

VOLLEYBALL

PACKET # 1

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions and puzzles.

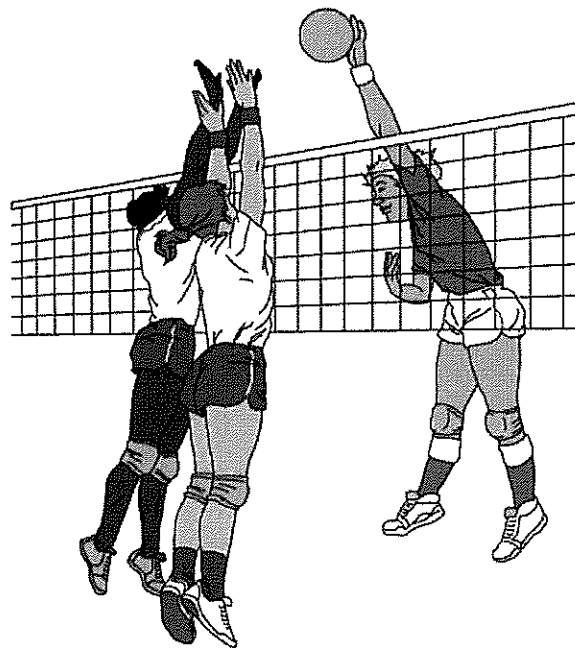
The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

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 got 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.



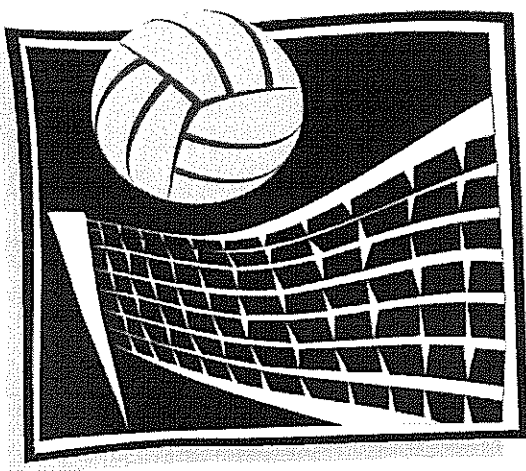
HISTORY OF THE GAME

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 an 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 about 30 feet wide by about 60 feet long. The net is three feet high and spans the width of the playing area. The top of the net is positioned about eight feet (in men’s volleyball) from the floor or playing surface. The modern volleyball is about the size of a soccer ball and weighs between nine and ten ounces.



The game is played by two opposing teams, with 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.”

VOLLEYBALL SCORING SYSTEMS

RALLY POINT SCORING

The team winning a rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise. The best three of five games will win matches. Each non-deciding game will be won by the team that first scores 25 points with a minimum two-point advantage. If there is a deciding game, it will be won by the team that first scores 15 points with a minimum two-point advantage.

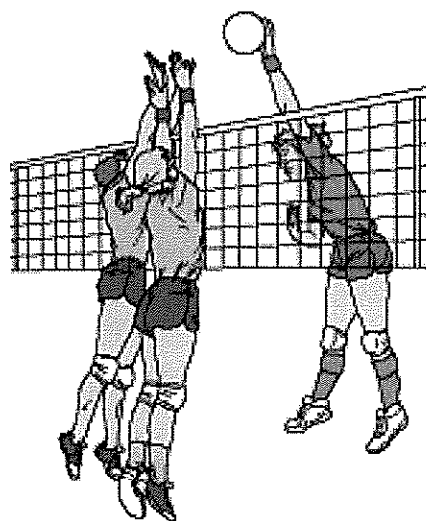
SIDEOUT SCORING

Only the serving team may score a point, except in the deciding game when rally-point scoring is used. When the receiving team wins a rally, it gains the right to serve (also scoring a point in



the deciding game), and its players rotate one position clockwise. Rotation ensures that players play at both the net and the back zone of the court.

A team wins a game by scoring 15 points with a two-point advantage and wins the match by winning the best of three or five games. In the event of a 16-16 tie, the team scoring the 17th point wins a non-deciding game with only a one-point advantage. In a deciding game there is no point cap.



Almost all schools have changed from “Sideout Scoring” to “Rally Point Scoring.” Rally scoring looks very similar to a side-out game, with the main difference being a point scored every time the ball is blown dead.

