

VOLLEYBALL



VOLLEYBALL STANDARDS

GRADE LEVEL	STANDARD	DESCRIPTION
2ND	PE.2.M.1.2	Strike an object continuously using body parts both upward and downward.
	PE.2.C.2.2	Identify safety rules and procedures for selected physical activities
	PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills.
	PE.2.C.2.6	Apply teacher feedback to effect change in performance.
	PE.2.C.2.9	Define offense and defense.
	PE.2.L.3.3	Identify opportunities for involvement in physical activities during the school day.
	PE.2.R.5.1	Identify ways to cooperate with others regardless of personal differences during physical activity.
	PE.2.R.5.2	List ways to safely handle physical-activity equipment.
	PE.2.R.6.2	Discuss the relationship between skill competence and enjoyment.
	PE.2.R.6.3	Identify ways to contribute as a member of a cooperative group.
3rd	PE.3.M.1.2	Strike a stationary object from a stationary position using body parts so that the object travels in the intended direction at the desired height
	PE.3.C.2.2	Understand the importance of safety rules and procedures in all physical activities.
	PE.3.C.2.5	Explain how appropriate practice improves performance of movement skills.
	PE.3.C.2.8	Describe basic offensive and defensive tactics.
	PE.3.L.3.3	Identify opportunities for involvement in physical activities during the school day.
	PE.3.L.3.4	Identify opportunities for involvement in physical activities after the school day.
	PE.3.L.4.1	Describe how muscular strength and endurance enhances performance in physical activities.
	PE.3.R.5.1	List ways to work cooperatively with peers of differing skill levels
	PE.3.R.6.2	Describe ways to appreciate the good physical performance of others.

VOLLEYBALL STANDARDS

GRADE LEVEL	STANDARD	DESCRIPTION
4th	PE.4.M.1.2	Strike a moving object using body parts so that the object travels in the intended direction at the desired height.
	PE.4.C.2.2	Understand the importance of safety rules and procedures in all physical activities, especially those that are high risk.
	PE.4.C.2.4	Understand the importance of protecting parts of the body from the harmful rays of the sun.
	PE.4.C.2.9	Identify basic offensive and defensive tactics for modified invasion and net activities.
5TH	PE.5.M.1.2	Approach and strike a moving object with body parts so that the object travels in the intended direction at the desired height using correct technique.
	PE.5.C.2.2	Design or modify a game incorporating skills, rules and strategies.
	PE.5.C.2.8	Categorize basic offensive and defensive tactics for modified invasion and net activities.

VOLLEYBALL SKILLS

OVERHEAD VOLLEY

This is used to play a ball over the head.

- ***From a Prone Position*** - To hit the ball straight up, the elbows should be straight out to the side, forearms straight up.
- Rotate the forearms until the hands are forward with the thumbs and index fingers forming a triangle.
- As the ball comes down, extend the arms upward and snap the wrists straight as contact is made with the tip of the fingers and thumbs.
- Follow through with the fingers pointing up in the direction you want the ball to go.
- Hit the ball up, not forward!

- ***Standing Position*** - Stress moving under the ball and giving good arm, leg, and wrist extension when hitting the ball. Follow through.
- Hit the ball up, not forward.

THE BUMP

This is used to play a ball below the head with two hands. Its purpose is to get the low ball up high enough for someone to play it.

- ***From a Standing Position*** - When receiving the ball, maintain a low body position.
- Bend the knees at about a 90° angle, spread the feet a little wider than the shoulders, and have the forward foot pointing in the direction you want the ball to go.
- Remember, don't scoop the ball, let it rebound off the forearm.

THE DIG

- This is used to play a ball that has dropped below the head with one hand (fist).
- The purpose of the dig is to get a low ball up high enough for someone else to play it.
- While dropping the body to get under the ball, make a fist and rotate the forearm so that the palm side of the fist is up; contact with the ball is made on the upward turned fist.
- Do not bring the arm upward with a big swing; make just enough contact so that the ball will be high enough for a teammate to play it. Go slowly and be very careful with this drill.

