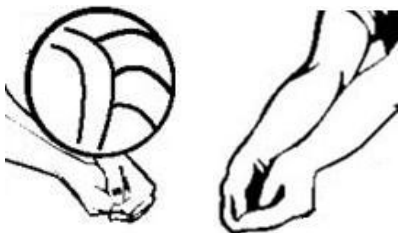
**Grip:** The Hands are gripped together in one of two ways.

### Cupped

1. Place one hand across the palm of the other.
2. Fold both hands together.
3. Make sure the thumbs are on top and side by side.
4. Thumbs must remain parallel in level.

### Fist

1. Make a fist with one hand.
2. Wrap the second hand around the fist.
3. Make sure the thumbs are on top or side by side.
4. Thumbs must remain parallel in level.



## Vocabulary

1. **Grips:** cup and fist grips
2. **Forearm Pass/Bump:** ready position with arms extended in front of the body, forearms creating a level platform.
3. **Set:** using the fingers tips of both hands, pushing the ball upward in preparation for a hit.
4. **Underhand Serve:** hitting the ball over the net to start a rally out of the palm of the non dominate hand using a closed hand
5. **Overhand Serve:** hitting a tossed ball with an open hand over the net to begin a rally.
6. **Blocking:** using both hands to jump above the net and form a wall to stop a hit ball.
7. **Rotation:** the order in which players serve and rotate
8. **Volley:** keeping the ball moving back and forth over the net
9. **Match:** to win two of three games or three of five games
10. **Side Out:** ending of a team's right to serve because of an infringement of a rule
11. **Game-Point:** the last point of the game. Teams must win by two points.

### Forearm Pass (Bump)

- Begin in ready position with one foot slightly in front of the other. Chose the grip that is best for you.
- While bending the knees, keep the forearms, wrists, elbows, and back straight with the arms parallel to the thighs.
- Contact the ball below the waist with the forearms in front of the body using a slight upward motion (shoulder shrug). It is important to watch the ball contact the forearms. On contact, transfer weight forward.
- Follow in the direction of the intended flight with the arms remaining well below shoulder level.

### Set

- **Begin in ready position with one foot slightly in front of the other.**
- Flex the knees and elbows prior to the set.
- Tilt the head back, from a window with the hands above the forehead and watch the ball closely through the window.
- On contact, extend the arms upward while setting the ball with the fingertips in an upward and forward direction.
- Follow through in the direction of the intended flight.

### Hitting (spiking)

- 3 step approach toward net (step, step, jump).
- Begin approach at ball's highest point.
- Use arms to increase jump.
- Point at ball with non hitting hand.
- Rotate shoulders to gain power with hitting arm.
- Strike the ball with palm of hand, fingers together.



### Underhand Serve

1. Use a staggered stance with knees bent.
2. Hold the ball in the non-dominant hand, across the body in front of the dominant shoulder. The ball should be held down below the waist.
3. Hold the striking hand (dominant hand) beneath the ball. Using the heel of the hand. Make contact below waist level.
4. Transfer weight from the rear foot to the front foot.
5. Follow through in the direction of the intended flight of the ball.

### Overhand Serve

1. Use a staggered stance.
2. Hold the ball in the non-dominant hand, across the body and in front of the dominant shoulder.
3. Toss the ball about two feet above the shoulder, so the hand can meet the ball just above head height while swinging the hitting arm back with the elbow high.
4. Transfer weight from the rear foot to the front foot as you contact the ball with the heel of an open dominant hand.
5. Extend the elbow and flex the wrist forward as you contact the ball and then follow through in the direction of the intended flight of the ball.