What constitutes a match when you rally score? Teams will play the best three out of five games. “Game-point” for the first four games will be 25 points. (You must win by two points.) The fifth and deciding game is played to 15. (Again, you must win by 2 points.)

How much time should be allotted for matches that are rally scored? Most three of five rally matches end in three games. The approximate length of time for a game (not including warm-up) is less than 20 minutes. Three-game matches take approximately 60 minutes, while five-game matches take approximately 90 minutes. The nature of volleyball allows games to be substantially shorter when one team is strong and another weak. Rally scoring no longer accommodates long non-scoring periods during a game or match.



What is the “let serve?” The “let serve” is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent’s court. The let serve is a playable live ball. The let serve is a strategy used to keep the game moving with fewer interruptions in play.

With the “let serve” there is no longer a need to touch the net when giving the signal to serve.

Time-outs: Each team is allowed a maximum of two time-outs per game. A time-out is a maximum of 60 seconds, although play may resume sooner if both teams are ready prior to 60 seconds.

Extra time-outs are not granted during rally scoring, nor are time-out accumulative during a match.

A game has a total of 25 points except in deciding games. 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 the best three of five games. The team which wins three 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 to 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.

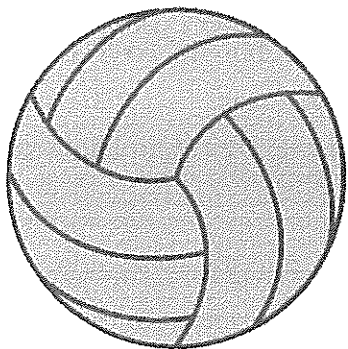
THE SERVE: OVERHAND AND UNDERHAND

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 above 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



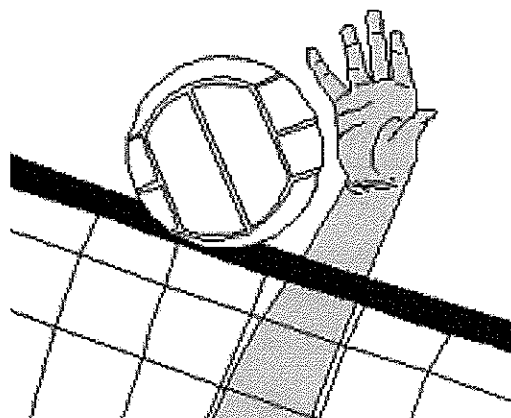
The pass is a difficult move for many beginning players. This skill looks easier than it actually is when performed. Once the ball is served, the player who will pass the ball gets into position under the ball with knees bent, hands up and fingers cupped. All the fingers and the two thumbs contact the 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 it 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

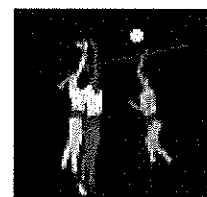
This is a recovery shot, and is used if the ball received is low and off to the side of a player. If you cannot make a bump pass, use a dig or save pass instead. In this move, the hands are cupped. They are then placed under the ball just before it hits the floor.

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 just 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 heels of the blocker's hands and land 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.

EQUIPMENT AND CLOTHING

Standard clothing for playing volleyball is comfortable sportswear which allows for free movement. Gym shoes are a must since most gyms do not allow anyone on the floor in regular shoes. When played on the beach, attire ranges from gym clothes to swimsuits. Many play barefoot in the sand.

VOLLEYBALL NOTES AND NEWS (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

The NCAA Championship

The National Collegiate Athletic Association (NCAA) is an organization of colleges and universities that promotes athletic competition. Volleyball is one of many sports sanctioned by the NCAA for both men and women. The following information covers Division I championships.

Men's Championship

University of California, Irvine made quick work of Southern California in a 3-0 sweep to win the 2012 Men's Volleyball Championship. The Anteaters captured their third national title in six years.

California-based universities dominate the men's volleyball national championship; Penn State, Ohio State and Brigham Young University are the only non-California universities to have won the NCAA Division I championship.



UCLA, Southern California, Penn State, Stanford, and Long Beach State are the only schools in Division I to have won an NCAA national championship in both men and women's volleyball. In addition, Stanford (1996–97) and Penn State (2007–08) are the only universities the men and women's volleyball programs of which have won the national championship in the same academic year.

Women's Championship

UCLA Defeats Illinois In Four Sets For 108th NCAA Title in the 2011 NCAA Women's Volleyball National Championship.

