

# VOLLEYBALL STUDY GUIDE

Volleyball is one of the world's most popular sports. It is played by both men and women; and is part of Olympic competition. The game was invented by an American, William Morgan in 1895. Playing techniques have changed a great deal since then. Volleyball has become a highly refined power game.

## RULES

1. The official game of volleyball is played until one team has 25 points and a team must win by two points.
2. There are **six** people on an official volleyball team.
3. If the ball lands on the line, it is considered **in or good**.
4. You should receive the serve or hard hit ball with the **forearm pass**.
5. When a ball is hit over the front row player's head, the back row player's should play the ball.
6. **Rally Scoring:** A point is awarded to one of the teams after every serve.
7. You are allowed up to **three** hits on a side; forearm pass, set, spike is the best choice.
8. You cannot, at any time, touch the net with any part of your body.
9. You cannot hit the ball twice **in a row**, someone else must hit the ball in between your hits.
10. You rotate in a **clockwise** direction.
11. When receiving the serve the front row players should move back from the net.
12. When serving the ball, you are **not** allowed to step on or over the end line. If you do, it is a **foot fault** and a point is automatically awarded to the other team. In PE class, we modify this rule for you and allow you to move up to the next line to be more successful.

## FOREARM PASS

Ready Position:      Feet about shoulder width apart  
                                 One foot ahead of the other  
                                 Knees bent and on the balls of your feet  
                                 Be ready to move in any direction  
                                 Arms are out at your side, like carrying a tray

Hands:      Make a fist with one hand; wrap the other hand around it  
                         Put thumbs together and point them down to the floor

## FOREARM PASS cont.

Arms: Arms straight, pulling elbows together to form a flat surface.

Contacting the Ball: Position yourself under the ball

Watch the ball hit your arms

The ball should **not** hit your **hands/knuckles**

Extend your legs and arms, do not swing your arms

The pass should be high enough so the setter can get under it

## SET

Ready Position: Same as the forearm pass

Hands:

Fingers spread and relaxed

Form a **window** with forefingers and thumbs

Get under the ball and look through the window

Contact the ball near your forehead

You should set the ball higher than the net

Quick catch & release – do not slap or hold ball too long

## OVERHAND SERVE

Body Position:

Stand at a 45 degree angle to the net with your dominant foot forward

Hold the ball with two hands

Toss the ball in front of your hitting shoulder

Arm Swing:

Hitting hand is open

Contact the ball with the lower part of your hand (palm area)

Arm motion is like throwing a ball

Motion:

As you toss the ball step onto your opposite foot, turning your hips

Hit the ball in front of your hitting shoulder with your arm extended

## UNDERHAND SERVE

Body Position: Hold the ball in the opposite hand of your hitting arm.

Arm Swing:

Contact the ball with the heel of your hand

Arm motion is like a pendulum swing

Motion:

Hit the ball out of your hand – you have more control this way rather than tossing it

Step onto the opposite foot as you serve

**FOOT FAULT-** Stepping on or over the end line when serving.

Point is awarded to the other team. Serve does not count.