

Volleyball Study Guide

HISTORY:

- The game of volleyball, originally called “mintonette,” was invented in 1895 by William G. Morgan after the invention of basketball only four years before. Morgan, a graduate of the Springfield College of the YMCA, designed the game to be a combination of basketball, baseball, tennis, and handball. The first volleyball net, borrowed from tennis, was only 6’6” high (though you need to remember that the average American was shorter in the nineteenth century).
- The offensive style of setting and spiking was first demonstrated in the Philippines in 1916. Over the years that followed, it became clear that standard rules were needed for tournament play, and thus the USVBA (United States Volleyball Association) was formed in 1928. Until recently most volleyball games used a scoring system where only the serving team could earn a point. This is called “Side-Out” scoring. “Rally Scoring” was introduced at the highest levels of the game in order to make the game more exciting to watch. A regulation volleyball court is 30 feet wide and 60 feet long. The net is 3 feet wide and the top of the net in girl’s volleyball is 7’4” off the floor

RULES OF THE GAME:

- The first team to score 25 points wins the game. Each game must be won by at least a 2-point margin.
- The serve may touch the net.
- A ball landing on any part of the boundary line is “in”.
- Hitting the ball with the palms on a set is a “carry or lift”
- All players rotate one position clockwise, in order, each time their team gets the serve back.
- If a ball is accidentally passed out of bounds on your own side, a player can go out of bounds and hit it back in.
- If a ball is hit into the ceiling and comes down on the player’s own side, it can still be played. If the ball hits the ceiling and passes over the net it is “out”.
- The best 3 out of 5 games wins the match
- The object of the game is for each team to send the ball over the net to ground it on the opponent’s court as well as trying to prevent the ball from being grounded on their own court. The ball is put into play by the right back-row player who serves the ball by hitting it over the net to the opponent’s court. A team is allowed to use three hits in order to return the ball to the opponent’s court. A player is not allowed to hit the ball twice consecutively. The volley continues until the ball touches the ground/floor, goes out of bounds, a team fails to return it to the opponent’s court or a team commits a fault.
- When the receiving team wins a volley, it gains the right to serve and its players rotate one position clockwise. Rotation ensures that players play all positions.

IN-CLASS MODIFICATIONS:

KEY TERMS:

- Overhand Serve- The most popular and effective serve. Used to put the ball into play.
- Forearm Pass - A fundamental ball-handling skill in which a player contacts the ball below the waist by using their forearms. Also used to defend an attack.
- Set - A two-handed overhead pass to an attacker
- Spike- An attack that is hard driven to the opponent's side of the net
- Rally Scoring- a point is scored on each serve. The team winning the rally scores the point. When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.
- Ace- A serve that is not passable and results immediately in a point
- Block- A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing spiker and contacting the ball with the hands.
- Kill- A ball that is overhead attacked to the opponent's side of the net and scores a point
- Tip -- A type of attack used by a hitter to place a ball softly with one hand into the opponent's court. No wrist snap occurs, and the fingers stay strong and firm.
- libero -- A defensive player who wears a different-coloured jersey and is not allowed to set the ball in front of the attack line or jump and attack the ball above the top of the net.

DIAGRAMS:

