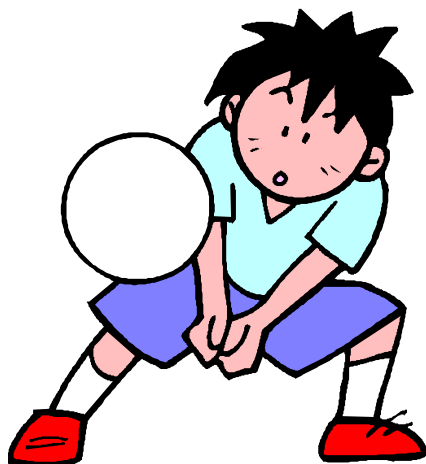
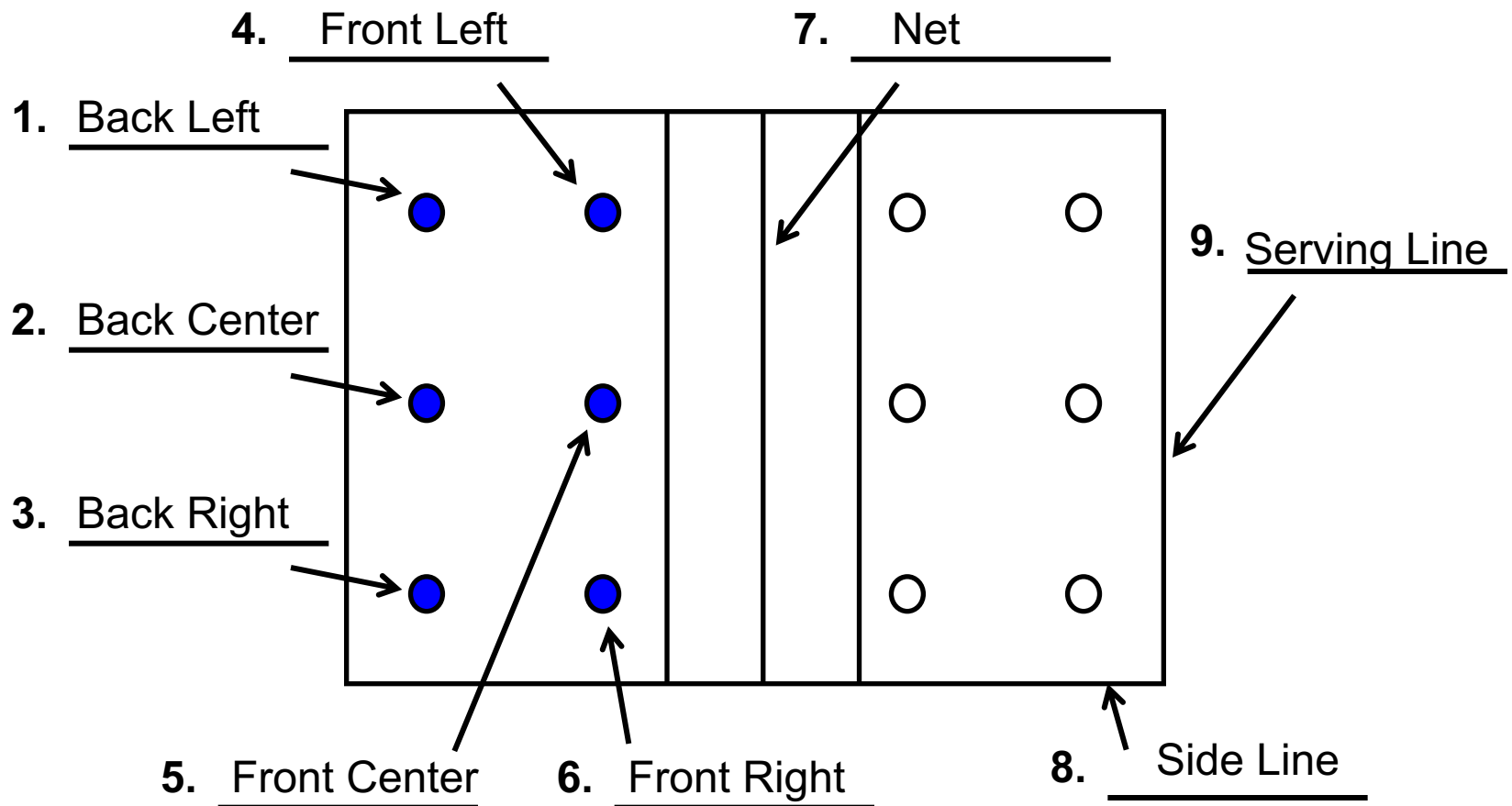


Volleyball Notes



Volleyball Notes

Court Diagram:



Volleyball Notes

Team/Scoring:

10. A team consists of 6 players.

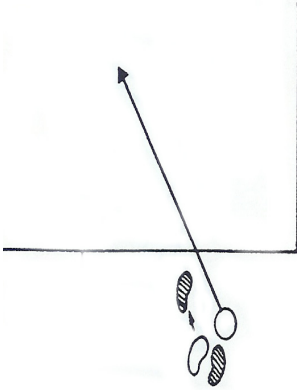

11. When the non serving team gains the serve it is called **sideout**.

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:

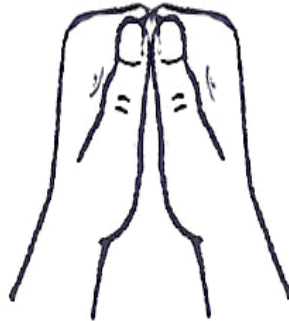
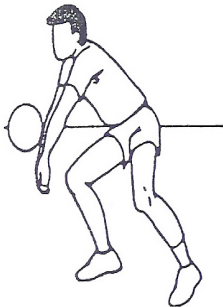
13.

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		

Volleyball Notes

Skills Used:

14.

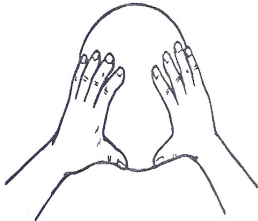
Bump Pass			
1	Athletic stance (knees bent, feet shoulder width apart)		
2	Hands together, thumbs even		
3	Bumps ball with forearms, elbows do not bend		
4	Use legs for power		
5	Ball goes towards net & is playable		

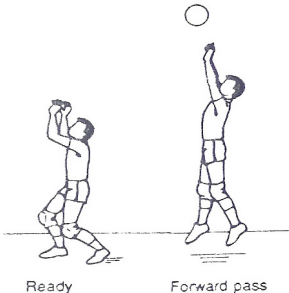
Volleyball Notes

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*