

P.E. SPORTS AND ACTIVITIES

VOLLEYBALL



“Volleyball is one of the most interactive games going. It is a game of intuition, imagination, improvisation—but most of all, of reciprocity—of teamwork.”

Marv Dunphy, American former volleyball player and head coach

INTRODUCTION

Volleyball is a popular sport which can be played both indoors and outdoors. It appeals to people of all ages and skill levels. It is fast-paced, with constant jumping and running, and thus provides a strenuous aerobic workout. It also requires mental alertness and quick, precise physical reactions.

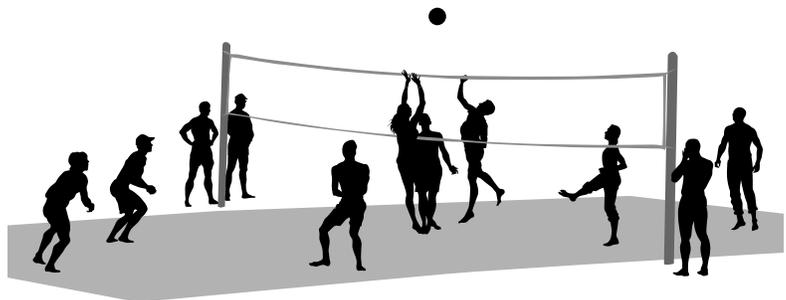
Many associate volleyball with the beaches of southern California and in fact, a number of professional players got their start by playing beach volleyball. However, volleyball is popular not only on the beaches, but in virtually every country of the world. In 1964, it was officially recognized as part of the Olympic Games.

HISTORY OF THE GAME

Volleyball originated in Massachusetts in 1895 when the director of a local YMCA used the bladder of a basketball for a ball and a tennis net as the first volleyball net. The game was regulated by the YMCA until 1928 when the United States Volleyball Association was founded.

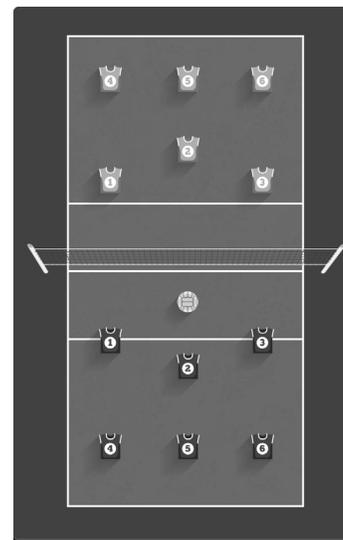
HOW VOLLEYBALL IS PLAYED

The name “volleyball” is not an entirely accurate description of this sport. The object of the game is hit the ball over the net in such a way that the opposing team cannot return it.



Volleyball is played on a court about 30 feet wide by about 60 feet long. The net is three feet high and spans the width of the playing area. The top of the net is positioned about eight feet (in men's volleyball) from the floor or playing surface. The modern volleyball is about the size of a soccer ball and weighs between nine and ten ounces.

The game is played by two opposing teams, with six players on each team. Once the ball is put into play, it is "volleyed" back and forth between the teammates up to three times before it is hit over the net or until it falls to the floor, is hit out of bounds or a team commits a foul. The same player may not make a hit twice in a row. Even if the ball hits a player by accident, it counts as one of the three touches allowed per side. However, if a player blocks a spike, the block is not considered a "hit."



VOLLEYBALL SCORING SYSTEMS

RALLY POINT SCORING

The team winning a rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise. The best three of five games will win matches. Each non-deciding game will be won by the team that first scores 25 points with a minimum two-point advantage. If there is a deciding game, it will be won by the team that first scores 15 points with a minimum two-point advantage.



SIDEOUT SCORING

Only the serving team may score a point, except in the deciding game when rally-point scoring is used. When the receiving team wins a rally, it gains the right to serve (also scoring a point in the deciding game), and its players rotate one position clockwise. Rotation ensures that players play at both the net and the back zone of the court.

A team wins a game by scoring 15 points with a two-point advantage and wins the match by winning the best of three or five games. In the event of a 16-16 tie, the team scoring the 17th point wins a non-deciding game with only a one-point advantage. In a deciding game there is no point cap.

Almost all schools have changed from “Sideout Scoring” to “Rally Point Scoring.” Rally scoring looks very similar to a side-out game, with the main difference being a point scored every time the ball is blown dead.

What constitutes a match when you rally score? Teams will play the best three out of five games. “Game-point” for the first four games will be 25 points. (You must win by two points.) The fifth and deciding game is played to 15. (Again, you must win by 2 points.)



How much time should be allotted for matches that are rally scored? Most three of five rally matches end in three games. The approximate length of time for a game (not including warm-up) is less than 20 minutes. Three-game matches take approximately 60 minutes, while five-game matches take approximately 90 minutes. The nature of volleyball allows games to be substantially shorter when one team is strong and another weak. Rally scoring no longer accommodates long non-scoring periods during a game or match.

What is the “let serve?” The “let serve” is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent’s court. The let serve is a playable live ball. The let serve is a strategy used to keep the game moving with fewer interruptions in play.

With the “let serve” there is no longer a need to touch the net when giving the signal to serve.

