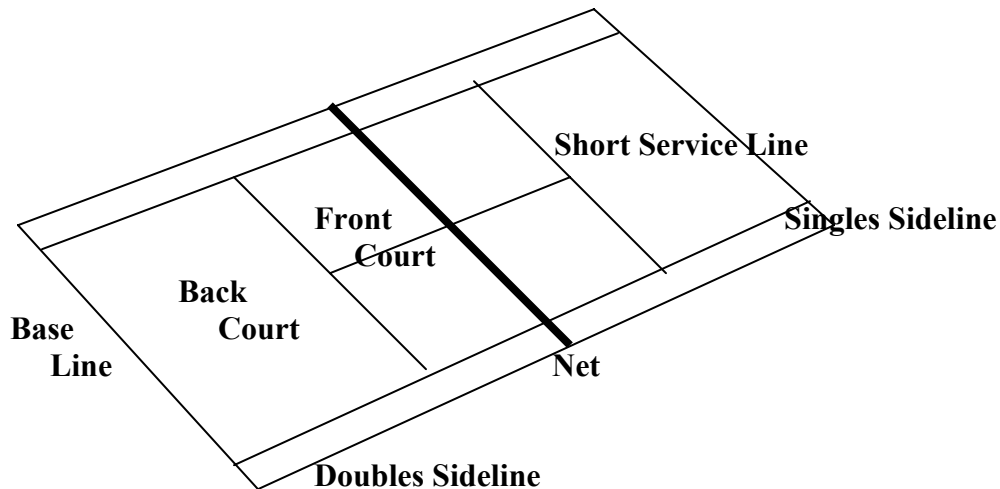


Volley Tennis Study Guide

Equipment

1. Game is played with a playground ball or volleyball
2. Game is played on a tennis court or a with tennis court boundaries



Nature of Game

Volley Tennis can be played with any number of players. It is a game that can be played fast or slow, hard or easy, by men, women, and children.

Basic Rules

1. Ball must be hit over the net, it cannot bounce over.
2. At no time may the ball be hit twice in succession by the same member of a team.
3. The ball may be played up to 3 times before it is returned.
4. The ball may only bounce a total of 3 times to a side. (A bounce is not considered a hit).
5. The ball may be played three times in a court so long as the bounce rule is not effected.
6. The ball must hit the ground on the receiving team's side when served before being played.

Service

1. Must be behind the short service line for serving.
2. Ball maybe served underhand or overhand as long as the ball is bounced before contact is made.
3. If the ball hits the net on service it is out and goes over to the other team. Even if the ball falls into the opponents court.
4. The server keeps serving until he loses the point then the ball goes over to the opponents team. Team alternates serve at service breaks.
5. Server must stand to the right corner of the service line to serve.

Scoring

1. Rally scoring. Same as Volleyball. Each time there is a serve a point is awarded.
2. Rally scoring to 25. Must win by 2.

Boundary-Lines

When playing volley-tennis the doubles side line is used as out-of-bounds.

Note: All shots that hit the sidelines are “in” and are playable.

The line dividing front court and back court is considered front court.

In doubles the second bounce is used as a set up for the front players volley over the net.

You can play a ball out of bounds as long as the ball crosses between the two poles and you do not interfere with another teams game.

Helpful Hints

1. Strive for accurate placement of the ball.
2. Play your opponents weaknesses. Example: If your opponent is right handed hit the ball to their left hand.
3. When calling the score always call the servers score first.
4. Keep your weight on the balls of your feet so you can move in any direction.
5. Try and hit the ball with the inside palm of you hand, so you can control it better than if you hit it with your fist.
6. Use strategy with your teammates. Set them up whenever possible.

