

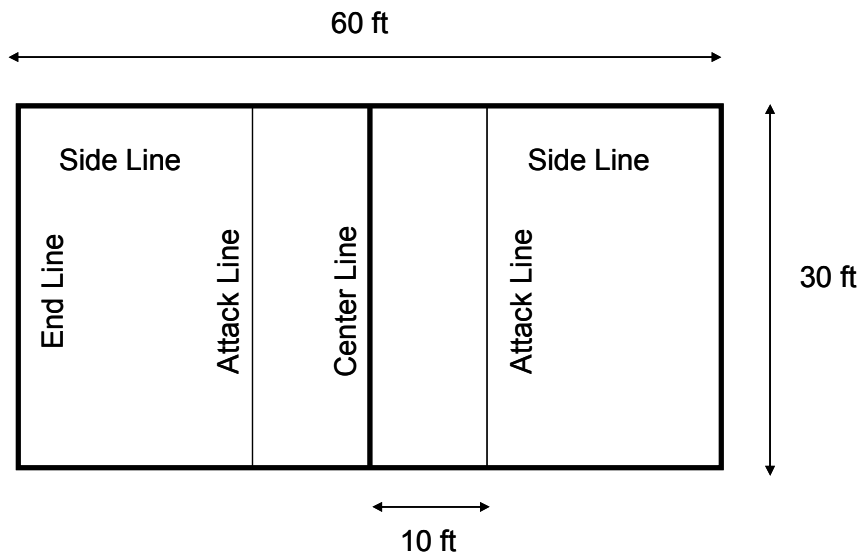
Volleyball Study Guide

Junior/Senior PE

History of the Game

On February 9, 1895, in Holyoke, Massachusetts (USA), William G. Morgan, a YMCA physical education director, created a new game called *Mintonette* as a pastime to be played preferably indoors and by any number of players. The game took some of its characteristics from tennis and handball. After an observer, Alfred Halstead, noticed the volleying nature of the game at its first exhibition match in 1896, played at the Springfield YMCA, the game quickly became known as *volleyball* (it was originally spelled as two words: “*volley ball*”). Volleyball rules were slightly modified by the Springfield YMCA and the game spread around the country to other YMCA locations.

Court Dimensions



Net Height and Volleyball Size

For women the official height of the net is 7 feet 4 1/8 inches.

For men the official height of the net is 7 feet 11 5/8 inches.

The official size of the volleyball is 65-67 cm in circumference and the weight is 260-280g.

Positions

- Setters – runs the offense for the team. They place the ball where hitters can hit the ball.
- Liberos – only defensive players. They lead the defensive attack by receiving the attack or serve.
- Middle Blockers/Hitters – players are very fast and must be capable of blocking, setting, and hitting.
- Outside Hitters – Attacks from the front left corner of court.
- Right Side Hitters – Attacks from the front right corner of the court and sets up blocks on the opposing teams outside hitter.

*Rotation is always clockwise.

The Game

Volleyball is an Olympic team sport in which two teams of six active players, separated by a high net, each try to score points against one another by grounding a ball on the other team's court under organized rules. The complete rules of volleyball are extensive, but in general, play proceeds as follows. Points are scored by grounding the ball on the opponents' court, or when the opponent commits a fault. The first team to reach 25 points wins the set and the first team to win three sets wins the match. Teams can contact the ball no more than three times before the ball crosses the net, and consecutive contacts must be made by different players. The ball is usually played with the hands or the arms, but players can legally strike or push (short contact) the ball with any part of the body.

Skills

- **Serve-** A player stands behind the end line and serves the ball, in an attempt to drive it into the opponent's court. His or her main objective is to make it land inside the court. Below are examples of different types of serves.
 - **Underhand and Overhand Serve:** refers to whether the player strikes the ball from below, at waist level, or first tosses the ball in the air and then hits it above shoulder level. Underhand serve is considered very easy to receive and is rarely employed in high-level competitions.
 - **Top Spin:** an overhand serve where the ball gains topspin through wrist snapping. This spin causes the ball to drop fast.
 - **Floater:** an overhand serve where the ball is hit with no spin so that its path becomes unpredictable. This type of serve can be administered while jumping or standing. This is akin to a knuckleball in baseball.
 - **Jump Serve:** an overhand serve where the ball is first tossed high in the air, then the player makes a timed approach and jumps to make contact with the ball. There is usually much topspin imparted on the ball. This is the most popular serve amongst college and professional teams.
- **Pass-** Also called reception, the pass is the attempt by a team to properly handle the opponent's serve, or any form of attack. Proper handling includes not only preventing the ball from touching the court, but also making it reach the position where the setter is standing quickly and precisely.
- **Set-** The set is usually the second contact that a team makes with the ball. The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court. The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will actually attack the ball.
- **Attack-** The attack (or spike, the slang term) is usually the third contact a team makes with the ball. The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended. A player makes a series of steps (the "approach"), jumps, and swings at the ball.
- **Block-** is aimed at completely stopping an attack, thus making the ball remain in the opponent's court, is called offensive. A well-executed offensive block is performed by jumping and reaching to penetrate with one's arms and hands over the net and into the opponent's area.
- **Dig-** Digging is the ability to prevent the ball from touching one's court after a spike, particularly a ball that is nearly touching the ground. In many aspects, this skill is similar to passing, or bumping: overhand dig and bump are also used to distinguish between defensive actions taken with fingertips or with joined arms.

Basic Faults

- The ball lands out of the court, in the same court as the team that touched it last, under the net to the opposing team's court, or the ball touches the net "antennas." The ball also may not pass over or outside the antennas even if it lands in the opponents' court.
- The ball is touched more than three times before being returned to the other team's court.
- The same player touches the ball twice in succession.
- A player "lifts" or "carries" the ball.
- A player touches the net with any part of his or her body or clothing while making a play on the ball.
- The players of one team do not manage to touch the ball before the ball lands in their half of the court.
- A player is not in the correct position at the moment of serve, or serves out of turn.
- When serving, a player steps on the court or the end line before making contact with the ball.
- A player takes more than 8 seconds to serve.
- At the moment of serve, one or more players jump, raise their arms or stand together at the net in an attempt to block the sight of the ball from the opponent.
- A player blocks the serve or attacks the serve when the ball is in the front zone and above the top of the net.