Time-outs: Each team is allowed a maximum of two time-outs per game. A time-out is a maximum of 60 seconds, although play may resume sooner if both teams are ready prior to 60 seconds. Extra time-outs are not granted during rally scoring, nor are time-out accumulative during a match.

A game has a total of 25 points except in deciding games. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores the point. Each game must be won by a two-



point margin. A match consists of the best three of five games. The team which wins three games is the winner of the match.

Volleyball requires a referee, who generally has the final word regarding points in dispute, an umpire who assists the referee, a scorekeeper, a timekeeper and linesmen. Even though there may be officials present during a game, players who commit fouls are expected to call out their own mistakes.

SKILLS AND TECHNIQUES

THE READY POSITION AND JUMP

One of the basic positions in volleyball is called the “ready position.” The knees are slightly bent with hands at waist level and elbows near the body to allow the player to concentrate on the ball. Players should learn this position so that time is not wasted when the ball is hit. Jumping is always done near the net. Players should practice jumping so that they do not touch the net, or bump into or injure other players. They should also remember always to jump parallel to the net.



THE SERVE: OVERHAND AND UNDERHAND

Serving is a crucial skill for the volleyball player to learn. The cardinal rules of serving are simple: do not step on a boundary line, and get the ball over the net.

The overhand serve is the most popular and effective serve. It is similar to a tennis serve. The ball is thrown into the air so that it rises a few feet above the server’s head. As the ball comes down, the right arm (if you are right-handed) is raised up and back while the elbow comes forward. The arm is then extended at the elbow and the server hits the ball with the heel of the hand.

The underhand serve is a good serve for beginners to use. It is simply another way of getting the ball over the net. The ball is held in one hand and hit by the heel of the other hand. The underhand serve is generally not as effective as the overhand serve.



THE PASS OR SET

The pass is a difficult move for many beginning players. This skill looks easier than it actually is when performed. Once the ball is served, the player who will pass the ball gets into position under the ball with knees bent, hands up and fingers cupped. All the fingers and the two thumbs contact the ball, but the ball does not touch the palm of the hand.

When the ball is in the air over the serving side's court, it may be passed up to three times before it is returned over the net. One player cannot pass the ball twice in a row.

Note that overhead passes are not used when the returning ball is a "spike."



THE SPIKE

The spike is one of the most difficult plays in volleyball: a player has to run, jump and hit the ball to a specific spot on the other side of the net. However, it is the best offensive move in volleyball, and it should be learned.

Generally, a spiked ball is hit with an open hand. However, unless a player is quite experienced, spiking a ball can sometimes result in the ball going out of bounds or into the net. Remember that practice in timing, jumping and hitting are required to spike correctly. A spiked ball, hit properly, can move up to a hundred miles an hour.

THE FOREARM BOUNCE PASS-BUMP

The bump is used for receiving serves and spike balls. This shot is easy to execute because the ball simply bounces or bumps off the clasped hands, wrists or forearms.

The purpose of this shot is to bounce the ball into the air so that a teammate can get under it to make a set-up (a move usually used to direct the ball to the spiker).



ONE-HAND BOUNCE PASS-DIG

This is a recovery shot, and is used if the ball received is low and off to the side of a player. If you cannot make a bump pass, use a dig or save pass instead. In this move, the hands are cupped. They are then placed under the ball just before it hits the floor.

THE BLOCK

This move is used chiefly as a defensive position to stop spiked balls. As with spiking, timing is important in blocking.

A player must anticipate an opponent's spike and position him or herself accordingly. The blocker then jumps just after the spiker has jumped. The blocker's arms should be extended upward with fingers spread wide apart. This allows the ball to bounce off the heels of the blocker's hands and land on the opposite side of the net.

This is the only move in volleyball that allows the player's hands to go over the top of the net.



EQUIPMENT AND CLOTHING

Standard clothing for playing volleyball is comfortable sportswear which allows for free movement. Gym shoes are a must since most gyms do not allow anyone on the floor in regular shoes. When played on the beach, attire ranges from gym clothes to swimsuits. Many play barefoot in the sand.

VOLLEYBALL NOTES

Volleyball is played competitively at several levels. Many high school teams operate under the jurisdiction of their school district and state athletic association. At the college and university level the National Collegiate Athletic Association (NCAA) sponsors both men and women teams and championship tournaments.

Volleyball is also an Olympic sport. This competition occurs every four years in the summer, where gold, silver and bronze medals are given to the top men and women teams. In addition, there is beach competition—some of these athletes are professionals. Beach Volleyball is also an Olympic competition. The 2008 Olympics were held in Beijing, the 2012 in London and 2016 in Brazil.

According to a recent study by the National Federation of State High School Associations some 470,000 high school students play the sport. Among females it is the third most popular sport choice.

High school teams are now allowed to place their school name or mascot on the sleeve of their solid-colored jerseys, providing it appears in either a 4-by-4 inch or 3-by-5 inch space.

A recent rule change by the National Federation of State High School Associations states that a referee shall stop play when any player gains an illegal advantage by contacting any team member while playing the ball. This change clarifies that no team member may assist a player during an attempt to play the ball.

There are, however, many levels of volleyball competition. Most cities and towns offer amateur clubs or teams. Some are sponsored by such organizations as YMCA's or local park districts.

To find out more about this sport visit these volleyball websites:

www.ncaasports.com/volleyball

www.usavolleyball.org