

223. HISTORICAL FACTS ABOUT VOLLEYBALL

- Volleyball was developed in 1895 by William G. Morgan at the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts.
- It was created for businessmen who required a game that involved less physical contact than basketball.
- Volleyball blended elements of baseball, basketball, handball, and tennis.
- Volleyball was originally played using a tennis net hung 6 feet 6 inches above the floor.
- The first game of volleyball was played on July 7, 1896 at Springfield College.
- Official volleyball was designed in 1900.
- The set and spike were introduced in the Philippines in 1916.
- The United States Volleyball Association (USVBA, now called USA Volleyball) was formed in 1928.
- Volleyball was introduced to the Olympic Games in Tokyo in 1964.
- The Association of Volleyball Professionals (AVP) was formed in 1983.
- U.S. men's team won the Gold medal and the U.S. women's team won the Silver medal at the 1984 Olympics in Los Angeles.
- U.S. men's team won the Gold medal at the 1988 Olympics in Korea.
- Volleyball celebrated 100 years of existence in 1995.
- Two-person beach volleyball was added to the Olympics in 1996.

224. VOLLEYBALL PLAYER ROTATION

- Players rotate in a clockwise position.
- Position of players in order of the serve:
 - Right Back
 - Right Front
 - Center Front
 - Left Front
 - Left Back
 - Center Back
- Position of players at net:

LF	CF	RF
LB	CB	RB



225. VOLLEYBALL EQUIPMENT

The Net

- The net is placed vertically over the center line.
- The top of the net is set at the height of 2.43 meters (7 feet 11⁵/₈ inches) for men and 2.24 meters (7 feet 4¹/₄ inches) for women.
- Its height is measured from the center of the playing court.
- The net is 1 meter wide and 9.50 meters long, and is made of square black mesh.

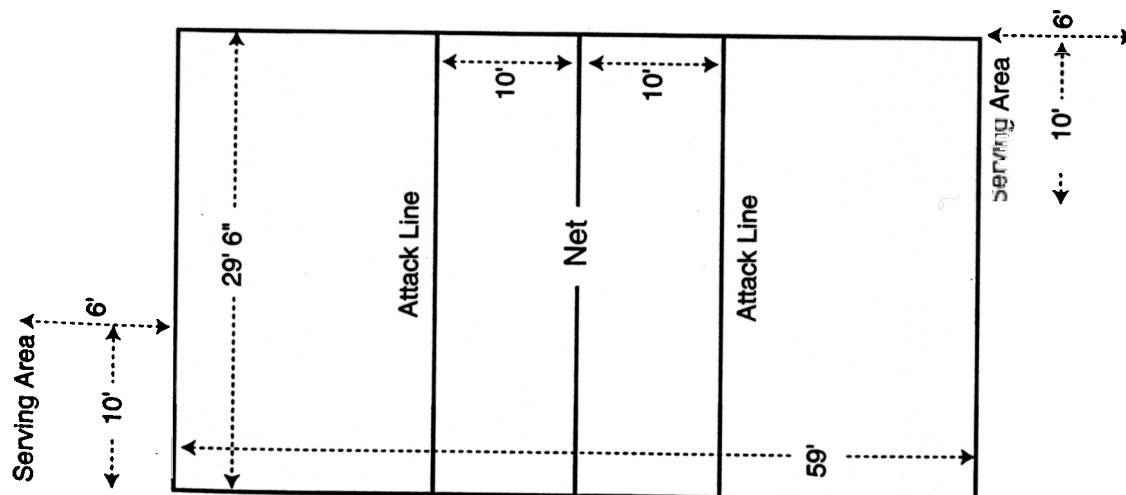


The Ball

- The ball is spherical, and is made of a flexible leather or synthetic leather with a bladder inside made of rubber or a similar material.
- It may be a uniform light color or combination of colors.
- The volleyball measures 65 to 67 centimeters (25 to 27 inches) in circumference and weighs 260 to 280 grams.