Rachael Kidder had 20 kills to lead the No. 9 UCLA Bruins Women's Volleyball team to a four-set victory over the No. 3 Illinois Fighting Illini. It was the first Women's Volleyball title for the Bruins since 1991. The title is the 108th NCAA title in UCLA school history.

It was the fourth NCAA championship and seventh national title for the Bruins in Women's Volleyball. Kidder won Most Outstanding Player for the tournament.

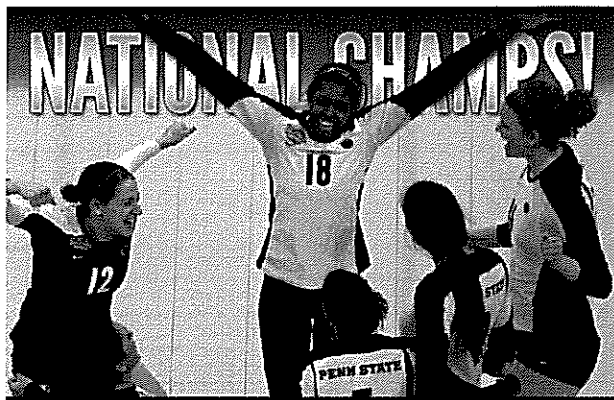
Bruins' head coach Michael Sealy said on the ESPN broadcast after the game he didn't have time for this all to sink in. "I am going to take a 72-hour nap. I still have to celebrate the Penn State and Texas wins. I haven't worked my way to this one yet," Sealy said.

UCLA won the first set 25-23 and Illinois returned the favor winning the second set by the same score. UCLA trailed 24-22 in the third set, but fought off two set points to take the third set 26-24. The Bruins rode that momentum to a 25-16 rout in the fourth and

final set for the win and the championship.

Future volleyball rules changes

In women's volleyball, the NCAA Playing Rules Oversight Panel approved a future rules change that calls for either the libero or her teammates to wear a solid-colored jersey starting in 2013. The libero's shirt or jersey must be in clear contrast to the other members of the team.



The rationale for the rules change is to allow for an easier delineation for officials, who are having trouble distinguishing liberos from other players because the uniforms are similar.

The delay in implementation until 2013 is to provide institutions with advance notice of the rule before purchasing uniforms in the future.

The panel also approved a change in the sequence of signals by the referee after a point is scored. The rule went into effect in 2012 and requires the referee to first signal which team is serving the next point, then signal the nature of the call. This sequence is being used in USA Volleyball and in international volleyball matches.

Volleyball is also an Olympic sport. In 2008 competition was held in Beijing, China while London served as the host city in 2012.

Medalists in the 2012 London Olympic Indoor and Beach Volleyball competition are listed below.

Indoor Competition:

Men's:

GOLD - RUSSIA
SILVER - BRAZIL
BRONZE - ITALY

Women's:

GOLD - BRAZIL
SILVER - USA
BRONZE - JAPAN

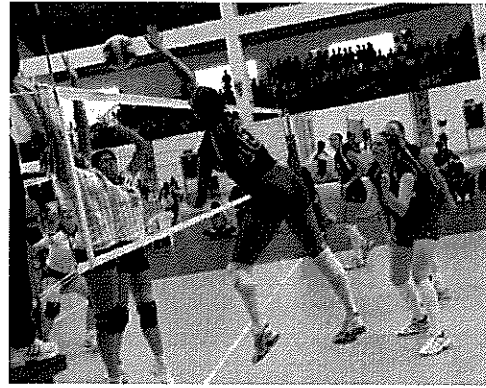
Beach Competition:

Men's:

GOLD - GERMANY
SILVER - BRAZIL
BRONZE - LATVIA

Women's:

GOLD - UNITED STATES
SILVER - UNITED STATES
BRONZE - BRAZIL



In addition to these national and international contests, local volleyball competitions are held in most states. Check your local schools and volleyball associations for coverage.

