

VOLLEYBALL

History

Invented by William Morgan as an alternative to Basketball
Volleyball became an Olympic sport in 1964
Beach volleyball (2 on 2) became an Olympic sport in 1996

The Game

1. The flip of a coin determines which team serves first.
2. Point can only be scored by the team which is serving.
3. A player continues to serve until a fault is committed by his team. This is called a "side-out".
4. Players rotate in a clockwise direction one position when their team wins the side-out.
5. Each team is allowed a maximum of 3 successive ball contacts in order to return the ball to the opponent's court. A contact during a block does not count as a hit.

Scoring

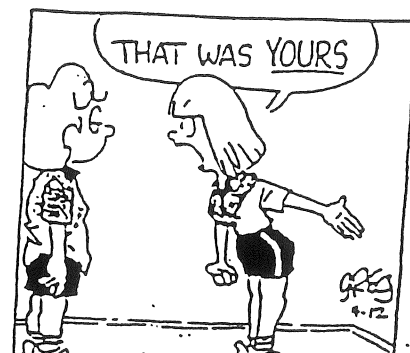
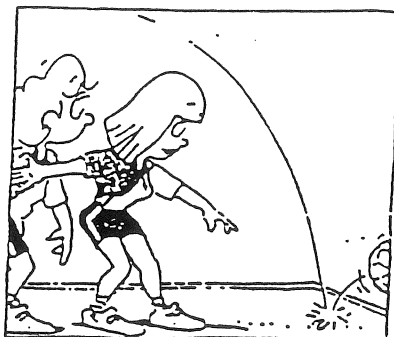
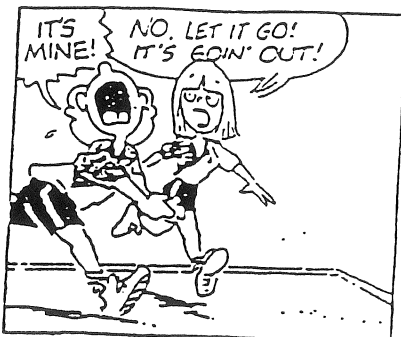
Points may be scored only by the serving team. A game is won when a team has scored 25 points with at least a 2 point advantage. If the score is tied at 24-24, play continues until one team has a lead of 2 points, ex) 26-24, 27-25. ~~There is no cap.~~
There is no cap.

Matches consist of the best 3 out of 5 games.

If 5th set is needed, the game is up to 15 with no cap.

Faults

1. The ball touches the floor inbounds. (on the line is "in")
2. The team plays the ball more than 3 times consecutively.
3. A player touches the ball twice consecutively.
4. A player touches the net.
5. The ball lands outside the court.
6. The ball is held, carried, pushed or thrown.
7. The server touches or steps over the serving line before contacting the ball.
8. The ball hits the net on the service.

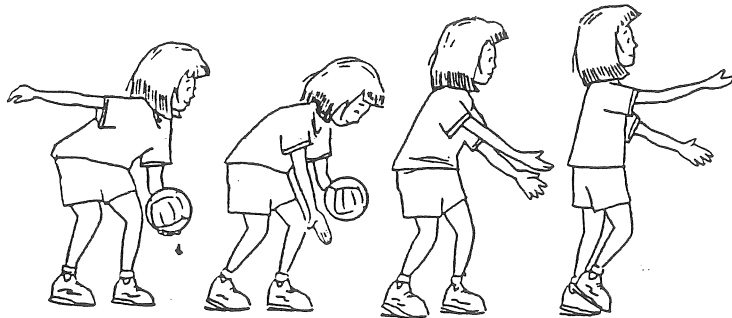




- Ready Position SKILL CUES**
- 1) Bend knees
 - 2) Keep seat low
 - 3) Hunch shoulders forward
 - 4) Shift weight from foot to foot
 - 5) Watch the ball

- Underhand Serve SKILL CUES**
- 1) Establish target
 - 2) Watch the ball
 - 3) Step forward
 - 4) Release ball
 - 5) Keep hitting arm straight
 - 6) Contact with heel
 - 7) Follow Through

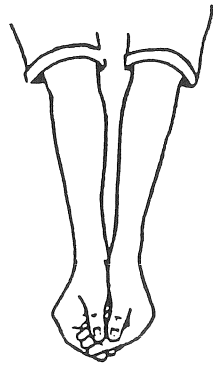
- Underhand Serve EXECUTION**
- 1) Contact Position
 - 2) Ball Release
 - 3) Movement
 - 4) Ball Contact
 - 5) Follow Through



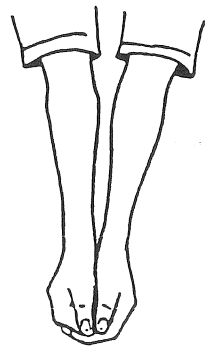
Forearm Pass (Bump)

- Forearm Pass SKILL CUES**
- 1) Hold thumbs down
 - 2) Extend arms/lock shoulders
 - 3) Lower body position
 - 4) Watch the ball
 - 5) Contact ball on lower 1/3 of forearms
 - 6) Push forward with legs

