

Volleyball Handout

1. Teams

- A. Consists of a maximum of 12 players.**
- B. 6 players are on the court at one time.**

2. Rules

- A. Toss of a coin decides which team will serve first.**
- B. A match consists of the best of 3 out of 5 games.**
- C. Scoring:**
 - 1. A point is scored on every serve (by either the offense or defense).
 - 2. A game goes to 25 points.
 - 3. A team must win by 2 points.
- D. Serving:**
 - 1. A server may serve anywhere along the end line (9m).
 - 2. The server's foot cannot touch the end line at the moment he/she contacts the ball.
 - 3. All of the following result in a loss of serve:
 - a. Ball touches the ceiling
 - b. Ball fails to go over the net.
 - c. Ball lands outside of the boundary lines.
 - 4. The ball may touch the net on the serve.
- E. Ball Contact:**
 - 1. A maximum of 3 hits per side unless one of the contacts is a block, then 4 hits are allowed.
 - 2. A player may not contact the ball 2 times in a row except when one hit is a block.
 - 3. The ball may be contacted by any part of the body as long as it is cleanly hit or batted.
 - 4. When 2 players contact the ball at the same time, this is considered 2 hits.
- F. Net Play:**
 - 1. A player may not contact the net when involved in the play. Accidental net touches of players not involved in the play will not be called.

3. Skills

- A. Ready Position**
 - 1. A position that will enable a player to move quickly in any direction to play the ball.
 - 2. One foot slightly ahead, knees bent, back straight, backside lowered, arms out in front ready to forearm pass.
- B. Forearm Pass**
 - 1. Known as bump or dig, used to receive a serve, spike or any ball lower than "nose" level.
 - 2. Palm or fist grip, elbows locked, knees bent, body pointing to target, body behind the ball, power comes from the legs, contact made with forearms.
- C. Volley**
 - 1. Known as bump or dig, used to receive a serve, spike or any ball lower than "nose" level.

2. Hands above face, index fingers and thumbs form window, body pointing to target, knees bent, wrists snap.

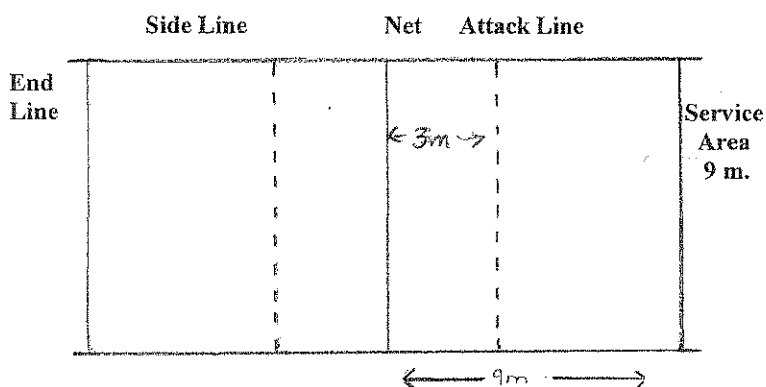
D. Spike

1. Smashing the ball down into the opponents' court so the opposition cannot return it.
2. The approach consists of a Step, Hop and Jump. 2 foot takeoff.
3. Arm action is similar to the throwing motion, wrist snap, contact ball slightly in front of the shoulder, arms in "archer" position.

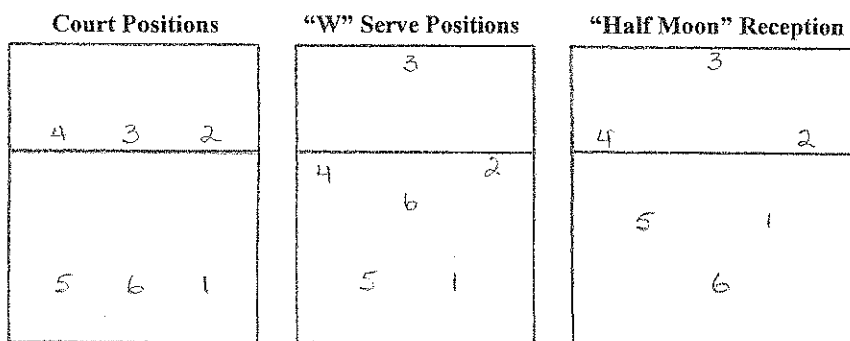
E. Serve

1. Underhand
 - a. Easiest method of starting play.
 - b. Use the heel of your hand, arm straight, knees bent, watch ball contact hand, and follow through.
2. Overhand
 - a. Similar to spike, use throwing motion, contact ball above shoulder.

4. Court



5. Court Positions and Service Reception



6. Strategy

- A. Offensive systems are named by using two numbers, ie. 6 - 0
 1. The first number represents the number of potential attackers, ie. 6
 2. The second number represents the number of designated setters, ie. 0
- B. In the 6 - 0 system all players will receive a chance to attack and there is no designated setter. When players rotate through position 3, they will be the setter.
- C. In the 4 - 2 system, only 4 players will be set up as attackers, while 2 players will be designated as setters.