

# PHYSICAL EDUCATION LEARNING PACKET# 1

## VOLLEYBALL

### INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

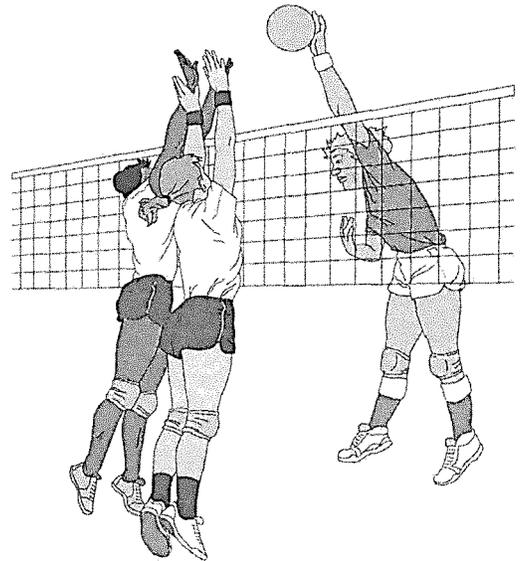
The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

### INTRODUCTION

Volleyball is a popular sport which can be played both indoors and outdoors. It appeals to people of all ages and skill levels. It is fast-paced, with constant jumping and running, and thus provides a strenuous aerobic workout. It also requires mental alertness and quick, precise physical reactions.

Many associate volleyball with the beaches of southern California and in fact, a number of professional players get their start by playing beach volleyball. However, volleyball is popular not only on the beaches, but in virtually every country of the world. In 1964, it was officially recognized as part of the Olympic Games.

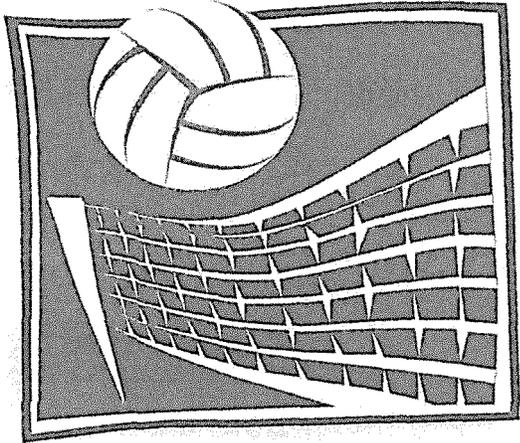


### HISTORY OF THE GAME

Volleyball originated in Massachusetts in 1895 when the director of a local YMCA used the bladder of a basketball for a ball and a tennis net as the first volleyball net. The game was regulated by the YMCA until 1928 when the United States Volleyball Association was founded.

## HOW VOLLEYBALL IS PLAYED

The name "volleyball" is not an entirely accurate description of this sport. The object of the game is hit the ball over the net in such a way that the opposing team cannot return it.



Volleyball is played on a court 30 feet wide by 60 feet long. The net is three feet high and spans the width of the playing area. The top of the net is positioned eight feet (in men's volleyball) from the floor or playing surface. The modern volleyball is about the size of a soccer ball.

The game is played by two opposing teams, with six players on each team. Once the ball is put into play, it is "volleyed" back and forth between the teammates up to three times before it is hit over the net or until it falls to the floor, is hit out of bounds or a team commits a foul. The same player may not make a hit twice in a row. Even if the ball hits a player by accident, it counts as one of the three touches allowed per side. However, if a player blocks a spike, the block is not considered a "hit."

The game has a total of 15 points. Each game must be won by a two-point margin. A match consists of either three or five 15-point games. The team which wins two (in a three-game match) or three (in a five-game match) games is the winner of the match.

Volleyball requires a referee, who generally has the final word regarding points in dispute, an umpire who assists the referee, a scorekeeper, a timekeeper and linesmen. Even though there may be officials present during a game, players who commit fouls are expected to call out their own mistakes.



