

Volleyball Make Up Work

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 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 of 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, which 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. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores the point. 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 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

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 about 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 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 Forearm Bounce 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 the 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 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 blocker's hands and lands 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.

Name: _____

7th Grade

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Directions: Answer the following questions using the reading above.

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 a 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?
