

# VOLLEYBALL

## **History**

In 1895 at the YMCA in Mount Holyoke, MA, William G. Morgan developed the game Volleyball. He did it as an alternative sport to basketball. In 1964 it became an Olympic sport. Today, volleyball is extremely popular and is played with many different variations. It is played indoors, outdoors, on the beach; with 2-6 players; co-ed, or single sex; games to 11, or 15 points, by the clock, the rally point system, or the traditional scoring system.

## **Object**

To score more points than the other team by hitting the ball over the net so that the opponents can't return the ball or prevent it from hitting the ground in their court.

## **Scoring**

In the rally point scoring system, both teams can win a point on anybody's serve. When the receiving team wins the point, they also win back the serve. This scoring system is most commonly used today.

In the traditional scoring system, only the team that serves may win a point. If the team that is receiving the serve wins the rally, they win back the serve and the chance to score points.

Points are won when:

- The ball lands in bounds on the opponents' court
- The opponents are unable to return the serve within three hits
- The opponents hit the ball out of bounds
- The opponents commit a fault, or foul

## **Terms to know**

**Attack hit** = a hit aimed into the opponent's court (not including serves)

**Back-row** = players who are in the back zone during a serve

**Block** = when one or more players stops the ball before, or just after it crosses the net

**Delay** = may be called if a team takes too long making a substitution, or delays the play. The first offense results in a warning. The second results in a loss of rally

**Dig** = made by a player who first contacts the ball after it goes over the net (unless the player makes a block)

**Fault** = results in a loss of serve or a point awarded to the opposition

**Forearm pass (bump)** = a player uses the forearm to direct the ball to a teammate, or over the net

**Front-row** = player who is positioned in the front zone during a serve

**Held ball** = is called when a player does not hit the ball cleanly (is a fault)

**Hit** = any contact by a player with the ball

**Match** = is won by the team who wins the most games (i.e., 3 out of 5 games)

**Rally** = exchange of hits between the teams. The team that wins the rally gets the serve.

**Rally-point-scoring-system** = points are won on every rally. The team that wins the rally retains, or wins the serve.

**Serve** = puts the ball into play. The serve may occur anywhere behind the end line.

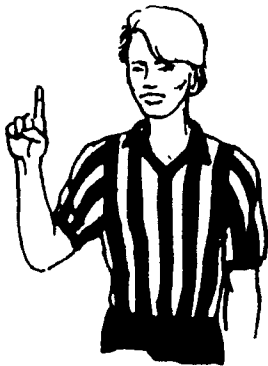
**Set** = is a contact that sets up a spike. (Typical order is dig, set, spike.)

**Sideout** = occurs when the serving team does not win the point, and the serve goes to the other team

**Spike** = a hard-driven ball that is hit in an attempt to score, and/or sideout

**Traditional scoring system** = only the team that serves may win a point. If the team that is receiving the serve wins the rally, they win back the serve and the chance to score points.

**Tip** = done with the fingers over the net without holding or throwing the ball



Point



Double hit



Ball in bounds  
or line violation



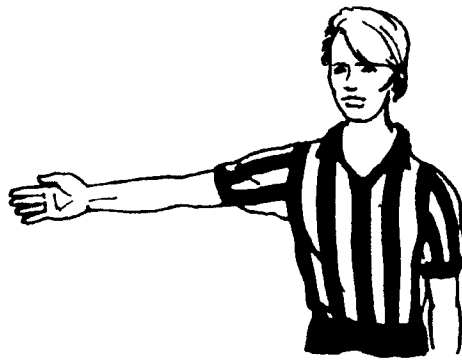
Four hits



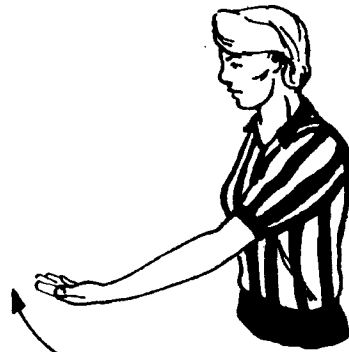
Ball out



Substitution



Side out



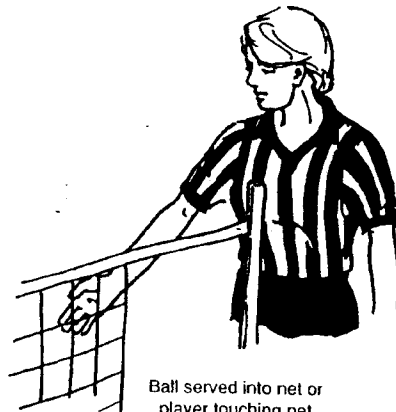
Carried ball, thrown ball,  
held ball, or lifted ball



