

# Physical Education

## VOLLEYBALL STUDY GUIDE

In 1895, William G. Morgan invented the game of volleyball. Although primarily developed as an indoor game, volleyball has progressed to become an outdoor sport as well. It is currently one of the most popular girl's sport in high schools and colleges today, and is recognized as an enjoyable leisure activity. Volleyball today is quite competitive, becoming an Olympic sport in 1964.

Play begins with a serve by a player who is in the right back position. The server is allowed to serve anywhere along the baseline. The serve consists of hitting the ball with an open hand so that it clearly goes over the net. The receiving team must return the ball over the net before it touches the floor. Each team is allowed a maximum of three hits while trying to accomplish this task. The ball is played back and forth until one team makes a mistake. A player may not hit the ball twice in succession, but may pass the ball to a teammate and have it returned back to him/her for the third hit.

Either team can score points, this is called rally scoring. If you can get your opponent to make a mistake, your team scores the point. The game is played to 25 points, but you must win by 2 points. When the serving team commits an error, there is a "side-out" and the other team serves. The players rotate one position clockwise before they serve. Players must remain in their positions until the serve takes place, but may exchange positions following the serve. Back row players can not play a ball above the net if they are in front of the ten foot line.

A volleyball team consists of six (6) players being on the court at one time. Certain players are designated setters while the rest are spikers. The object of the game is to have your setters set up your spikers, who will then attempt to hit the ball into the opponents court preventing any return. A spike that is unreturnable is called a "kill". The right front player is generally designated as the setter, with spikers located in the left front and the middle front.

**SETTING:**

Balls received above the shoulders are best played with the two-handed overhand pass (set). This provides the most accuracy and control because more control points result from the positioning of the fingers on the ball.

1. Body position includes feet shoulder width in a staggered stance with either foot forward, knees slightly bent. Hands are ready, held high above the forehead.
2. Finger position is described as forming a triangle on the ball with the thumbs and forefingers serving as the sides of the triangle, palms do not touch the ball.
3. Ball is contacted in front of the forehead, approximately 6" above the head.
4. Ball is viewed throughout the fingers and the thumbs.
5. Fingers, wrists, and elbows flex as the ball makes contact.
6. Fingers, wrists, and elbows then extend upward, following through by following the path of the ball with a slight turning out of the hands.

**FOREARM PASS/ BUMP:**

The forearm pass is used for playing balls that drop below the shoulders and cannot be returned by use of the overhead pass. The forearm pass is always used following the serve.

1. Body position includes the feet spread shoulder width, weight on the balls of the feet, with one foot slightly ahead of the other in a heel-toe relationship. The player's body is in a semi-squat position with the knees flexed 90 degrees.
2. Hands are connected by overlapping, interlocking always with the thumbs pointed down to the floor.
3. Arms are extended in front of the body with elbows locked and rotated toward each other. The angle between the extended arms and the trunk is 90 degrees.
4. Ball is contacted on the fleshy part of the forearm about 2-6 inches above the wrist. Keep eyes on the ball.

**SPIKE:**

The spike is the process of driving the volleyball with force from your side of the net down into your opponents' court so that it strikes the floor before they can return the ball. An unreturnable spike is called a "kill".

1. Spiker begins 8-10 feet from the net using a three-step approach. The first step is directional. The second step is a long step, and arms begin to swing backward, as spiker takes the step toward the ball, bringing the shoulders parallel to the net. The third step is small bringing the rear foot parallel to the front foot, arms are back as far as possible and the body is in a crouched position.
2. In jumping, both arms swing forward and jump from both feet.
3. As arms reach the top of their arc the spiking elbow is higher than the shoulder.
4. The player completes the spike by dropping the non-hitting arm and striking the ball with the spiking arm, using the open hand.