## SKILLS AND TECHNIQUES

### *THE READY POSITION AND JUMP*

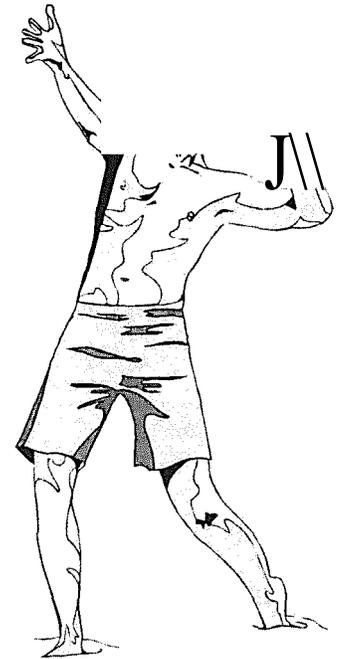
One of the basic positions in volleyball is called the "ready position." The knees are slightly bent with hands at waist level and elbows near the body to allow the player to concentrate on the ball. Players should learn this position so that time is not wasted

when the ball is hit. Jumping is always done near the net. Players should practice jumping so that they do not touch the net, or bump into or injure other players. They should also remember always to jump parallel to the net.

### *THE SERVE: OVERHAND AND UNDERHAND*

Only the serving team can score a point. Thus serving is a crucial skill for the volleyball player to learn. The cardinal rules of serving are simple: do not step on a boundary line, and get the ball over the net.

**The overhand serve** is the most popular and effective serve. It is similar to a tennis serve. The ball is thrown into the air so that it rises a few feet above the server's head. As the ball comes down, the right arm (if you are right-handed) is raised up and back while the elbow comes forward. The arm is then extended at the elbow and the server hits the ball with the heel of the hand.



**The underhand serve** is a good serve for beginners to use. It is simply another way of getting the ball over the net. The ball is held in one hand and hit by the heel of the other hand. The underhand serve is generally not as effective as the overhand serve.

### *THE PASS OR SET*



The pass is a difficult move for many beginning players. This skill looks easier than it actually is when performed. Once the ball is served, the player who will pass the ball gets into position under the ball with knees bent, hands up and fingers cupped. All the fingers and the two thumbs contact the ball, but the ball does not touch the palm of the hand.

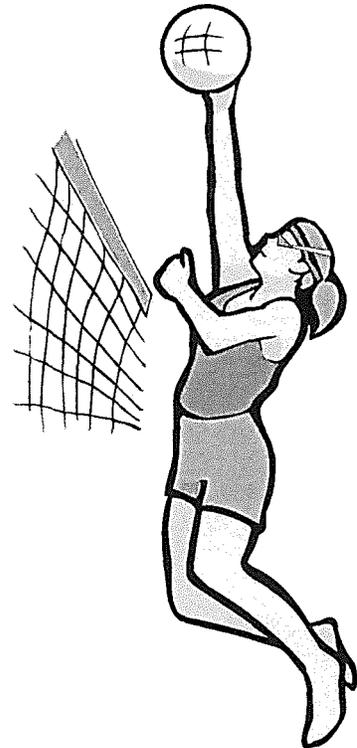
When the ball is in the air over the serving side's court, it may be passed up to three times before it is returned over the net. One player cannot pass the ball twice in a row.

Note that overhead passes are not used when the returning ball is a "spike."

### *THE SPIKE*

The spike is one of the most difficult plays in volleyball: a player has to run, jump and hit the ball to a specific spot on the other side of the net. However, it is the best offensive move in volleyball, and it should be learned.

Generally, a spiked ball is hit with an open hand. However, unless a player is quite experienced, spiking a ball can sometimes result in the ball going out of bounds or into the net. Remember that practice in timing, jumping and hitting are required to spike correctly. A spiked ball, hit properly, can move up to a hundred miles an hour.



### *THE FOREARMBOUNCE PASS-BUMP*

The bump is used for receiving serves and spike balls. This shot is easy to execute because the ball simply bounces or bumps off the clasped hands, wrists or forearms.

The purpose of this shot is to bounce the ball into the air so that a teammate can get under it to make a set-up (a move usually used to direct the ball to the spiker).

### *ONE-HAND BOUNCE PASS-DIG*

This is a recovery shot, and is used if the ball received is low and off to the side of a player. If you cannot make a bump pass, use a dig or save pass instead. In this move, the hands are cupped. They are then placed under the ball just before it hits the floor.

### *THE BLOCK*

This move is used chiefly as a defensive position to stop spiked balls. As with spiking, timing is important in blocking.