Crossing center line



Double fault or  
play over



Ball served into net or  
player touching net



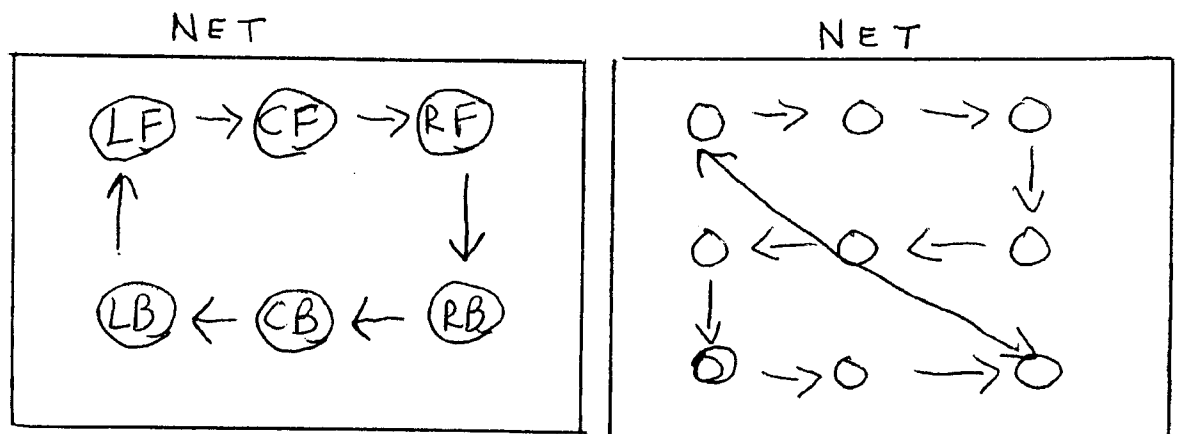
Illegal block or  
screen

### Volleyball-Simplified Rules

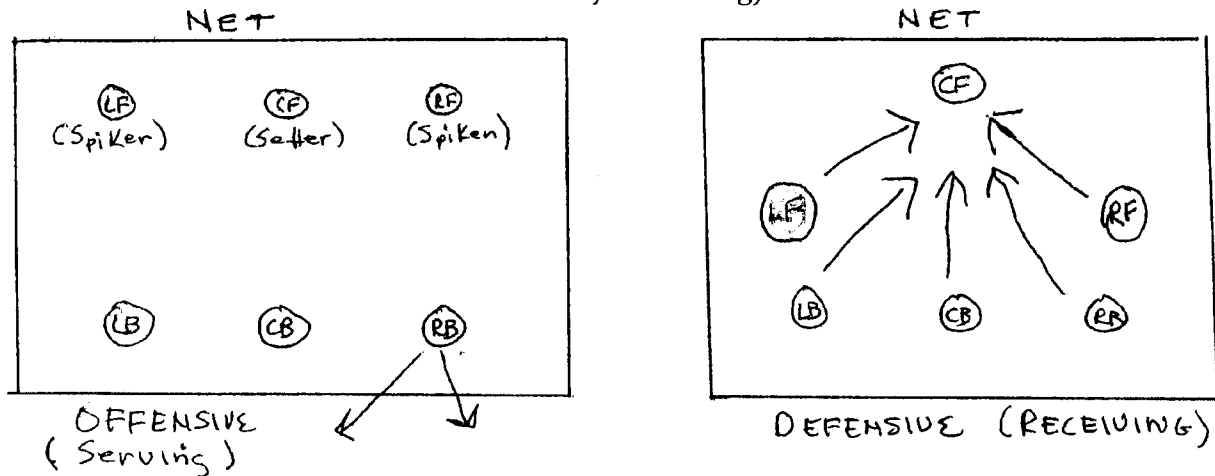
We will use the rally scoring system in class, which is the system most typically used at the high school level.