SPIKING

- The spike is the most powerful play in volleyball, and it is very difficult to return.
- To execute a good spike, the spiker must have a good set by his teammates.
- This is a difficult skill for this age group to master; however, we want to give them instructions and time for a few drills.
- The right-handed spiker stands with the left side of his body facing the net.
- His body should be slightly bent from the waist, both arms back and knees bent with the weight of the body on the balls of the feet.
- When a teammate sets the ball up, the jump is made.
- The right arm is raised with the elbow above and behind the right shoulder.
- The wrist of the right hand is bent, and the palm is facing toward the ball.
- As the ball is brought forward, the body twists left until it is facing the net.
- The right shoulder rotates down toward the net, the arm moves down and the wrist of the hitting hand snaps through with the hand hitting down on the top nearside of the ball.

BLOCKING

- Timing the block is very important.
- The blocker needs to be up there when the spiker hits the ball.
- There is a tendency for the blocker to be over eager and to jump too soon.
- Keep your eye on the spiker.
- Jump from both feet with the arms fully extended, palms open and fingers extended right in front of the ball.
- If the timing is right, the block should cause the ball to go back into the opponent's court or the ball should be slowed down enough so that the arms can move forward enough on the block and still not touch the net. Keep your eye on the offense!

SERVING

- In the underhand method (right-handed server), the left foot is placed ahead of the other.
- The ball is held in the palm with fingers of the left hand slightly below the waist.
- The right hand is held with the fingers closed so that you make a fist with the palm upward.
- The right arm is swung backward; the knees are bent forward. As the arm is brought down and forward, the body twists back around to the left.
- The knees are straightened as the ball is hit and the arm follows through forward and upward. Follow through in the direction you want the ball to go.

Object

- Volleyball is a game played by two 6-player teams.
- The teams line up on opposite sides of a net, and the object is to send the volleyball over the net within the court boundary lines so that the opposing team is unable to return it before it hits the ground.
- Any part of the body above the waist can be used to hit the ball.



Playing Area

Volleyball court dimensions:

The court is rectangular with boundary lines marked. The ball must be completely outside of the line to be considered out of bounds.

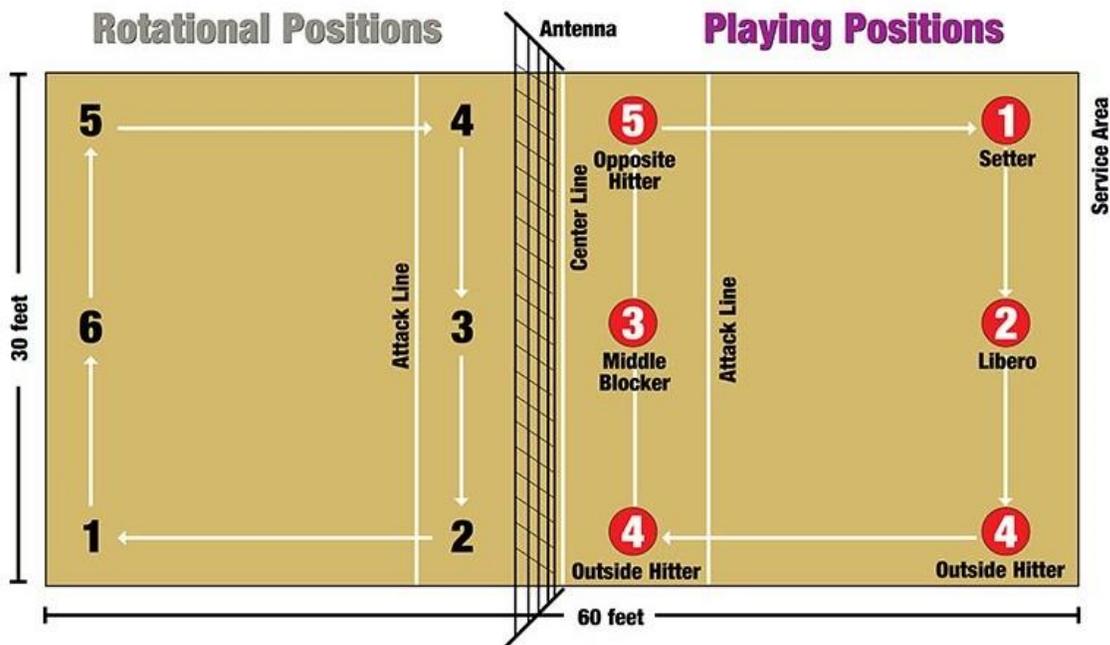
The net itself is 1 m high (3' 3") and 9.5 m long. The top of the net is 2.43 m (7'11") above the ground.

