

# VOLLEYBALL STUDY SHEET

## SKILLS:

Forearm pass also known as the Bump or Dig (defensive hit mainly)

1. must get under the ball
2. hands must be locked together
3. elbows are locked straight
4. arms start at a 45 degree angle
5. shoulders help determine direction ball will travel

Set or overhead pass

1. must have body under the ball
2. must contact the ball above your forehead
3. the ball must be contacted with the pads of your fingers, not palms
4. wrists snap outward as in a chest pass, not downward as in shooting a basketball
5. there should be little spin, little noise, and more upward movement than forward movement

Serve (Underhand)

1. ball is hit off the other hand, not tossed
2. contact the ball with your fist
3. bend your shoulders forward
4. step with your foot opposite your hitting hand
5. keep the ball hand close to your body
6. keep your hitting hand elbow straight until after you contact the ball

Serve (Overhand)

1. toss the ball out in front of your body
2. turn your side to the net hitting hand away
3. reach up for the ball and contact above your head
4. contact the ball with the heel of your hand
5. rotate your shoulders on contact so you finish facing the net

Flat foot spike (offensive hit)

1. same as above +
2. spot the ball with your non hitting hand

Shoot set (offensive hit)

1. same as a regular set **except**
2. ball is out in front of your body
3. contact is made at the level of your eyes
4. there is more forward motion than upward motion

Dink (tip, dunk) {offensive hit}

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1. Must contact the ball above the net
2. ball must be out in front of your body
3. wrists must be bent prior to contact
4. contact is made with pads of the fingers only
5. ball is pushed slightly forward, or to the side of a blocker

## Spike (offensive hit)

1. ball is contacted above the net
2. the ball is out in front of the body
3. contact is made with the heel of the open hand
4. snap the wrist forcibly
5. contact with arm extended

## RULES:

Game is played to 25 points girls, 25 points boys, rally point scoring, ( a point is scored on every serve, you do not have to serve to get the point). Winner must win by 2 points. (Game is tied at 25, the winner is the first team to have 2 points more than the other team, i.e. 27-25, 32-30, etc.,)

There are 6 players for each team on the court

Servers are allowed 1 toss only. They must contact the ball on the toss or lose the serve

Players rotate from right to left in the back row and left to right in the front row

The term "Side out" means the team serving loses their serve and the other team gets the point and the serve

A player can serve from anywhere behind the end line, as long as they are within the sidelines extended

The serve must pass the net and not touch any structure (ceiling, lights, cables) to be legal

The same server serves until his team loses their serve. When they get the serve back, the player in the right front position rotates back to serve

Each team is allowed 3 hits to return the ball, not including a block

The optimal order of hits is bump-set-spike

The ball may be played off the net anytime.

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The ball may be played off the ceiling, if your team hit it there, provided it stays on your side and you have a hit left

If a team hits the ball over the net and it hits the ceiling or any structure on the way, it is out of bounds.

A *carry* or *lift* is always illegal. It is called when the ball comes to rest on a player

A *double hit* is legal only when it occurs when receiving a hard serve, or a hard spike. It is called when one player hits the ball unintentionally 2 times

A block is when the ball is contacted above the net, and deflects off the receiving team's arms or hands. It does not count as one of that team's 3 hits

No player is allowed to block or spike a serve (cannot contact the serve above the net)

No player is allowed to touch the net at any time during play

A player is allowed to step a reasonable distance over the center line, providing he does not interfere with the players on the other side.

A ball that lands on the line is considered in play.

Libero: A player who wears a different color jersey and can come on and off the court for any backrow player without substituting