

# VOLEYBALL – TEAM SPORT

## DIVIDED BY A NET

### 1. INTRODUCTION.

Volleyball is a team sport played by two teams on a playing court divided by a net. The object of the game is for each team to send the ball regularly over the net to ground it on the opponents' court and to prevent the ball from being grounded on its own court. The ball is put into play by the right back-row player who serves the ball over the net to the opponents' court. A team is entitled to hit the ball three times (in addition to the block contact) in returning it to the opponents' court. A player is not allowed to hit the ball twice consecutively (except when blocking). The rally continues until the ball touches the ground or goes 'out', or a team fails to return it properly.

In 1999 the rules were changed, in that a point is scored by the team winning the rally, regardless of whether they served or not. When the receiving team wins a rally, it gains the right to serve (also scoring a point) and its players rotate one position clockwise.

Traditionally, volleyball is played with six players in each team. The game has developed, however, so that there may be a variety of numbers; for example, it can be played with two players per team (beach volleyball), and three or four players per team (mini volleyball for children and young people).

Volleyball is a rebound sport. In many sports, players can control the ball by retaining possession and moving with it. In volleyball, however, it is forbidden to catch or hold the ball; every contact must be a rebound action. Because of this rule, it is essential for the player to be in the right place at the right time if the ball is to be played in a controlled manner. Therefore, good anticipation and movement skills should be taught to participants.

The rules of volleyball involve a series of rotations. Players must be able to play at the net in attack and in the back court in defence. Each of these different roles make different demands on the players, all of which should be addressed when teaching the game. At the net, the player needs to be able to jump to smash and block the ball. In defence, agility, coordination and speed are needed in order to cover the court and to dive and roll to recover the ball.

While volleyball can be described as a divided territory sport, the court nevertheless provides a congested playing area, and the flow of the game needs to be considered carefully. In volleyball, young players learn that cooperation and teamwork are vital to success.

### 2. VOLEYBALL HISTORY.

The origin of volleyball is uncertain. Similar games were played hundreds of years ago in Central and South America and possibly South-east Asia. The sport of volleyball was initiated by William G. Morgan at Holyoke, Massachusetts, U.S.A. in 1895, as a recreational activity for business men. Originally called 'Mintonette', the name was

changed in 1896 to volleyball because the basic idea of the game was to ‘volley’ the ball back and forth over a net. The Y.M.C.A. was instrumental in spreading this new sport throughout the United States.

Volleyball spread quickly throughout the world, and in 1900 Canada became the first country outside the United States to adopt it. In the same year, volleyball was introduced to India, and in the following ten years it spread to countries in the Caribbean, South America and Asia (China, Japan and the Philippines). Europe was exposed to volleyball by the U.S. Army during the first world war and it quickly became established in countries such as Poland, Czechoslovakia, Egypt, Italy and France. In 1964, volleyball was the first team sport for men and women to be admitted to the Olympic Games, where the Soviet Union won the men’s title and Japan took the women’s title. Volleyball has been played at every Olympic Games since 1964 and twelve men’s and women’s teams will qualify for the right to compete in Sydney, Australia for the title of Olympic Volleyball Champions 2000. In 1996 Beach Volleyball was played in the Olympics for the first time.

The most usual form of volleyball is played with six players per team. A team may be single-sex or mixed (three men, three women per team). The game can be played in or out of doors on any flat surface including grass or sand.

However, volleyball is a very adaptable game and many styles of the game have been developed to suit different needs.