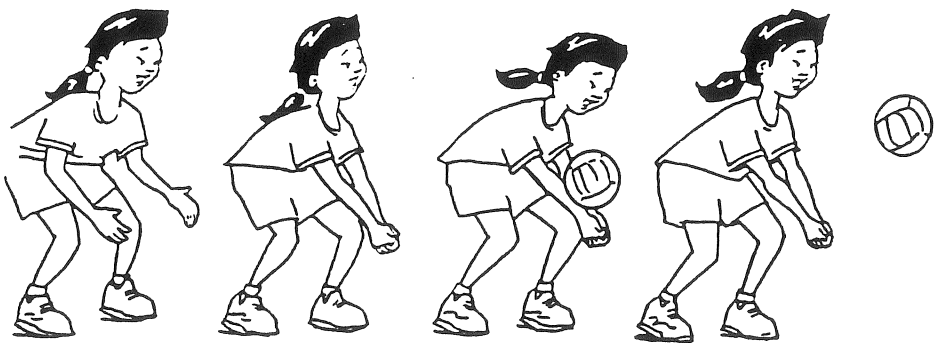
- Forearm Pass EXECUTION**
- 1) Ready Position
 - 2) Movement
 - 3) Contact Position
 - 4) Ball Contact
 - 5) Follow Through



Hand Position #1



Hand Position #2



Overhead Pass (Volley)



Volley Hand Position SKILL CUES

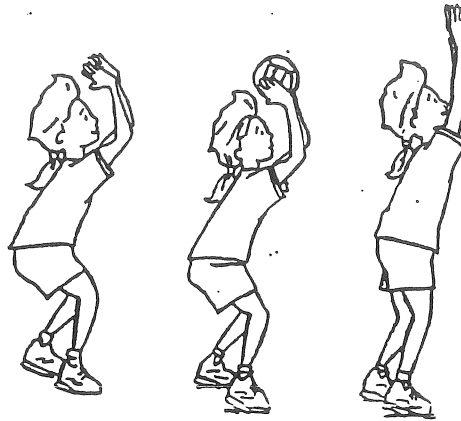
- 1) Spread and stiffen fingers
- 2) Point thumbs at forehead
- 3) Turn palms slightly towards each other
- 4) Cock wrists
- 5) Cup hands
- 6) Form soft triangle

Volley EXECUTION

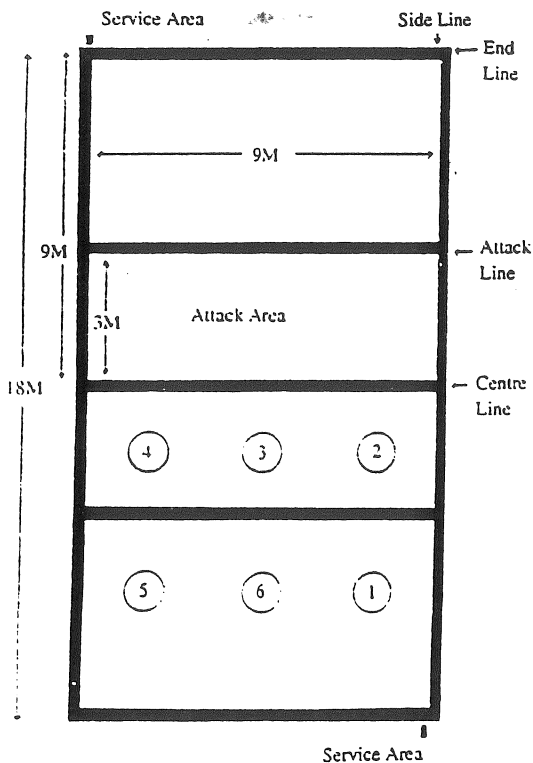
- 1) Ready Position
- 2) Movement
- 3) Contact Position
- 4) Ball Contact
- 5) Follow Through

Volley SKILL CUES

- 1) Assume Ready Position
- 2) Raise hands above head
- 3) Position body under the ball
- 4) Contact ball above head
- 5) Follow Through



The Court



Player Positions

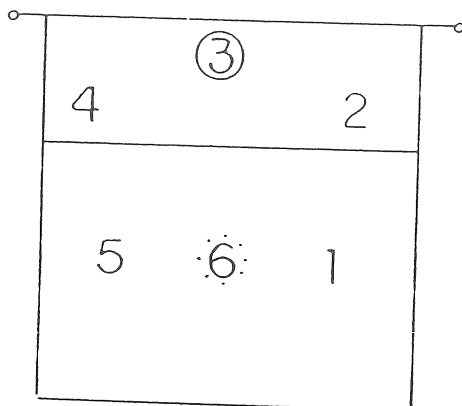
- 1 Right Back
- 2 Right Front
- 3 Middle Front
- 4 Left Front
- 5 Left Back
- 6 Middle Back

4 - 2 OFFENSIVE SYSTEM

Four of the players are hitters and two are setters. The setter in the front row does the setting. There are two front row hitters.

