

## Volleyball Handout:

### General Information:

- All sets are played with rally point scoring. This means a point is scored on each serve.
- The team that first scores 25 points with a minimum lead of 2 points wins a set.
- When you rotate on the court you move in a clockwise motion.

### Serving Rules:

- You are allowed one step over the service line on **half** court.
- You are not allowed to step over the service line in **full** court.
- You must serve in between the brown court boundaries.
- On a serve, the ball can touch the net.
- When you serve, you step with your opposite foot.
- When you serve, you hold the ball with your opposite hand.
- If the ball hits the boundary line – it is in.
- If the ball hits the antenna it is out.
- You have 8 seconds to serve the ball.
- You must wait for the referee whistle before you can serve.

### Game play:

- During play, the ball can touch the net.
- During play, you cannot touch the top of the net – called the tape.
- During play, a block does not count as a hit.
- During play or on serve, if the ball hits the roof or the basketball net it is out.
- You are only allowed 3 hits to get the ball over the net.

### Skills:

#### Things you need to do in order to perform a volley/overhand pass:

- Bend your knees
- Elbows should be out
- Hands should be in a diamond shape
- Step towards the ball
- Keep your hands above your head
- Your fingers should be curved
- Thumbs above your eyes
- Look through the window
- Contact the ball on your fingertips
- Push up and out with your hands

#### Things you need to do in order to perform a underhand/bump pass:

- Bend your knees
- Thumbs pointed down
- Hands clasped together
- Contact the ball on your inside forearm (landing strip)
- Step towards the ball
- Arms out in front of you
- Shrug your shoulders

Things you need to do in order to be in the **ready position**:

- Knees bent
- Arms out in front
- Weight on the balls of your feet
- Feet shoulder width apart
- Head up
- Butt down

Things you need to do in order to **underhand serve**:

- Hold the ball in your opposite hand
- Hold the ball in front of your swinging arm
- Make a hard surface with your hand. No fists
- Contact the ball with the heel of your hand
- Contact the ball out of your opposite hand. No throwing the ball up.
- Hold the ball below your waist
- Bring your swinging arm, straight back and through – like a pendulum
- Take a step with your opposite foot.

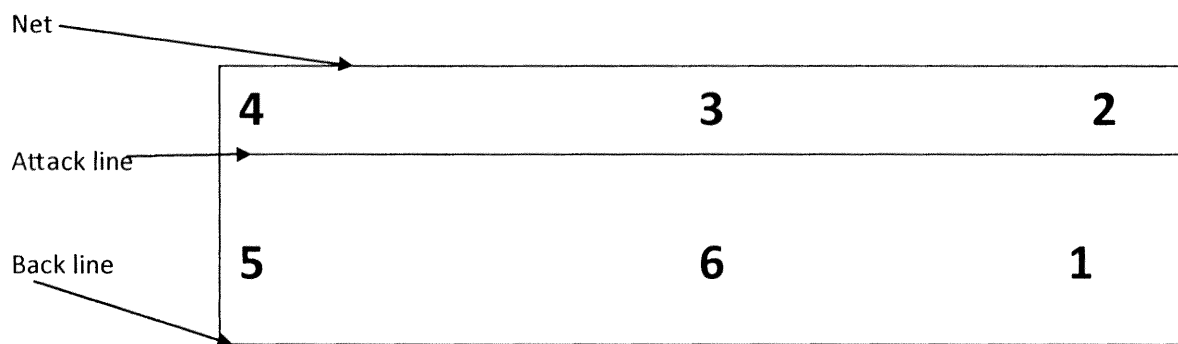
Things you need to do in order to **overhand serve**:

- Hold the ball in front of you
- Hold the ball with your opposite hand
- Toss the ball about head level
- Your toss should land just in front of your front foot (opposite stepping foot).
- Make a hard hand. Thumb pressed up against your four -finger.
- Contact the ball on the heel of your hand
- Stop at the top of your swing
- Step with your opposite foot forward.

Things you need to do in order to **spike**:

- Remember to start your approach from the attack line.
- Remember to drive your arms up
- Remember non hitting arm tucks across your body
- Remember your hitting arm finishes beside your body – all the way through (give a low five)
- Remember to jump upwards and land about the same place you took off from.
- Remember make a hard hand and snap your wrist downward
- Remember to bend your knees to explode up on your approach
- Remember the positions at the net; left side is power, middle and right side.
- Right hand hitter
  - Steps are left, right, together and jump.
- Left hand hitter
  - Steps are right, left, together and jump.

**Court Positions:**



**Serve reception:**

- In class, we learned the W formation.