The penalty for practically every foul (fault) is loss of point.

1. The ball must be served by the right back from behind the rear line and may be hit in any manner with the hand.
2. Only one serve is allowed per side per point.
3. It is a foul for players to touch the net, or to step completely over the center line.
4. Lifting or throwing the ball while it is in play is a foul. There must be a distinct hit of the ball in order to be legal.
5. A ball landing on a boundary line is "in".
6. A block is not considered as one of the three allowable hits.
7. The ball may be played only three times by one team in a volley, and a player may not play the ball twice in a succession but may play it twice if it is played by a teammate in between.
8. Players of the serving team must rotate when they win back their chance to serve.
9. Players may shift position after the ball is served, but back row players may not come forward of the white line and spike or block the ball.
10. Balls may only be played with body parts above the waist...no kicking is allowed.
11. First serve or choice of court side is decided by a coin toss. Teams alternate opening serves with each game.
12. Net height for men is 8 feet, for women it is 7 feet 4 inches.
13. Ball may be blocked over the net, but may not be touched before the spike. You may not block a set, and you may not attack the ball while on the opponent's side of the net.
14. Ball being spiked must be on your side of the net, but you may follow through over the net as long as you don't touch the net.
15. A ball touching the ceiling is out of bounds if it then goes onto the opponent's side of the court. In our gym, you may play a ball off of the ceiling if it then comes back down on your own side of the court (a teammate can then hit it over).
16. For competitive games, 6 players are on the court at one time...but in PE class there may be more so that large classes don't have a large number of players sitting out waiting their turn to play. Rotation for 6 players is clockwise...for three lines of players, rotation is in a "figure 8". (see diagram below)



## Volleyball Strategy



### Offensive Play = Bump, Set and Spike

The main objective when serving is to get the ball deep into the court so that the opponents will have more trouble getting the ball back over the net. The serving team should have their front row players close to the net to prepare for blocking a spike.

In preparing to receive service, players should face the server in a semi crouched position, ready to bump the ball up to the center front players who should then try to set the ball at the net for the third teammate to spike. Your team should try to set up a spike every time you get the ball on your side...this is much more effective than just hitting the ball back over to your opponent's side of the net as it is easy to defend.

### Defensive Play

The primary job of the defense is to offset the spiking action of the opponents. This can be done by blocking and rejecting the ball back onto the opponent's court, or blocking and controlling the ball on your side and setting up for a spike.

The initial defensive play by a team is the return of the serve - complete court coverage is necessary and a well-placed bump to the center front will be the first step in producing the desired spike. (see diagram) Once the CFR (setter) gets the ball, she can set to right or left front players, who then can spike the ball for a point.

When receiving the serve, players on the front row should move back from the net - except the CF player who stays at the net in order to set the ball once it is bumped to her (see diagram)

Blocking is a very effective defensive technique employed by one, two, or three players at the net to counteract the spiking action of the opponents. It is the act of jumpinmg with extended arms directly in fron of the ball at the time it is hit, thus preventing a "put away."