The two setters line up opposite each other so that as one rotates out of the front row, the other rotates into the front row.

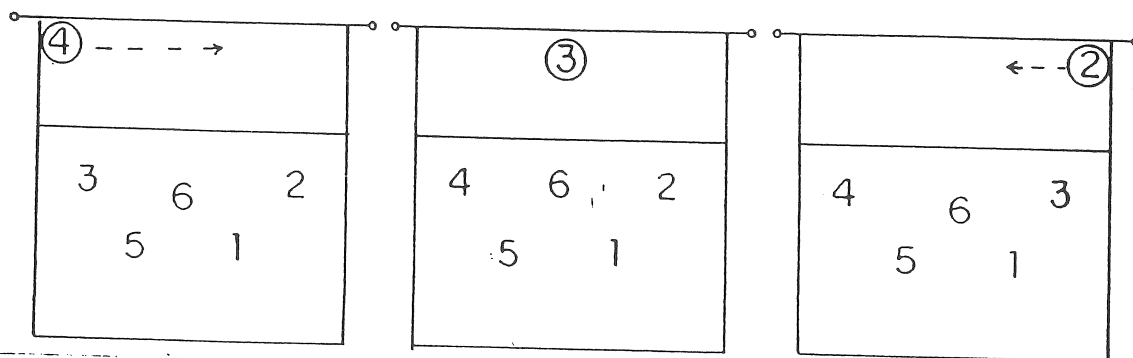
Normally, the system is used at lower levels when the pass serve is not accurate, and/or when the setters are too short or not effective hitters.

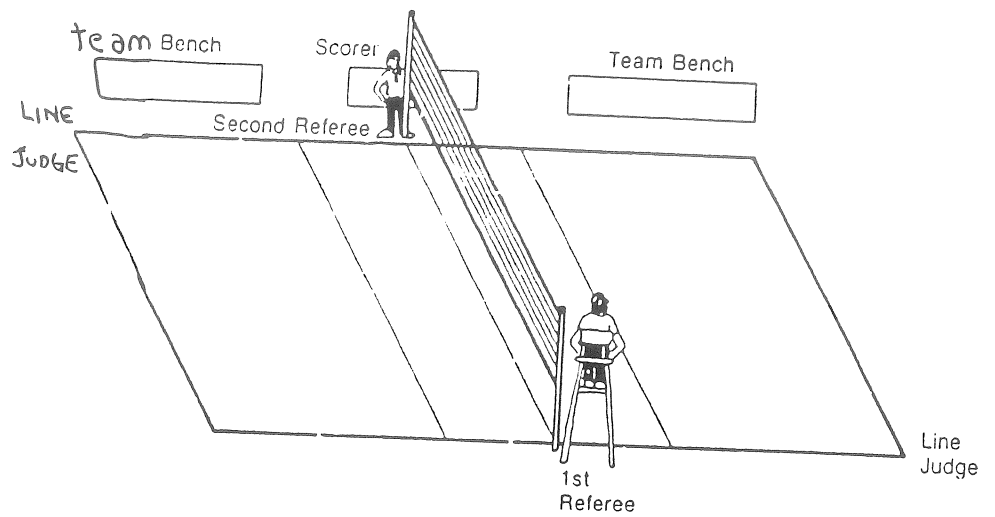


2) SERVICE RECEPTION W FORMATION

The W formation is appropriate for lower levels of play, particularly with the 4 - 2 offensive system. A large space is left in the middle of the court into which the setter moves to receive the pass. Precise passing is not critical, but the setter needs space to avoid collisions and confusion as he/she moves under the pass.

In the 4 - 2 system, the setter commonly switches to play the number 3 position thus spreading the front row hitters to each side. At lower levels, the opponent's attack is usually not consistent and a tall middle blocker is not required. A short setter operating from the number 3 position can use a forward or backward set to each antennae and spread the opponent's blockers.





C1) OFFICIALS - RESPONSIBILITIES

The officials for a volleyball match are a first referee, second referee, scorer, and two or four linesmen.

First Referee. This official is located at one end of the net in an elevated position that will allow a clear view of play. This person makes all decisions on ball handling plays, declares point or side-out, and has the power to overrule decisions of other officials. This official has full control of the match.

Second Referee. This official takes a position on the side of the court opposite the first referee. This person assists in calling violations regarding player position, the net, and the center line. In addition, the second referee keeps official time for time-outs and between games, supervises the conduct of coaches and substitutes on the bench, and supervises substitutions.

Scorer. The scorer is located on the side of the court opposite the first referee and behind the second referee. In addition to keeping an accurate record of the score and other pertinent information, the scorer notifies the second referee of any violations in regard to substitution, serving order, or time outs.

Linesmen. The linesmen are positioned in the corners of the court in a position to see balls landing near their assigned boundary line. When only two linesmen are used, they stand diagonally opposite each other at the corners away from the serving area. By using a small flag, the linesmen indicate whether the ball landing near a line is "out" (raising the flag) or "in" (pointing the flag