

Volleyball Handout



BASIC SKILLS

Ready Position –

- Feet should be shoulder width apart, with a staggered stance, knees bent, back straight, head up and arms out.

Volley or Face Pass –

- Move to where the ball is going and get into the ready position.
- Always face the direction of your target.
- Hands should be up near the forehead with the fingers spread wide.
- Elbows should be out wide.
- Watch the ball through the window formed by your thumbs and index fingers.
- Contact should occur on the fingers (not the palms).
- Extend the arms and legs upwards upon contact.
- Follow through with the wrists flicking up to the ceiling.

Bump or Forearm Pass –

- Move to where the ball is going and get into the ready position.
- Extend your arms out and keep them together to make a straight, flat surface to bump the ball.
- Contact the ball between the wrists and the elbows on the inside of the forearms.
- Arms should be straight on contact.
- Extend the legs and shrug the shoulders as you contact the ball.
- Direct the ball with your body position and the angle of your arms.
- DO NOT SWING YOUR ARMS VERY MUCH!!

Underhand Serving –

- Step forward onto the foot opposite from the hitting hand.
- Keep your eyes on the ball at all times.
- Contact the ball with the open hand on the palm or the heel of the hand (never with a fist) as the arm comes through with a straight arm swing.
- Contact with the ball must occur below the waist level.
- Follow through with your hitting hand in the direction you are aiming the ball.

Deep Clear is a volley to a deep area of the opponent's side of the court.

- It is an attack hit aimed to the back corners or between the back row players.

Dink or Tip is an attack hit where the ball is tapped just over the opposition blockers beyond the front row of defenders.

Overhand Clear is an attack hit using an open hand and an overhand arm swing to hit the ball over the net. It travels with more force than a volley or a bump and is harder for the opposition to handle.

Spike is an attack hit from above the top of the net.

- Use a 3-step approach to jump high.
- Hit the ball with the open hand, wrapping the fingers over the ball when making contact (to get top spin).
- Drive the ball across the net and down into the opponent's court.

Blocking is a defensive play where a front row player prevents the ball from entering the court.

- Stand at the net, facing your opponents.
- As the opposition hits the ball, the blocker jumps, bringing hands up from shoulders and above the net.
- As the ball contacts the hands, shrug shoulders to block the ball back down into opponent's court.

GENERAL TEAM PLAY

- There are 6 members of each team on the court during play
- Anticipate where the ball is likely to go and move your body in front of the ball.
- Every player on the team should be in the ready position.
- Use 3 hits: bump, volley, and an attack hit (volley, spike, or tip).
- Always face the direction you wish to direct the ball.
- Call "mine" if you think that you can play the ball.
- Bump or volley to receive the serve as it is illegal to block, tip or spike against the serve.
- Be supportive of teammates, let them know when they have made a good play or a good attempted play.
- Do not be over-critical of other people's mistakes. Show them how to do it right.

RULES

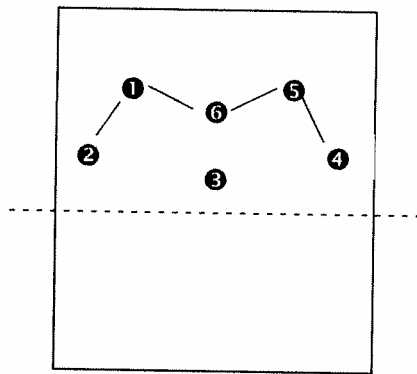
1. A point is scored on every play. A team winning the rally will earn a point
2. A team rotates after GAINING the serve
3. A team rotates in the clockwise direction
4. Matches are the best 2 out of 3 games (sets). Sets are to 25 points - must be ahead by 2 (no caps).
5. A coin toss between captains begins the game. The winner has choice of serve or side. In class we use "rock, paper, scissors".
6. On the 3rd and deciding game, the coin toss is repeated.
7. Teams change courts after each game by lining up on the end line. On the referee's whistle, they run counterclockwise to the other court.
8. In the 3rd and deciding game, teams change courts after 13 points.
9. Serves must be done from anywhere behind the end line
 - Serving Faults a. ball touches antenna
 - b. ball fails to go over the net within the antennae
 - c. ball touches a player or object before entering the opponent's court
 - d. the ball lands out
 - e. failure to serve within 8 seconds
 - f. only once chance is allowed
 - g. ball touches a teammate when serving
 - h. the server steps on the back line before contacting the ball
10. There is a maximum of 3 hits per side
11. A ball landing on the line or over the line is considered IN
12. A block does not count as a hit.
13. A person contacting the ball twice in a row shall be called for a double hit
14. At the first hit of the team the ball may touch various parts of the body consecutively, provided the contacts occur during one action.
15. The ball may touch any part of the body.
16. If prolonged contact with the ball occurs, a held ball will be called.

17. Blocking can be done only by the front row players.
18. Spiking and tipping can be done only by the front row players (unless the back row person takes off behind the attack line).
19. The same player to touch the ball on a block can play it again immediately.
20. A ball hitting the net is still playable.
21. A player's foot must cross completely over the centerline to be a foot fault.
22. It is a fault if the ball touches the roof, walls, the poles or any apparatus in the gym.
23. It is a fault if a player touches the net while the ball is in the front court.
24. It is a fault if a player is out of rotation on the serve.
25. Warning - verbal
A yellow card is a penalty (point and serve to the other team).
A red card is a disqualification.
26. Time outs: 2 / set, 30 seconds each
27. Net height 7'0" for jr. boys, jr. girls, sr., girls / 7'6" for sr. boys

TERMS

Center back	#6 player position
Center forward	#3 player position
Center line	a line drawn across the center of the court
Dig	passing up a ball that was very low to the floor
Double hit	the ball touching a person twice before being played by another
Fault	any infraction of the rules resulting in a point being awarded to the other team
Set	A set shall end when either team has scored 25 points with a margin of at least 2 points.
Held ball	allowing the hands to remain in contact with the ball
Kill	Any play in which the ball is hit so sharply or so accurately that the defensive players are not able to return it.
Left back	#5 position
Line ball	During play, if a ball strikes any part of the outside court boundary lines it is recognized as being in bounds.
Service reception	The defensive formation used to defend against the opposition's serve.
"W" formation	This is a five man service reception formation in which the defending players align themselves in a formation that resembles a W when looked upon from their back line.
"4-2 System"	A system of team play which utilizes four players, whose primary responsibility is attacking; and two players, diagonally opposite each other in the rotational order, whose primary responsibility is to set.

Attack coverage	Non-attacking players back up the attacker by positioning themselves behind and close to the attacker.
Right back	#1 position
Right forward	#2 position
Side-out	loss of serve



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The "W" Formation

- Middle person (#6) in back row moves forward
- Outside front row players (#2, #4) move back
- Front row middle (#) is the setter
- Everyone passes to the front row setter (#3)

Service Strategy

- Aim for weak (gray) areas.
- Aim for people who don't pass very well.
- Aim for the player who blew the last play.

