

VOLLEYBALL STUDY GUIDE

History- Volleyball was invented in 1895 by William Morgan. He was from Holyoke, MA and decided to develop a game that could be an alternative to the popular game of basketball.

Forearm pass (bump)- used to receive the volleyball after a serve, it is used when the ball is at or below your shoulders. It is an offensive technique.

- forward and backward stride, knees bent (athletic position)
- hands on top of each other, thumbs together (pancake, pancake, sausage, sausage)
- extend forearms forward so arms are straight (forearms exposed)
- position body under the ball
- contact ball with forearms
- force/power comes from your legs-DO NOT SWING ARMS-extend body on contact
- follow through towards target

Overhead pass (set) -used to set up a teammate that will hit the ball over the net, it is used when the ball is above your head.

- forward and backward stride, knees bent (athletic position), elbows flexed prior to hit
- fingers form a window above your face
- contact is with fingerpads
- extend hands forward/upward (arms should end up fully extended--hands wave out as if making a M in the air)
- try for no sound when making the set pass
- follow through

Serve (underhand)-used to start a game/point

- forward and back stride, knees bent (Athletic position)
- open body so it is perpendicular to the net
- non-dominant hand is holding the ball out in front of body/dominate hand side with a cupped hand
- the heel of the dominant hand makes contact on the volleyball
- follow through in direction of target (over net)

Games rules:

25 point game (rally scoring)

- either team can score a point -players can not touch the net during game play
- ball is allowed to hit net on serve -teammates cannot help a serve over (serve must still go over net)
- suggest a forearm pass to receive a serve, but can set to receive a serve

-A maximum of three hits are allowed per side.

-If the ball lands on the line it is considered in bounds.

-Must win by two points.

-When the serving team loses possession of the ball and it goes to the other team it is called a **SIDE OUT**.

-Rotation on court: $y > s > x > x > y$ s=server
back row rotates to their left \wedge v y=out of bounds players
and front row to their right $y < x < x < x < y$ ↙ net x=players in bounds

Modifications for our games:

-Players out of bounds can play the ball

-During games each player will be graded by the 10 point rubric set for their game (either the competitive or non-competitive format)