Volleyball Study Guide

History of Volleyball

In 2005, the sport of volleyball was 110 years old.

• The sport originated in the U.S. and is now just achieving the type of popularity in the U.S. that it has received on a global basis where it ranks behind only soccer among participation sports.
• Today there are more than 46 million Americans who play volleyball. There are 800 million players worldwide who play volleyball at least once a week.
• In 1985 William G. Morgan an instructor at the Young Men’s Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of volleyball (at the time called Mintonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man’s head.

During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net and perhaps "Volleyball" would be a more descriptive name for the sports.

Terminology

• Ace- a serve that results directly in a point, usually when the ball hits the floor untouched on the receiving teams side of the court
• Assist – passing or setting the ball to a teammate who attacks the ball for a kill.
• Back row – the three players whose court positions in near the baseline
• Block – A defensive play by one or more of the front row players meant to intercept a spiked ball.
• Bump – descriptive term for a forearm pass
• Carry – momentarily holding the ball
• Double hit – contacting the ball twice by the same person which is illegal
• Foul – a violation of rules
• Front row – three players whose court position is near the net.
• Lift – contacting the ball with an open palm; faces in an upward positions
• Pass – receiving a serve or the first contact of the ball with the intent to control the ball to another player
• Rally Scoring – scoring the method where points can be won by the serving or receiving team
• Set – The tactical skill in which a ball is directed to a point where a player can spike it into the opponent’s court. Proper form would require the elbows to be away from the body, not tucked in tight
• Side out – when the receiving team wins the rally and gains the right to serve
• Spike – a ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent’s floor or off the opponent’s blockers.

Scoring

• Rally scoring
• Games go to 25
• Win by 2
• Best 3 out of 5
• Third game to 15
Illegal Hits

- Carry – momentarily holding the ball
- Lift – contacting the ball with an open palm faces an upward direction below the waist
- **Blocking or spiking serves.**
- Double hit – contacting the ball twice by the same person

Rules

- Ball that lands on the line is good
- Only 3 hits are allowed on a side
- The ball may not be played off the curtain or wall
- If the ball hits an obstruction it is only playable when it comes back down on the side it originated from. (as long as it is not the third contact )
- Service must be behind the service line. Stepping on or over the service line while contacting the ball on a serve is a fault.
- If the ball hits the net and goes over on the serve, it is a live ball
- A regulation volleyball game has 6 people per side of the net

Key Terms

- Bump Set spike
- Left is right and right is wrong
- Face where the ball is coming from and angle your arms to target.

Cues

**Setting:**

1. Footwork
2. Hands straight up
3. Square shoulders to target
4. Every finger on the ball
5. Follow through

**Passing:**

1. Hands and forearms together
2. Stay low
3. Plain and simple
4. Ball knows angles

**Serving:**

1. Toss
2. Step
3. Hit

**Hitting:**

1. Four step approach
2. Load your arms
3. Jump
4. Following through