226. VOLLEYBALL COURT

The size of the volleyball court will depend on the playing ability level and the equipment used. Dimensions will range from approximately 20 feet wide by 40 feet long for lawn or backyard volleyball to 19 feet 6 inches wide by 59 feet long for tournament play. The width of the court is determined by the size of the net used. The service areas should be a minimum of 6 feet in depth back of the endlines.



227. BASIC RULES OF VOLLEYBALL

General Rules

- Volleyball is played by two teams of six players on a court divided by a net.
- There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.
- The object of the game is to send the ball over the net so that the opposing team cannot return the ball or prevent it from hitting the ground in their court.
- Each team has three hits to attempt to return the ball.
- The ball is put in play with a serve that is hit by the server over the net to the opponents.
- The volley continues until the ball hits the playing court, goes out of bounds, or a team fails to return it properly.
- When the receiving team wins a volley, it gains the right to serve, and the players rotate one position clockwise.
- When the serving team wins a volley, it wins a point and the right to continue serving.
- Each team consists of no more than six persons, with each side having an equal number.
- Each player must be in his or her own position before the ball is served.
- After the server strikes the ball, each player may cover any section of the court.
- The positions of the players are numbered as follows:
 - The three players along the net are front-row players and occupy positions 4 (front left), 3 (front center), and 2 (front right).
 - The other three are back-row players occupying positions 5 (back left), 6 (back center), and 1 (back right).
- Each player serves in turn and continues to serve until the volley is lost (side out).
- The ball must clear the net on the serve, unless the ball hits the net and goes over the net on the first attempt, then it may be reserved.
- After a team has lost its serve, the team receiving the ball for the first serve must rotate one position clockwise before serving.
- The ball may be volleyed only three times from one team member to another before returning it over the net.
- During this volley a player may not hit the ball twice in succession. One or both hands may be used.

Fouls

- A player holds or throws the ball.
- The ball touches any part of the body, other than the hands or forearms.
- A player touches the net with any part of the body or hands, or reaches over the net.
- A player plays out of position when the ball is being served.



- A player does not clearly hit the ball or allows the ball to come to rest on any part or parts of the body.
- A player hits the ball out of the boundaries of the court.
- A player allows the ball to hit the floor, or any object outside or over the court (except net), before being legally returned to the opponent's court.
- A player touches the ball twice in succession.
- A player fails to make a good serve.

Penalty

- The penalty for fouls or errors committed is a *point* if the foul or error was committed against the serving team, or *side out* if the foul or error was committed against the receiving team.

Scoring

- Only the serving team can score.
- When the serving team fails to score, it is *side out* and the receiving team becomes the serving team.
- The game is played to 21 points or, upon agreement by both teams, 15 points may constitute a game.
- A match consists of two out of three games.

228. SAFETY HINTS FOR VOLLEYBALL

- Warm up thoroughly prior to game.
- Equipment should be checked for safety prior to game.
- Area surrounding court or playing area must be kept free of obstacles.
- No jewelry or sharp objects should be worn during game.
- Players should stay in control and maintain their own positions.
- Ball should be rolled to opponents when returning ball for serve.
- Players should learn to play the ball properly to avoid injuries to hands and fingers.

229. VOLLEYBALL TERMS

Ace	Serve that results directly in a point.
Add Out	Team that has scored a point following a tie at scores over 14 points.
Block	Defensive play by one or more players used to intercept a spiked ball in an attempt to rebound it back into the opponent's court.
Bump	Forearm pass.
Deuce	Any tie score of 14 points or more. Passing a spiked or powerfully hit ball. Violation of the rules.
Game Point	Last point in a game.
Newcomb	Game variation using catching and throwing skills in place of setting and bumping.
Out of Bounds	When a ball lands completely outside of the boundary lines.
Pancake	Defensive technique where player extends hand, palm down on floor, so that ball bounces off back of hand.
Rotation	Clockwise movement of players prior to the new serving term of a team.
Serve	Skill used by player in back-right position to put ball into play.
Side Out	When serving team fails to win the point or makes an illegal play.