# Volleyball Rubric - Skills

Name \_\_\_\_\_ Date \_\_\_\_\_ Composite Score \_\_\_\_\_

	100 - 93%	92 - 85%	84 - 77%	76 - 70%	69 - 60%	59% AND BELOW
Serve	Serves the ball overhand and always gets it in with no teacher assistance or adaptations	Serves the ball underhand and gets it in 60% of the time... perhaps teacher reminders; no adaptations.	Serves the ball over or underhand and gets it in 50% of the time with adaptations (distance from net).	Serves the ball underhand and gets the ball in 40% of the time with adaptations.	Serves the ball underhand and gets the ball in even with adaptations.	Serves the ball underhand and seldom gets the ball in even with adaptations.
Forearm Pass (Bump)	Always bumps the ball in game situations and send the ball to the front row (setters).	Consistently bumps the ball in a game situation but without control of direction.	Competently bumps the ball (50-60%) when tossed by a partner but only occasionally in a game.	Occasionally bumps the ball (30-40%) when tossed by a partner but seldom in a game.	Seldom bumps the ball when tossed by a partner and never bumps in a game.	Seldom bumps the ball when tossed by a partner and never bumps in a game.
Set	Always sets the ball from a partner toss or in a game (90%); can set multiple times	Competently sets the ball (50-60%) from a partner toss and occasionally sets in a game.	Consistently sets the ball (50-60%) from a partner toss and occasionally sets in a game.	Occasionally sets the ball (30-40%) when tossed by a partner and seldom sets in a game.	Seldom sets the ball from a partner toss and never sets the ball in a game.	Seldom sets the ball from a partner toss and never sets the ball in a game.
Reaction, Movement, Positioning	Anticipates where the ball will be hit and is always in position to play the ball.	Anticipates when the ball will be hit and is consistently in position to play the ball.	Occasionally reacts to a hit ball and is seldom in position to play the ball.	Seldom reacts to a hit ball and is seldom in position to play the ball unless it is hit to her.	Stands around, is never in position to play the ball unless it hits her.	Stands around, is never in position to play the ball unless it hits her.
Spike/Block (limited time spent on development of these skills)	Always able to spike a tossed ball and consistently (70-80%) spikes in game situations. Possesses appropriate timing and form to block in drill situations and competently in games (50-60%)	Consistently able to spike a tossed ball and consistently spikes in a game situation (50-60%). Is able to block competently in drill situations (50%).	Can spike a tossed ball competently (50-60%) and occasionally in a game. Is able to block occasionally in drill situations	Occasionally able to spike a tossed ball and occasionally attempts in a game. Has trouble in the timing of the jump and impact of ball with her body-seldom blocks in a drill situation.	Occasionally able to spike a tossed ball and seldom attempts to in a game. Has trouble with the timing of the jump and impact of ball-never blocks in a drill situation.	Seldom able to spike a tossed ball and never attempts in a game. Does not understand the concept of blocking therefore, is unable to attempt.

Volleyball - Forearm Pass (Bump)- Peer Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

- NASPE Content Standard #1: Demonstrates competency in many movement forms and proficiency in a few movement forms.  
 #2: Applies movement concepts and principles to the learning and development of motor skills.  
 #5: Demonstrates responsible personal and social behavior in physical activity settings.

Goal: To perform a forearm pass with control and in proper form, in isolated as well as game situations.

Directions: With two other students, practice performing forearm passes(you choose method). Once you have warmed up doing this, have each student be the performer, facilitator, and assessor of performer's performance. Each performer gets 10 tries; use a check or minus sign to indicate how well the performer executes each part of the skill.

	Attempts									
	1	2	3	4	5	6	7	8	9	10
1. balanced stance, one foot forward; bends knees										
2. ball hits on forearms (hands connected)										
3. "shrugs" shoulders rather than swinging arms at or above eye level										
4. can direct the ball to specific target (second assessment only)										

"Coach" performer to help her achieve correct form. Share the assessment with her, then go through the exercise again and only look for #4 on assessment form.(Select 3 specific areas on court using cones to mark off an area).

Scoring				
Seldom (69% down)	Occasionally (70-76%)	Competently (77-84%)	Consistently (85-92%)	Always (93-100%)
1-2	3-4	5-6	7-8	9-10

First Assessment Score: 1= \_\_\_\_\_  
 2= \_\_\_\_\_  
 3= \_\_\_\_\_

Second Assessment Score: 4= \_\_\_\_\_

Assessor(s) Name(s) \_\_\_\_\_



## Volleyball-Serving-Self Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

NASPE Content Standard #1: Demonstrates competency in many movement forms and proficiency in a few movement forms.

#2: Applies movement concepts and principles to the learning and development of motor skills.

Goal: To serve a volleyball across a net and reach the designated area.

Directions: Stand behind the boundary line and serve the ball across the net into the designated area. (First round of serves just try to get it inside boundary. After completing the work sheet below, try for the back of the court near the back line on the second round of serves.)

Identify the Problem:

List three things you need to consider to perform this task successfully.

- 1.
- 2.
- 3.

Describe how you will hit the ball to complete this task.

Perform the task until you successfully complete five consecutive attempts. Did you make any changes in your original plan of how to hit the ball?

Give three reasons why a serve might not move in the intended direction .

- 1.
- 2.
- 3.

What three helpful hints would you use to help teach the serve to another player?

- 1.
- 2.