Brookfield East Physical Education: Volleyball

Health / Skill Component: Agility * - ability to move and change direction and position of the body quickly and effectively while under control.

One of the important components in volleyball is the ability to move quickly to put yourself in position during game play. There are other skill related components, such as, jumping and hand eye coordination that will also make the game of volleyball more enjoyable.

History: The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis. Today there are more than 46 million Americans who play volleyball.

In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of Volleyball (at that time called, mintonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man's head.

During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport. On July 7, 1896 at Springfield College the first game of "volleyball" was played.

Rules
Any ball touching the boundary line is good or in. When the ball touches the net on a return, it must touch the net on or between the standards and go over into the opponent’s court. A ball striking the net and going over is still in play. A served ball cannot touch objects above the net or outside the playing area. A foot fault is called during a serve when a player steps on or over the end line before the ball has been hit. A player can serve from where ever behind the end line and between the two hash marks. A ball may be contacted up to three times by a team before it goes over to the opponent’s court.

Rules for Rally Scoring: A game consists of one team scoring a total of 25 points (winning team must have at least a two point advantage with a cap to 27). A match consists of the first team to win two out of three games or three out of five games. While serving the ball it is legal for the server to make contact with the net during a serve (only if the ball lands in the opponent’s court). This is called a let serve. A point is awarded to the serving or receiving team when a team fails to return the ball in the manner prescribed by rule (there is a point awarded every time there is a serve).

Examples of Individual Fouls: A player catches or touches the ball either on or off the court and calls it out; plays ball while supported by any player or object; commits body foul (may use any part of body above and including waist); hits ball twice in succession; back row player spikes
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(attacks) or goes to block ball in front of spiking line (10 foot line); fails to return ball within opponent’s court.

Examples of Net or at the Net Fouls: A ball held or pushed against the net; net touched by any part of body; a player reaches over or under the net except on a follow through or block; a player touches the floor on the opposite side – crosses center line (entire foot needs to cross center line for it to be considered a foul); and a ball that is forced into the net and touches the opposing player is “NOT A FOUL”.

Strategies
Players typically align in a formation advantageous in covering as much territory as possible. This alignment would look like the letter “W.”

When receiving the ball, players in the front row would play back; and when your team is serving, the front row would play up to the net.

Terms
Forearm Passing/Bump: An underhand hit made with both hands together.

Setting: A high pass that uses your hands (make a window with your hands to look out of on your forehead).

Attack/Spike: A ball hit forcibly at a downward angle from a height greater than the top of the net (offensive strategy).

Block: Both arms and hands raised parallel to the net in order to block the spike (defensive strategy).

Dig: Passing a ball from an attack/spike.

Tip: Off-speed spike.

Serving: Putting the ball into play over the net into the opponent’s court. Three methods used are: underhand, overhand, and jump serve.

Rotation: Act of shifting positions in clockwise direction.

Double Hit: An act in which a player hits the ball twice in succession.

Simultaneous Contact: Two players touch the ball at the same instance.

Sideout: When the serving team fails to serve or return the ball prescribed by rules.