Volleyball Study Guide

**Terms:**

Set – used to pass the ball above the head to a teammate or attacker, with a specific height.

Serve – skill used to start the game and each volley. You may do this overhand or underhand.

Pass/Bump – most frequently used ball-handling skill, generally begins the volley after the serve.

Game Point – this is when a team is up by one or more points and has a score of 24 or higher.

Rotation – shifting of players in a clockwise motion upon gaining possession of the serve.

Antenna – red and white pole that signifies the boundary line on the net and above the net.

Libero – specialty back row player whose job is just to pass the ball. They must wear a different color jersey in the game.

Foot Fault – is when the server steps on the serving line while in the act of serving.

10 foot line – is the line in which the back row players may not jump across to attack the ball. It is considered a back row attack and will be a point for the opposite team.

**GAME RULES:**

Games are played by rally scoring, this means on every dead ball a team scores a point. Games are played to 25 points and you must win by 2 points.

If the ball hits the white boundary line the ball is considered “in”.

There are 6 players on each team, some player positions are Libero, middle hitter, outside hitters, setters.

Each team is allowed 3 hits per side every time the ball comes over the net.

The ball IS allowed to touch the net on a serve or a volley.

NO PLAYER may touch the net during a volley with their body, a point will be awarded to the other team.

If the ball hits the antenna on a volley or a serve, it is considered out and a point is awarded to the opposite team.

If the ball hits the ceiling on your side of the gym and you still have a hit remaining you may play the ball over. If you hit the ball on your opponents’ side of the ceiling it is automatically considered a dead ball and a point is awarded to the opponent.

**Techniques for sport specific skills**

Passing: Bend knees, communion hands, straight arms, call the ball, lift no more than 6 inches

Setting: bend knees, thumbs point down, hands like you are chugging a pop bottle, elbows bent, extend arms straight then hands like SUPERMAN

Underhand Serving: hold ball in non-dominant hand, serve with a closed fist, or turn hand over with straight fingers, do not toss the ball, step in opposition and bend knee, follow through with a straight arm

Overhand serve: toss above your head about 3 feet high on serving side of body, step with opposite foot, contact ball above head, use an open hand and make contact with the palm of the hand.

Spiking: three step approach, jump off two feet, swing both arms back and then explode up, use the bow and arrow approach with guide arm forward and then serving arm back, swing all the way through with and open hand.