PHYSICAL EDUCATION LEARNING PACKET # 1

VOLLEYBALL

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Volleyball is a popular sport which can be played both indoors and outdoors. It appeals to people of all ages and skill levels. It is fast-paced, with constant jumping and running, and thus provides a strenuous aerobic workout. It also requires mental alertness and quick, precise physical reactions.

Many associate volleyball with the beaches of southern California and in fact, a number of professional players get their start by playing beach volleyball. However, volleyball is popular not only on the beaches, but in virtually every country of the world. In 1964, it was officially recognized as part of the Olympic Games.

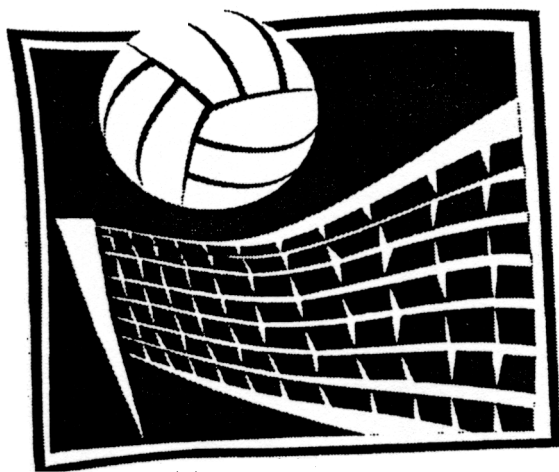


HISTORY OF THE GAME

Volleyball originated in Massachusetts in 1895 when the director of a local YMCA used the bladder of a basketball for a ball and a tennis net as the first volleyball net. The game was regulated by the YMCA until 1928 when the United States Volleyball Association was founded.

HOW VOLLEYBALL IS PLAYED

The name "volleyball" is not an entirely accurate description of this sport. The object of the game is hit the ball over the net in such a way that the opposing team cannot return it.



Volleyball is played on a court 30 feet wide by 60 feet long. The net is three feet high and spans the width of the playing area. The top of the net is positioned eight feet (in men's volleyball) from the floor or playing surface. The modern volleyball is about the size of a soccer ball.

The game is played by two opposing teams, with six players on each team. Once the ball is put into play, it is "volleyed" back and forth between the teammates up to three times before it is hit over the net or until it falls to the floor, is hit out of bounds or a team commits a foul. The same player

may not make a hit twice in a row. Even if the ball hits a player by accident, it counts as one of the three touches allowed per side. However, if a player blocks a spike, the block is not considered a "hit."

The game has a total of 15 points. Each game must be won by a two-point margin. A match consists of either three or five 15-point games. The team which wins two (in a three-game match) or three (in a five-game match) games is the winner of the match.

Volleyball requires a referee, who generally has the final word regarding points in dispute, an umpire who assists the referee, a scorekeeper, a timekeeper and linesmen. Even though there may be officials present during a game, players who commit fouls are expected to call out their own mistakes.

SKILLS AND TECHNIQUES

THE READY POSITION AND JUMP

One of the basic positions in volleyball is called the "ready position." The knees are slightly bent with hands at waist level and elbows near the body to allow the player to concentrate on the ball. Players should learn this position so that time is not wasted

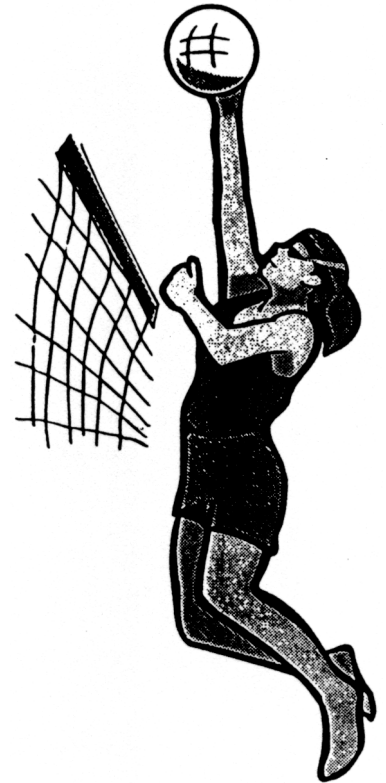


Note that overhead passes are not used when the returning ball is a "spike."

