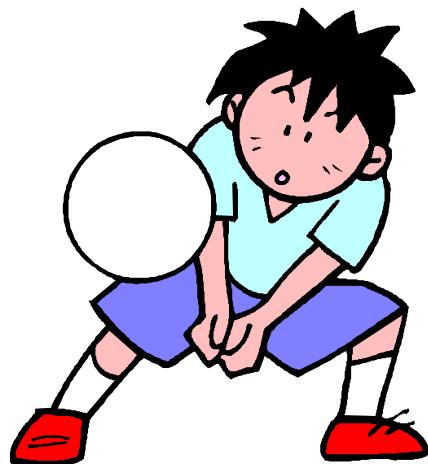
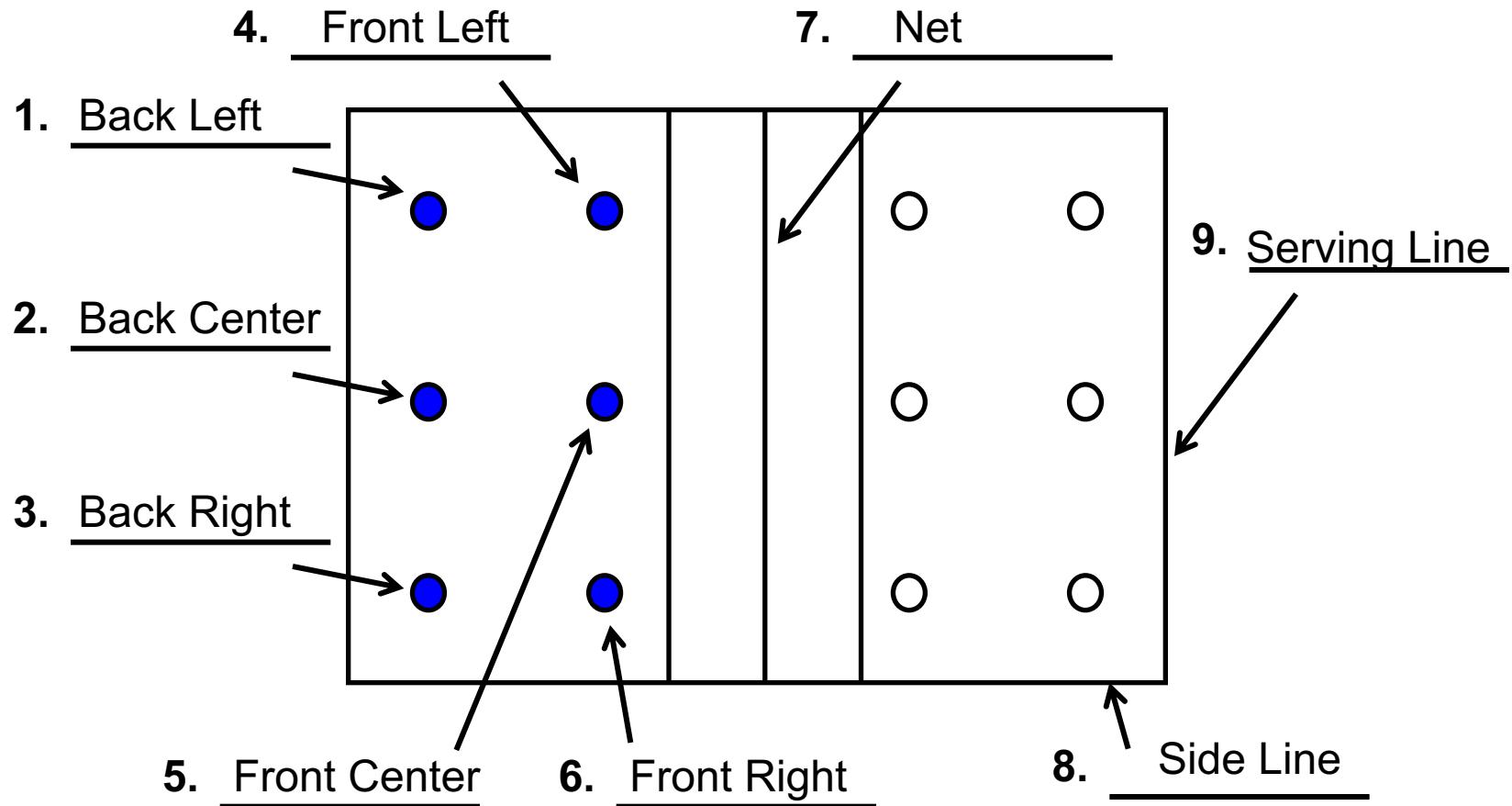


Volleyball Notes



Volleyball Notes

Court Diagram:



Volleyball Notes

Team/Scoring:

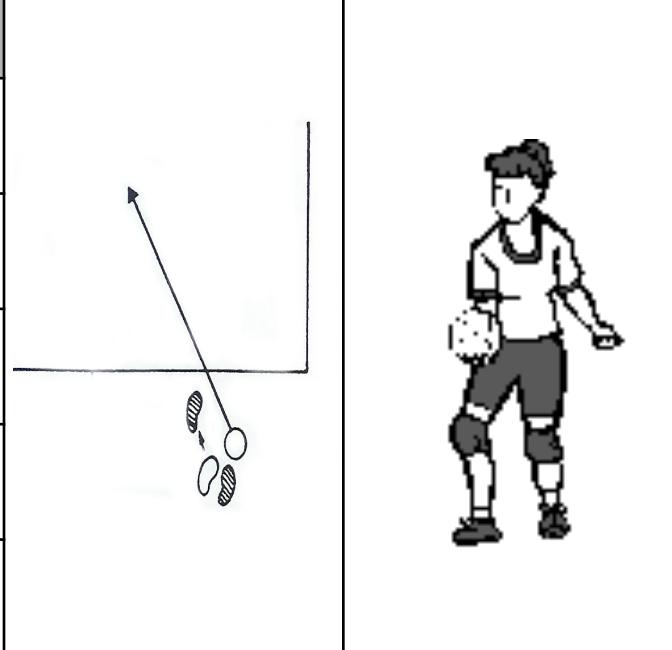
10. A team consists of 6 players.
11. When the non serving team gains the serve it is called *sideout*.
12. The game is played until one team reaches a score of 25 and is ahead of their opponent by 2.

Volleyball Notes

Skills Used:

13.

Serve	
1	Holds ball in non-dominant hand
2	Feet face 45 degrees/Non-dominant foot forward
3	Uses a pendulum arm swing
4	Hits bottom of ball with heel of hand
5	Ball lands in bounds



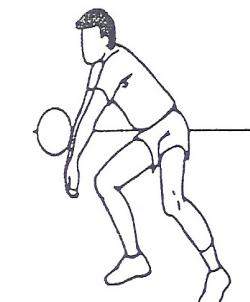
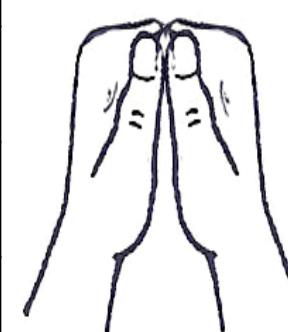
The diagram illustrates the serve technique. On the left, a player is shown in profile, facing right. He is wearing a white tank top, dark shorts, and knee pads. His left foot is forward, and his right foot is angled 45 degrees. He is holding a volleyball in his left hand, which is positioned above his shoulder. A curved line represents the pendulum arm swing. An arrow points from the ball as it leaves the player's hand towards the right, indicating the direction of the serve. The background shows a simple court boundary.

Volleyball Notes

Skills Used:

14.

Bump Pass	
1	Athletic stance (knees bent, feet shoulder width apart)
2	Hands together, thumbs even
3	Bumps ball with forearms, elbows do not bend
4	Use legs for power
5	Ball goes towards net & is playable

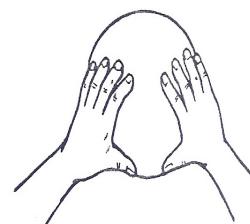


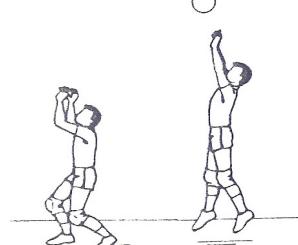
Volleyball Notes

Skills Used:

15.

Set Pass	
1	Athletic stance (knees bent, feet shoulder width apart)
2	Fingers form a diamond above forehead with elbows bent
3	Contact ball with finger pads above & in front of forehead
4	Use wrists to push up and away
5	Ball goes towards net & is playable





Ready

Forward pass

Volleyball Notes

Fouls and Penalties:

16. Serves the ball illegally.
 - a. Foot fault: *When the server touches the line on a serve.*
 - b. Net Serve: *When the ball touches the net on the serve and does not go over the net.*
 - c. Out of bounds: *When the ball lands outside the boundary lines.*

Volleyball Notes

Fouls and Penalties:

17. Plays the ball illegally:
 - a. Holding/Catching the ball
 - b. Hits the ball twice in a row
 - c. Team hits the ball more than three times
 - d. The ball bounces before you hit it

Volleyball Notes

Fouls and Penalties:

18. Plays illegally at the net:
 - a. Touches the net with any part of the body.
 - b. Reaches across the center line

Volleyball Notes

Other Terms:

19. Line: *When the ball hits the line = in bounds.*

20. Rotation: *After a sideout the new serving team rotates clockwise.*

21. Offense: *The team that has possession of the serve.*

22. Defense: *The team who is returning the serve.*

Volleyball Notes

Other Terms:

23. Playable Ball: *Anytime the ball is able to be played, even off the net.*

24. Serving: *a: must serve in order or side out.*
b: must call out score – serving team first.

25. The Perfect Play: *Bump/Set/Spike*