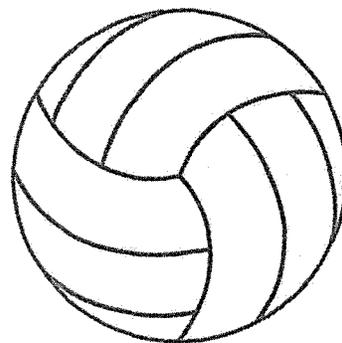
A player must anticipate an opponent's spike and position him or herself accordingly. The blocker then jumps just after the spiker has jumped. The blocker's arms should be

extended upward with fingers spread wide apart. This allows the ball to bounce off the heels of the blocker's hands and land on the opposite side of the net.

This is the only move in volleyball that allows the player's hands to go over the top of the net.

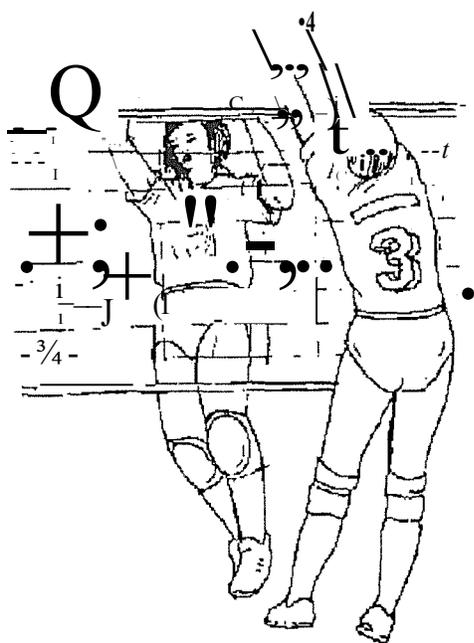
## EQUIPMENT AND CLOTHING

Standard clothing for playing volleyball is comfortable sportswear which allows for free movement. Gym shoes are a must since most gyms do not allow anyone on the floor in regular shoes. When played on the beach, attire ranges from gym clothes to swimsuits. Many play bare-foot in the sand.



## VOLLEYBALL NOTES AND NEWS

UCLA swept Ohio State, winning three straight matches to claim the NCAA Men's Volleyball Championship in May of 2000. After defeating Ohio State 15, 8 and 15, 10 in the first two matches, UCLA found it's hands were full as their opponents fought back to tie the score 15, 15 in the third match. A Kill by Mark Williams after a beautiful assist by Evan Thatcher, pushed UCLA over the top with a 17, 15 win.



On the Women's side, Lauren Cacciamani slammed home twenty kills for Penn State on it's way to winning its first NCAA Women's Volleyball Championship by breezing past Stanford 15-2, 15-10, and 15-7. In addition to Cacciamani, an All-American who was voted the tournament's outstanding player, Penn State got nine kills each from Katie Schumaker and Carrie Schonveld, who also had ten digs.

The Women's 2001 season saw Nebraska complete a perfect season. Laura Pilakowski had 23 kills, including the match winner, as Nebraska rallied to beat Wisconsin 3-2 in the final of the NCAA women's volleyball tournament.

Volleyball is also an Olympic sport. At the 2000 Olympics, both women and men had 12 teams in competition.

Medalists in the 2000 Sydney Olympic Indoor and Beach Volleyball competition are listed on the next page.

**Indoor Competition:**

Men's:

GOLD - YUGOSLAVIA  
SILVER- RUSSIA  
BRONZE - ITALY

Women's:

GOLD-CUBA  
SILVER- RUSSIA  
BRONZE - BRAZIL

**Beach Competition:**

Men's:

GOLD- USA  
SILVER - BRAZIL  
BRONZE-GERMANY

Women's:

GOLD - AUSTRALIA  
SILVER - BRAZIL  
BRONZE - BRAZIL



In addition to these national and international contests, local volleyball competitions are held in most states. Check your local schools and volleyball associations for coverage.

You can also find out more by visiting these volleyball web sites on the internet:

<http://www.ncaachampionships.com/>  
<http://www.volleyball.org/Index.html>

# STUDENT RESPONSE PACKET

## VOLLEYBALL

NAME .....

DATE \_\_\_\_\_

### WHAT TO DO

The following questions will help you to have a greater appreciation and understanding of volleyball. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

1. Why is volleyball considered to be such a good aerobic exercise?
2. How many total points can be scored in a game of volleyball?
3. What does "a match" in volleyball consist of?
4. What clothing is typically worn for playing volleyball?

5. What is "the ready position" in volleyball and how is it used?

6. What is an overhand serve?

7. What is an underhand serve?

8. What is a pass and how is it used?

9. How is a spike ball hit?

10. How is a block used?