THE SPIKE

The spike is one of the most difficult plays in volleyball: a player has to run, jump and hit the ball to a specific spot on the other side of the net. However, it is the best offensive move in volleyball, and it should be learned.

Generally, a spiked ball is hit with an open hand. However, unless a player is quite experienced, spiking a ball can sometimes result in the ball going out of bounds or into the net. Remember that practice in timing, jumping and hitting are required to spike correctly. A spiked ball, hit properly, can move up to a hundred miles an hour.



THE FOREARM BOUNCE PASS-BUMP

The bump is used for receiving serves and spike balls. This shot is easy to execute because the ball simply bounces or bumps off the clasped hands, wrists or forearms.

The purpose of this shot is to bounce the ball into the air so that a teammate can get under it to make a set-up (a move usually used to direct the ball to the spiker).

ONE-HAND BOUNCE PASS-DIG

This is a recovery shot, and is used if the ball received is low and off to the side of a player. If you cannot make a bump pass, use a dig or save pass instead. In this move, the hands are cupped. They are then placed under the ball just before it hits the floor.

THE BLOCK

This move is used chiefly as a defensive position to stop spiked balls. As with spiking, timing is important in blocking.

A player must anticipate an opponent's spike and position him or herself accordingly. The blocker then jumps just after the spiker has jumped. The blocker's arms should

when the ball is hit. Jumping is always done near the net. Players should practice jumping so that they do not touch the net, or bump into or injure other players. They should also remember always to jump parallel to the net.

THE SERVE: OVERHAND AND UNDERHAND

Only the serving team can score a point. Thus serving is a crucial skill for the volleyball player to learn. The cardinal rules of serving are simple: do not step on a boundary line, and get the ball over the net.

The overhand serve is the most popular and effective serve. It is similar to a tennis serve. The ball is thrown into the air so that it rises a few feet above the server's head. As the ball comes down, the right arm (if you are right-handed) is raised up and back while the elbow comes forward. The arm is then extended at the elbow and the server hits the ball with the heel of the hand.

The underhand serve is a good serve for beginners to use. It is simply another way of getting the ball over the net. The ball is held in one hand and hit by the heel of the other hand. The underhand serve is generally not as effective as the overhand serve.

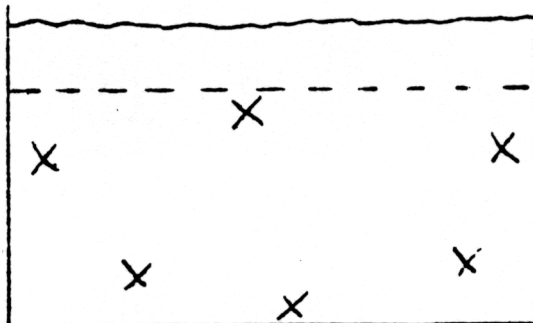


THE PASS OR SET

The pass is a difficult move for many beginning players. This skill looks easier than it actually is when performed. Once the ball is served, the player who will pass the ball gets into position under the ball with knees bent, hands up and fingers cupped. All the fingers and the two thumbs contact the ball, but the ball does not touch the palm of the hand.

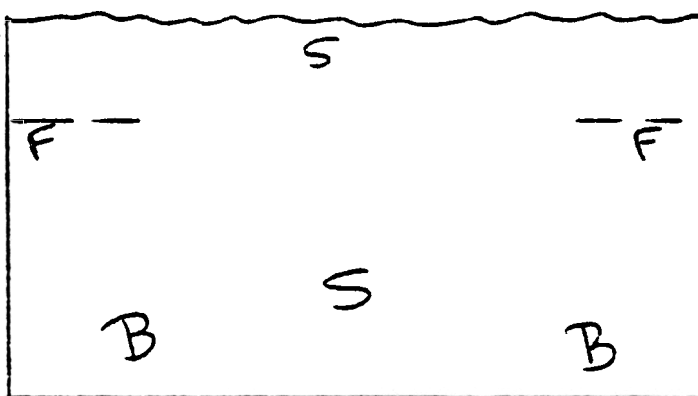


When the ball is in the air over the serving side's court, it may be passed up to three times before it is returned over the net. One player cannot pass the ball twice in a row.