Positions

There are 6 rotational positions on the court. Before the ball is served, players must line up in two rows with 3 players in each row.

Once the ball is served, players may move anywhere on their own side of the net.

When there is a change of service, team members on the serving team rotate one position clockwise before serving.



The order of rotation must stay constant for each set, but it may be changed before a new set begins.

Before each serve, players on both sides of the net line up in each of the 6 rotational positions. Once the serve is in the air, players are free to move into their specific player positions.

There are 5 player positions:

- **Setter** – Runs the team's offense. Tries to make second contact with the ball and set it high in the air for the attackers to get a good, strong hit. Line up on the right front or right back of court.
- **Libero** – Specialized defensive player whose job is to return spikes and serves. Subs in for anyone in the back row and must remain in the back row without rotating like the rest of the players.
- **Middle blocker** (middle hitter) – Primary blocker and decoy hitter. Plays in the middle, front row.
- **Outside hitter** (power hitter) – Most dependable hitters on the team that receive more sets than other players. Line up on left side of the court on the front and back row.
- **Opposite hitter** (offside hitter) – Defensive blocker and backup setter. Plays on the right side of the net on the front row.

Ends of the Court

- Before play begins, the team captains toss a coin to determine who will serve first and what side of the net each team will start on.
- Teams change ends after each set unless the next game will decide the winner. In that case, there's a new coin toss to choose ends and service.
- In a deciding set, the teams change ends after one side has reached 8 points.

Serve

- The referee blows a whistle to signal the time to serve. The serve may be either underhanded or overhanded.
- The player in the back right-hand corner of the serving team puts the ball into play by standing in the service area (anywhere behind the end line) and striking the ball with her hand or any part of her arm to send it over the net into the opponent's court.
- A service fault occurs if the ball:
 1. touches a member of the serving team.
 2. lands outside of the opponent's court.
 3. fails to go over the net.

A player keeps serving until her team commits a fault and a "side-out" is called. Then the other team gets to serve.

Scoring

- If a team fails to return the ball correctly over the net, a fault is recorded against it. If the team is serving, it loses the service. This is called "side-out."
- In **rally point scoring**, points can be scored by either team and points are awarded after every fault.
- A **set** is won when a team reaches 25 points, but the team must win by at least 2 points. If the game is tied at 24-24, play continues until one team has a 2-point lead.
- A **match** is the best-of-five sets. (Usually, if a fifth set is necessary, it's usually played to 15 points.) High school teams and younger often play the best-of-three sets to 25.

Playing the Ball

- Each team may touch the ball a maximum of 3 times before hitting it back over the net.
- Contact is allowed with any part of the body above the waist if the hit is clean, and the ball is not held, scooped, or carried in any way.
- If 2 players contact the ball at the same time, it counts as 2 hits.
- A hit is good if the ball touches the net and drops in bounds in the opponent's court.
- The ball is out of play if it touches the ground or any object outside of the court boundary lines.
- There are basically 4 ways to hit a ball that has crossed over the net:

Forearm Pass (Bump)

- Used to hit a ball that's below the head. It's typically the best way to return a serve.
- The hands are clasped in front with the thumbs together, side by side, with one hand wrapped around the first of the other.
- The arms are held out straight with the elbows locked and the knees bent.
- The arms should contact the ball about a third of the way between the wrists and the elbows (closer to the wrists.)

