

# Volleyball

## History

Volleyball was invented in 1895 by William Morgan at the YMCA in Holyoke, Massachusetts. Morgan created the game for older members as a less strenuous alternative to basketball. American servicemen fighting overseas during WWI introduced the game to Europe and the rest of the world. The sport has quickly spread to the beach where it has grown as popular as its indoor cousin. Both styles of play are now sanctioned Olympic events.

## The Basics

Volleyball players hit a ball over a net using any part of their bodies in an effort to score points. Points are scored when the receiving team is either unable to return the volleyball over the net or prevent it from touching the court surface. Each score is worth one point. The first team to score 25 points by a margin of two points wins the game, or set. The team that wins three out of five sets wins the volleyball match.

## Needs

A volleyball, sneakers, shorts, and team jersey. (Knee pads are optional.)

## How Long Is A Match?

There is no set time limit for a volleyball match, as each game is played to 25 points. Team captains flip a coin to determine which side will serve first. There are two-minute breaks between each game; teams switch courtside after each break. Teams are permitted two thirty second time-outs per game and may use them when the ball is not in play.

## Dig, Set And Spike!

### Rules

**The Serve** - Begins play. A legal serve takes place when the ball falls over the net and drops within the boundary of the opposite court. (The ball may hit the net as long as it drops within the boundary of the opposite court) A missed serve counts as a fault, and possession of the ball is turned over to the other team as a side out. When serving, players may use an underarm, sidearm, or overhand motion to strike the ball while either standing in a stationary position or jumping in the air. The server may not step over the end line onto the court until he or she has struck the ball.

**The Bump (or Dig)** - A type of shot players use when receiving a serve or playing a hard, low hit ball. The player positions his or her body low toward the ground, extending his or her forearms underneath the ball to pass it up toward the "setter." The dig is often the first action in "classic three hit" volleyball.

**The Set** - An overhead pass in which the setter directs the ball upward with a high arc toward front-line players at the net. The set follows the dig and precedes the spike in a three hit volley.

**The Overhand Pass (or Volley)** - The most basic technique used in striking the ball. On the overhand pass, players hit the ball with open palms using their fingers to direct the ball up in the air toward teammates. The volley can be used for either passing the ball or for sending it over the net.

**The Spike (or Smash)** - The most aggressive shot in the game. The spike is a powerful overhand smash into the opposite court performed by front-line players. The spiker steps toward the net, jumps high in the air, and swings his or her arm powerfully toward the ball to slam it down. The spiker must be careful not to touch the net.

**The Block** - A defensive play in which players jump high in the air to block the ball back into the opposing court. Front-line players blocking since the ball is hit while it is above the net. The block does not count as a hit. Therefore, if the ball remains on the blocking team's court, the team still has three touches to get the ball back over the net.

**Side Out Fault** - A violation of any rule of play. If the serving team commits a fault or fails to get the ball in the opposite court, a side out is awarded to the non-offending team. If the non-serving team faults, the serving side wins a point. Some examples of faults are: if a team touches the ball more than three times in succession before sending it over the net; if a player holds, carries, lifts, or double hits the ball; if a player touches the net with any part of his or her body or if any part of the body crosses the center line; or if the ball touches out-of-bounds, or a net antenna.

## The Game

Two teams of six players set up on the court at one time. A net divides the court in half, with each half split between a "frontcourt" (attack) and a "backcourt." Teams line up with three frontline players near the net and three back-row players near the baseline (end line). The serving team rotates its lineup clockwise prior to each service change.

Players move to each position on the court throughout the course of a game. Teams are allowed \* up to six substitutions per match. However, substituted players may only return to the game in place of those teammates by whom they were replaced.

**The Server** - Stands with both feet in the "service area" anywhere behind the baseline of the volleyball court. He or she tosses the ball in the air in front of his or her body, then strikes it with an open or closed hand or with the forearm. One player serves continuously until his or her team commits a "fault" resulting in a "side out," after which the opposite team "rotates" and serves the ball.