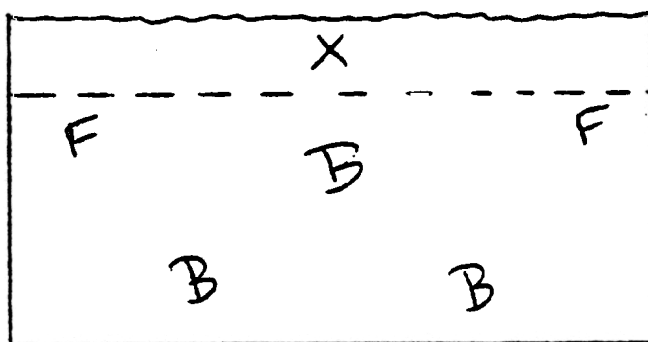
UMBRELLA RETURN

In a 4-2 system where there are 2 designated setters (always one in the front row), the front setter should always be positioned close to the net. When returning the serve, it is important that this be very high to the setter. With this method the setter not only has more time to get under the ball, but he has more of a chance to see where he is going to set the ball.

4 - 2 S - Setter
F - Front
B - Back



Keep in mind when playing defence that usually 2 players (front line) are employed for blocking, which leaves 4 players to cover the majority of the floor area.

FREE BALL DEFENCE

The free ball defence is basically what it says. When the ball comes to your side freely (that is not spiked) the team takes this formation. Notice the setter goes to the net and the 2 other "front" players get into spiking position. The "back" players take up a staggered position to best cover the deep areas, as well as the weakness created by the setter moving forward.

OFFENCE

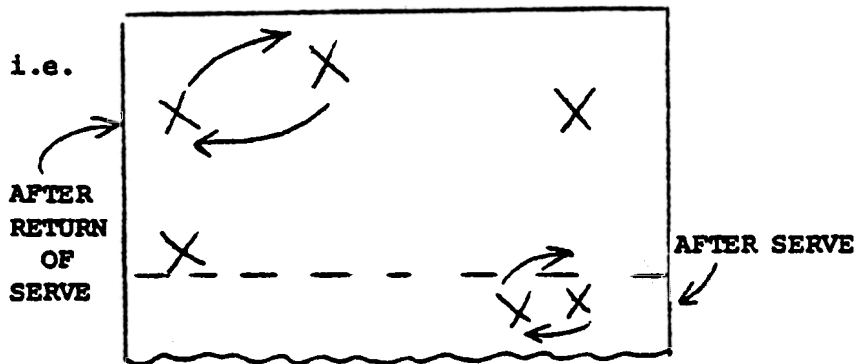
When considering offensive play, it is important as a coach, to know exactly when a time out should be called. A team has 2 time outs per match and they may be called by the captain or a coach. They are most often called if a team requires a strategic talk, the opponent has scored several points in a row, or it appears your team is "psyched out".

Spiking is the name of the game when considering offence. A good spiker should locate himself near the sideline. There are several reasons for this:

1. The center blocker must come further to set up a multiple block situation.
2. There is a 50-50 chance that the rebound off the blocker will go out of bounds.
3. When spiking diagonally across the court there is more court to view, consequently the chance of the spike landing in is greater.

SYSTEMS OF PLAY4 - 2 System

The key to a successful team is the fact that every offensive play ends in a spike. The 4 - 2 system incorporates 4 spikers and 2 setters. As previously explained, it is more advantageous to set up the spikers positions at the sideline. Therefore the setters find themselves in the middle of the front and back rows. After rotation the setters will find themselves near the sidelines but this can be quickly rectified once the ball is in play. Two players may stand as close as they wish before the serve is made. After that time they may switch positions.



4 - 2 Switch

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