You can also find out more by visiting these volleyball web sites on the internet:

<http://www.ncaasports.com/volleyball>

<http://www.usavolleyball.org>



5. What is “the ready position” in volleyball and how is it used?

6. What is an overhand serve?

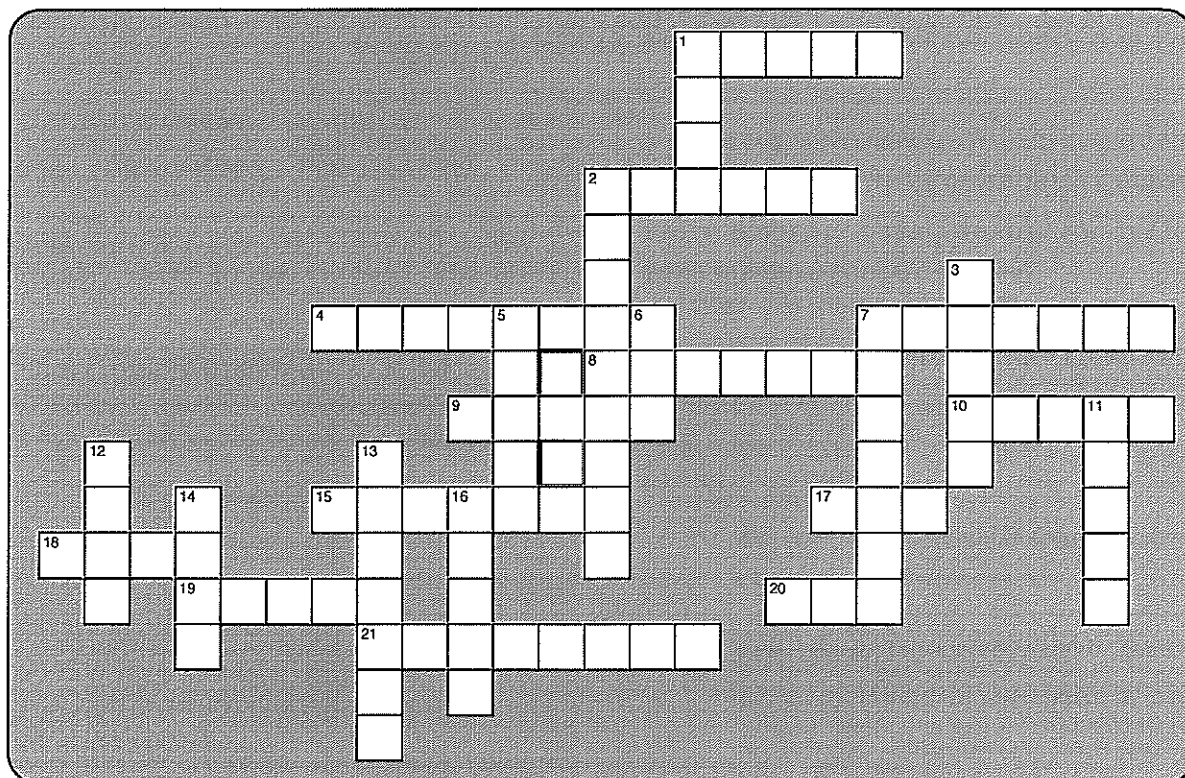
7. What is an underhand serve?

8. What is a pass and how is it used?

9. How is a spike ball hit?

10. How is a block used?

Name: _____ Date: _____



Across:

1. Defensive technique to stop spiked balls
2. This person assists the referee
4. They assist the referee
7. First volleyball was made of this from a basketball
8. Main official for a volleyball game
9. The top of the net is ____ feet from the floor in men's volleyball
10. It is 30 feet wide and 60 feet long
15. Total points in a "deciding" game
17. The number of players on a volleyball team
18. Organization of colleges and universities that promotes athletic competition
19. The ball is put into play with this
20. A type of one-hand pass
21. Most popular serve technique

Down:

1. The forearm bounce pass-_____
2. To serve with the heel of the hand
3. Best three of five games
5. Fast offensive hit to a specific spot
6. It is three feet high and is located in the center of the court
7. The 2008 Olympics was held here
11. In rally point scoring the team winning this scores a point
12. Institution where volleyball was founded
13. Usually, only the serving team scores a point with this type of scoring
14. The palm does not touch the ball during a _____
16. Most number of times the ball can be volleyed before it is hit across the net

Name: _____ Date: _____

Physical Education 1 Word Search



Find these words in the above puzzle. Circle the words.

- | | | |
|---------------|------------|------------|
| Beach | Net | Sportswear |
| California | Olympic | Stanford |
| GamePoint | Overhand | Swimsuits |
| Hit | Player | UCLA |
| Massachusetts | Referee | Volleyball |
| Match | Soccerball | Volleyed |
| NCAA | Spike | YMCA |