**Front-line Players (Setter-Left, Outside Hitter-Right, Middle)** - Positioned in the front court between the attack line and the net. These players mostly hit "spikes" into the opposite court and jump to "block" shots hit by the opposing side. Front-line players, while positioned in the frontcourt, may strike the ball when it is at any level above or below the net.

**Back-row Players (Setter-Left, Outside Hitter-Right, Middle Backs)** – Play the backcourt behind the attack line. They are primarily responsible for passing the ball toward teammates who then "set" the ball to other teammates in the attacking court for spikes. Back-row players also "dig" the ball on returned shots. While in the backcourt, these players may strike the ball when it is at any height above or below the net. However, if back-row players move over the attack line into the frontcourt, they may not strike the ball when it is above the height of the net. Therefore, they may not strike the ball as part of a blocking action.

## Volleyball Term

**Ace** - A serve that is neither touched nor returned by the receiving team. It scores an immediate point for the serving team.

**Antennae** - The vertical attachments on either side of the net along the court sidelines. The antennae are the boundary markers for fair hit balls. A ball hit outside the antennae is not playable.

**Attack** - The aggressive play of the offensive team as it hits the ball over the net.

**Attack Lines (or Three-meter Lines)** - The two dividing lines located three meters from the net that separate the frontcourt and backcourt.

**Backcourt** - The area between the attack line and the baseline (end line).

**Center Line** - The dividing line of the court that runs underneath the length of the net. If a player completely crosses this line with his or her foot, or if any part of his or her body extends over this line into the opposing court, a fault will be called.

**Classic Three Hit** - Describes the use of the dig, set, and spike hits as one coordinated play on the ball.

**Collective Block** - A defensive maneuver in which two or three front-line players on the same team jump in unison to block an opponent's shot.

**Dive** - A player with outstretched arms extends his or her entire body toward the floor in an effort to get under a low hit ball.

**Fake** - Occurs when an attacking player in the frontcourt dupes the opposing team by jumping at the net as if to hit a spike, but instead allows the ball to go by for another teammate to hit.

**Floater** - An overhand serve in which little or no spin is put on the ball.

**Formation** - The positioning of players on the court on either offense or defense.

**Frontcourt** - The area on the court between the attack lines and the net.

**Jump Set** - A set to an attacking player, by a set player who strikes the ball while jumping in the air.

**Kill** - A smash, hit by a frontcourt player, where the opposite side is unable to return. The Net - Depending on the league, the net stands between 6' 10" and nearly 8' in height and extends the width of the court. It is a net foul if a player makes any body contact with the net.

**Net Ball** - Occurs when the ball touches the net before going over. The ball is still playable.

**Penetration** - An offensive move toward the net by a back-row player acting as a setter, enabling the three front-line players to act as potential Spikers. Penetration can happen after a serve or on any rally following a serve.

**Red Card** - Issued by the referee to players or coaches for serious offenses such as unsportsmanlike conduct. A red card infraction awards a point or a side out to the non-offending team.

**Rally** - The period of play from when the ball is served until play stops.

**Roundhouse** - A powerful overhand serve hit with a top spin that drops into the opposite court after crossing the net.

**Rotation** - Following a side out, it is the clockwise movement of players on the serving team to their positions on the court. Once a serve has been made, players may move freely about the court. However, after each point they must return to their positions until the next service change.

**Service Area** - The area on the court where a player stands while serving the ball. It is anywhere beyond the baseline on either side of the volleyball court.

**Setter** - The name for the player who frequently uses the overhead pass to set the ball up to front-line players.

**Soft Block** - A defensive move by a front-line player who gently blocks an opposing attack player's shot in order to redirect the ball to a teammate. The intent is to allow his or her team to perform a quick set and spike.

