

Study Guide for Volleyball

History

Volleyball was developed in the United States in 1895 by William Morgan. While working in a YMCA in Holyoke, Massachusetts, he developed it as a team game to play indoors. Morgan first used a tennis net stretched about 6 1/2 feet from the floor. For a ball, he first tried the bladder of a basketball, but that was too light and slow. Finally, he decided on a ball similar to the present volleyball, and a sporting goods company made one for him.

The object of the game was to keep the ball going back-and-forth over the net without it touching the floor. At first, the game was divided into innings, and any number of people could play on a team. In 1924, rules were published. In 1928, the United States Volleyball Association was formed, and this association developed the rules as they currently exist.

The Court and the Game

Volleyball is played on a court 30 feet wide by 60 feet long. A net 7 feet, 4 1/4 inches from the floor divides the court. A team consists of six players: left, center, and right forwards; left, center, and right backs.

The player in the right back position is the server. The server may serve from anywhere behind the service line. The server gets one chance to make it over the net. If the serve hits the net, but still goes over, play continues. A serve that does not make it to the other court in bounds results in the receiving team winning a point, as well as, the opportunity to serve. Whenever the ball changes possession and the other team gets to serve, a "side-out" is called and the new serving team rotates clockwise.

Volleyball uses rally scoring, so a point is scored any time a team does not successfully return the ball to the opponent's court. Games typically last for 15, 20, or 25 points (whatever is pre-determined before the match). The match is won by the team winning the best 2 out of 3 or 3 out of 5 or 4 out of 7 games.

Rules

1. The server may not touch the end line while serving the ball.
2. When playing the ball, the player must clearly “hit” the ball- not “carry” it.
3. The ball must be played before it touches the ground.
4. The boundary lines are considered “in.” Therefore, a ball that lands on or touches any part of the line should be played.
5. No player may touch the opponent’s court. This is an “under the net” violation.
6. No player may touch the net. Players may, however, reach over the net on the follow-through of a hit.
7. Players may leave their own court to play a ball, but may not enter the opponent’s court.
8. Each team may hit the ball as many as three times before returning it to the opponent’s court.
9. No player may hit the ball twice in succession. This is a “double.” A player may play the ball on the first and third hit.

Basic Skills

1. Serve: Underhand or Overhand
2. Volley: Passes: Overhead Pass- Set-This is most often used to pass the ball to a teammate.
Forearm Pass- Bump- Most commonly used to receive serves, spikes, or net recoveries.
3. Spike: The spike is a hard hit that sends the ball directly downward over the top of the net into the opponent’s court.
The spike is made with an open hand with a quick whip action of the shoulder, arm, and hand.
4. Block: The block is a defensive skill used against a spiked ball. When an opponent is spiking, the blocker jumps, straightening the arms and reaching high above the net. It is important to keep facing the net with thumbs together and fingers pointing upward.
5. Dig: A bump played low to the ground (usually from the knees).
6. Kill: A offensive attack that results in a score
7. Middle Blocker: Center Forward who tries to block the opposing team’s attacks.
8. Outside Hitter: Left Forward who is usually athletic and attacks the ball well.
9. Setter: Player responsible for preparing the ball for the attacker.
10. Libero: A specialized position who plays the back row all the time and may only bump the ball.
11. 10 Foot Line: Line that separates the Forwards and Backs. Back row attack must jump from behind the line on a spike.
12. Ace: A serve that is not controlled or returned by the receiving team.