Set

- Used when a player tries to place the ball up high in the air near the net, so that a teammate can spike the ball.
- It's used when the ball is above the head, and it's hit with the pads of the fingers.

Dink

Contacting a ball that's above the net with the fingertips and tipping it over the net in a controlled fashion.

Spike

Striking the ball over the net with such force and downward angle that it's difficult to return.

Fouls

A team loses the serve or a point if:

- a player hits the ball while reaching over the top of the net on the opponent's side.
- a player crosses the vertical plane of the net (either above or below it) and touches the court or an opponent while play is in progress.
- a player interferes with an opponent's play.
- the ball touches the ground.
- a team hits the ball more than 3 times before it goes over the net.
- the ball touches a player below the waist.
- a player touches the ball 2 times in a row before another player touches it.
- a team is out of position when the serve begins.
- the ball is held or pushed.
- a player touches the net.
- a player on the back row returns the ball from above net height.
- the ball doesn't go over the net in between the vertical rods.
- the ball touches the ground outside the court.
- the ball is returned with the use of a teammate as a support.
- a player reaches under the net and touches the ball or an opponent while the ball is on the opponent's side.
- a substitute enters the game illegally.
- a block is illegal.
- a serve is illegal.

Blocking

- Blocking is an attempt to stop the ball from coming over the net with any part of the body. One or more players on the front row can try to block the ball if they indicate their intent by raising a hand above the top of the net.
- If a player blocks a ball, she may hit it a second time (but this will count as the team's second hit.)
- If the ball touches more than one of the blocking teammates, even if it doesn't hit them at the same time, it only counts as one hit.

VOLLEYBALL GAMES & ACTIVITIES



TABLE OF CONTENTS

Volleyball Skills	1-3
Volleyball Rules	4-9
<u>GAMES/ACTIVITIES</u>	
Deck Tennis	10
Jungle Elementary Volleyball	11-12
Junior Newcomb	13
Newcomb Volleyball	14
Volleyball Vocabulary	15-16

DECK TENNIS

Space: Volleyball Court

Equipment: One Deck tennis ring per group, volleyball net (7' high)

- The object of the game is to toss the deck tennis ring over the net causing the ring to land in the opponent's court.
- A team consists of 6 players.
- The ring is put in play by the server who stands in the right back portion of the court.
- The server gets one attempt to toss the ring over the net. The receiver must pass it to one other player before returning the ring over the net.
- The ring must be released below the shoulder and may not turn end over end (flip flop).

Fouls:

- Catching the ring with two hands.
- Changing the ring from one hand to the other.
- Holding the ring for more than three seconds.
- Releasing the ring above the shoulder.
- Taking more than one step before releasing the ring.

Scoring:

- Only the serving team may score.
- 15 points wins the game.
- A team must win by 2 points.
- After the first time, the serving team rotates immediately before serving, as in volleyball.
- The server should announce the score before serving.

JUNGLE ELEMENTARY VOLLEYBALL

Space: Court Area 25' x 50'

Equipment: 1 volleyball per group, volleyball net 7' high

- The game may be played with 6 players, as in Newcomb.
- There are two service lines.
- The server may serve from whichever line the server chooses.
- The teacher should designate the distance, based upon the skill level of the students.
- The object of the game is to get the ball over the net so that the opponents cannot return it.
- The ball is put in play by the server.
- The server gets two trials.
- If the ball does not go over the net on the first try the serve is taken over.
- The opponents try to return the ball, with an overhand or underhand hit (bump).
- A player may hit the ball twice (Juggle) in succession.
- Only three players on a side may play the ball before it goes over the net.
- When the students' skills have improved, the two-hit rule should be eliminated, and the game is called "Elementary Volleyball."
- Also, in elementary volleyball the server gets one serve.
- **Fouls:**
 - Stepping over the line on serve.
 - Hitting the ball more than twice in succession.
 - Touching the net.
 - More than three players playing the ball. Hitting the ball into the net.
 - Letting the ball come to rest in the hand. Causing the ball to go out of bounds.