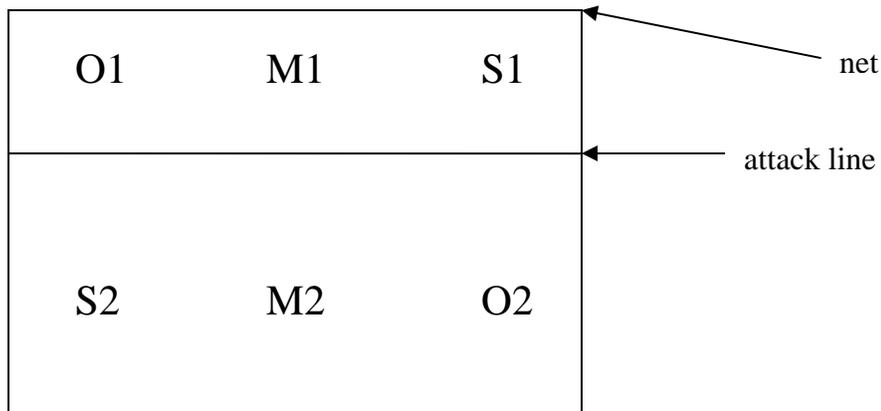
**Switch** - After the serve, players may move to other positions on the court. However, backcourt players will not usually switch to the frontcourt because *they cannot touch the ball when it is above the net.*

**Tip (or Dink)** - Similar to the fake, in that a player feigns hitting a spike or set, and instead uses his or her fingertips to lightly direct the ball over the hands of an opposing blocker toward an open area of the opponents' court.

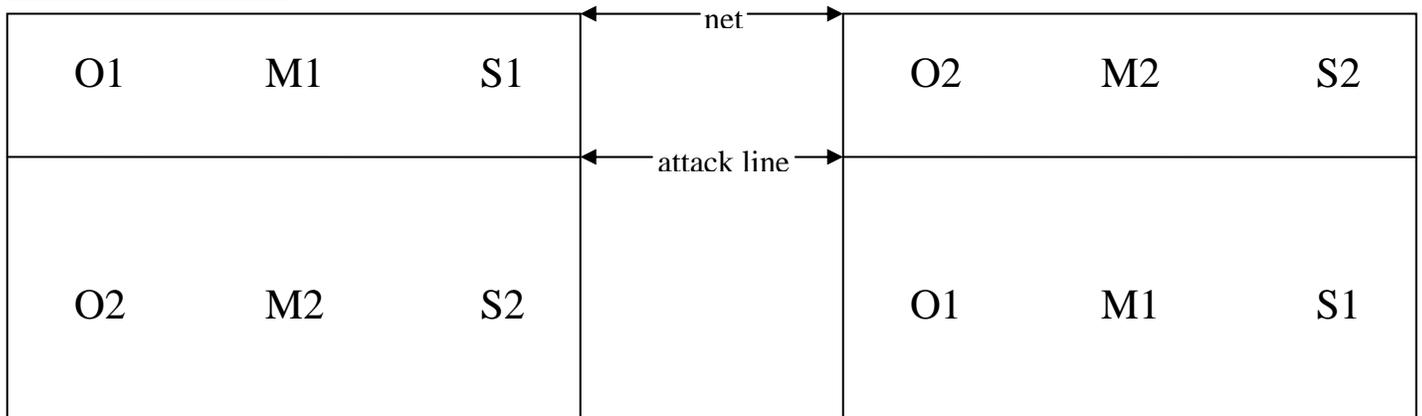
**Yellow Card** - Issued by the referee for minor rule infractions.

# VOLLEYBALL POSITIONS

## STARTING POSITIONS:



## BASE DEFENSE:



Always have your outside hitters ending up on the left side and the setters on the right side. As the rotation goes, you must respect it but move to base defense on the serves hit. Keep the front row players in the front positions and so for the back row players. Bring the players to the center ready to cross where ever they need to move after the serve's hit.