Volleyball is one of the few sports that was created in the USA. William G. Morgan in Springfield, Massachusetts, created volleyball so that basketball players would have a sport to play during the summer months. Mr. Morgan wanted to create a sport that used more people on a team than basketball, but a smaller space.

Shots/Hits

The ideal volleyball hit sequence is a pass, set, spike

Underhand Pass - Hands must be held together when underhand passing. This is the most often used shot, as well as, the first shot hit after a serve

Set – A type of pass that involves using your two hands separated in the overhand position where the ball touches the FINGER TIPS of the player above their forehead. Usually the second shot during an ideal volleyball play.

Spike – The most offensive/powerful shot in volleyball. Usually the last shot of your 3 allowed hits to send the ball over the net with force

Serve – How the game as well as the point system begins. Serves CANNOT hit the ceiling, basketball hoops and/or volleyball posts, which results in a DEAD BALL and point to the other team. The serve CAN hit the net and go over to be considered in play

Rules/Guidelines

- Max of 3 hits per side
- Rally Scoring is used, which means a point can be scored on every single serve
- Games go up to 25 points (if a team has 24 points, they will call out "Game Point" to indicate the next point is their winning point. If the score is tied, a team must win by 2
- Rotation is the movement of your team clockwise

Landmarks

The line 10 feet away from the net is known as the **ATTACK LINE**

The line directly under the net is called the **CENTER LINE**

The line that surrounds the court is known as a **BOUNDARY LINE**. If a ball hit the line, it is considered in
Other important information

- Side out – When the team receiving the serve wins the point and gets the ball back
- In serving, a server may hit the ball with an open or closed hand, or with their forearm
- If a server steps on or over the service line, it is known as a Foot Fault
- Your team should be set up in a “U” or a “bowl” formation
- The server may serve ANYWHERE behind the boundary line

Other Fouls

- Playing the ball two times in a row by the same player is a foul
- You may not touch the net with any part of your body
- Hitting the ball more than the 3 times allowed

All fouls result in a side-out and a point for the other team

Useful Strategies

- Calling the ball
- Ready position
- Moving your feet

The test will be a compilation of the study guide and class discussion