- **Penalty:**
 - A foul by the receiving side gives a score to the server.
 - A foul by the serving side constitutes "side out," and a point for the receiving team.

- **Scoring:**
 - Points are scored by the team who wins the volley.
 - That team will also serve for the next point. 21 points is game.
 - A team must win by 2 points. After the first time, the serving team rotates (see Newcomb) immediately before serving.
 - The server should announce the score before serving.

JUNIOR NEWCOMB

Space: Court Area 25' x 50', 6-8 players per team

Equipment: 1 Volleyball per

- The players scatter about the court on their own side of the net.
- The ball is given to any player on either side to make the first throw.
- The object of the game is to throw the ball over the net in such a manner that it will hit the ground on the other side, and to prevent a ball thrown by the opposing team from landing on the ground.
- Players may not run with the ball. It must be thrown to other members of the team any number of times before being thrown over the net.
- If the ball goes out of bounds, the person nearest to it gets it, returns to the sidelines and throws it to another member of the team.
- Each time the ball hits the ground a point is scored for the team on the other side of the net.
- After each point, the ball is put into play immediately by the person who picks it up.
- The game ceases to be fun for second and third grade students if too many rules are imposed. In the beginning, it may even be wise to allow the students to run with the ball.

Scoring: The team that scores 15 points first, wins.
The game must be won by 2 points.

Note: If frequent points are scored, a need for improvement in the skill of catching is indicated. It would be well to go back to some of the small group games involving this skill.

NEWCOMB VOLLEYBALL

Space: Volleyball court

Equipment: Volleyball Net, 1 volleyball per group

There are six (6) players on a team, arranged in two rows.

Serving the Ball:

- The right back is the server.
- The server puts the ball in play by tossing it up, underhand, and hitting **it** with an underhand fist.
- The server gets only one trial to get the ball over the net, and he continues to serve only if the server makes points. If the server does not serve successfully, the opponent will receive the point and win the right to serve.

Playing the Ball:

- The ball is caught but is returned with a toss into the air and an overhand or underhand pass.
- Any number of players may play the ball before it goes over the net, but it must be caught and tossed each time.
- To keep the players informed and keep track of the number of times the server has served, it is helpful to have the server announce the serve and the score each time.
- When announcing the score, the score of the serving team is called first.

Scoring: The team that scores 21 points first, wins.
The game must be won by 2 points.

VOLLEYBALL VOCABULARY

Vocabulary Word	Definition
Block	A block is a combination of one, two or three players jumping up with the hands and arms reaching up above the net in front of the opposing spiker. The purpose of the block is to prevent the opponents from hitting the ball into your court.
Bump Pass	A volleyball bump is done by joining your forearms together to pass a ball. It's most common to pass the ball when it's coming from the other side of the net. However, some passers may decide to play the ball overhead instead of bump passing.
Dig	Volleyball terminology for a dig is defined as passing a spiked or hard-hit ball. Defensive players are often call diggers.
Hit	Also called an attack, a hit is when you jump and strike the ball with an overhand arm swing.
Overhead Pass	An overhead pass is usually taken with the fingers, up overhead. Taking the ball up overhead with the hands is usually easier to control than passing with the forearms.
Point	A point is the result of a rally. Points are scored in various ways - by players committing faults, ball landing "in", ball landing, out, etc.
Side Out	When the receiving team wins the rally, it is called a side out. The receiving team then must rotate positions. Now they are the serving team.
Spiker	A volleyball hitter is sometimes called a volleyball spiker or attacker. The spike is one of the most fun and athletic plays in volleyball.

Time-out	A time out is break in action. Most rules allow for a team to call two timeouts per game (or set).
Volley	A volley is keeping the ball in play and returning it to your opponent without committing any playing faults.
Volleyball Game (Set)	A volleyball game or set is played to a predetermined number of points. Games must be won by at least 2 points. For example, if a game is being played to 25 points, if a 24-24 tie occurs, the game isn't over until a team leads by 2 points.
Volleyball Match	Matches are a made up of games. Match play usually consists of competing until one team wins 2 out of 3 or 3 out of 5 games.