

# Volleyball: Review/Skill Sheet

## Grading

Name \_\_\_\_\_

Class \_\_\_\_\_

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/6
Fitness	/12

### Skill 1: Forearm pass (bump)

- **Body position:** knees bent, arms straight, hands together, eyes on the ball
- **Contact:** above waist, flat surface, avoids swinging at the ball
- **Follow through:** knees extend, shoulders and toes directed toward the pass, arms straight

### Skill 2: Set/overhead pass

- **Body position:** knees bent, arms bent from elbow, shoulders square to target, feet shoulder width apart
- **Contact:** legs straighten, arms extend toward target, contact made on pads of fingers
- **Follow through:** hands follow ball, legs extended, weight shifts toward target, ball goes to target

### Skill 3: Serve

- **Toss:** Firm wrist, above reach, directly over lead foot, lined with hitting shoulder
- **Contact and follow through:** lead with heel of hand, no fist, arm swings straight through to hip
- **Flight:** Ball goes over the net into opponents court

### Skill 4: Hit/spike

- **Approach:** 3 step approach, 2 foot take off, starts at 10' line
- **Arm swing:** both arm forward and up on take off, windmill motion
- **Contact/follow through:** contact in front of and above net, lined up with hitting shoulder, wrist snap

- ✓ Is able to use skills in practice situations
- ✓ is able to use skills in defensive game situations
- ✓ is able to use skills in offensive game situations

Total skill development and application \_\_\_\_\_ /6 \_\_\_\_\_

- ✓ Applies defensive/offensive strategy in positioning
- ✓ Applies defensive strategy in game play
- ✓ Applies offensive strategy in game play

Total game strategy \_\_\_\_\_ /6 \_\_\_\_\_

## Vocabulary:

**Ace:** A good serve untouched or one-touched by the opponent

**Assist:** A ball placed in the air that is attacked and killed

**Block:** Using your hands to prevent the ball from crossing the net

**Dig:** When a player successfully passes the ball from a hard driven spike

**Double hit:** One player making more than one contact with the ball

**Kill:** A spiked ball that ends in a point or side out

**Rally score:** A point is given on at the end of each play

**Serve:** A means of putting the ball in play

**Side out:** When the serving team makes a mistake and the serve goes to the other team



Block



Serve



Pass



Set



Spike



### Rules:

- Server must stay behind end line until contact
- Players may not block or attack a serve
- Team rotates each time they receive the ball after a side out
- Games are played to 25 using rally scoring
- Players rotate in a clockwise direction
- There is a maximum of 3 hits per side
- A player may not touch the ball twice in succession
- No player may contact the net
- Back row players may not attack the ball in front of the 10' line
- A ball may be played off the net (including a serve that hits the net and goes over)
- A ball landing on the boundary line is good
- The ball may not rest in a player's hands (carry, throw, palm, etc...)

### History:

Volleyball was created by William G. Morgan in 1895. The game was originally called "Mintonette" and played with a basketball bladder being hit over a rope. Originally the game used 9 players on the court in three rows of three. In 1896 the name was changed to "Volleyball", the net height was raised, and the number of players was reduced to six. U.S. troops introduced the game into Western Europe in 1918. The game gained in popularity during WWII and became very popular in Japan and Russia. Today volleyball is one of the most popular sports in high schools.

### Court

