



STUDY GUIDE



History

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