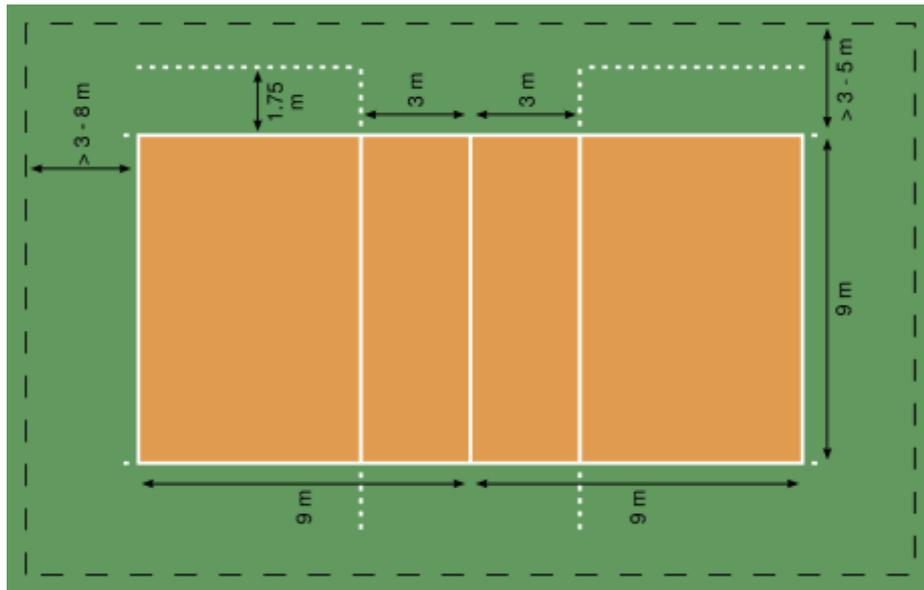
- Beach Volleyball was developed in California in the 1950s; the two-a-side game is now played to international level. In 1996 Beach Volleyball became an Olympic sport for men and women.
- Volleyball has been adapted to allow disabled players to participate, and modification such as sitting and standing volleyball have been developed along with Special Olympics Volleyball for people with special needs. Sitting and Standing Volleyball are part of the Paralympic Games.
- Minivolleyball (three per side) and superminivolleyball (four per side) have also been developed to assist the teaching of the game to children.
- ‘Trim’ Volleyball has been developed to provide recreational volleyball, and is aimed at the family market. Each team is made up of four players (two ‘parents’ and two ‘children’).

### 3. VOLEIBALL RULES

#### a. The pitch

Volleyball is played on a marked **pitch**. The **court** in 6vs6 is 18m in large side and 9m meters in the width side. The court is divided in two sides by a net. The height of this net is different by age and genre of players.

AGE GROUPS	MALE / COED	FEMALES / REVERSE-COED
<b>55 years and above</b>	2.38 m	2.19 m
<b>45 years and above</b>		
<b>17/18 years and under</b>	<b>2.43 m</b>	<b>2.24 m</b>
<b>15/16 years and under</b>		
<b>13/14 years and under</b>		
<b>11/12 years and under</b>	2.24 m	2.13 m
<b>10 years and under</b>	2.13 m	1.98 m



## b. The ball

# BALL

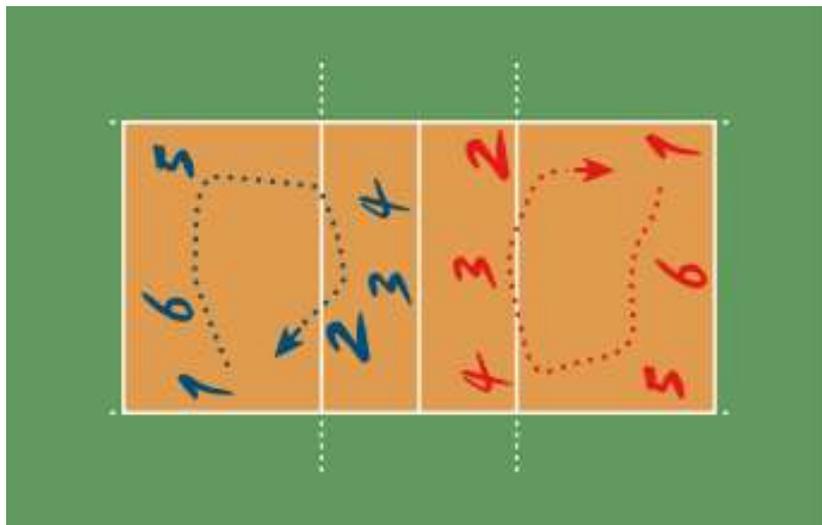


The official size of a volleyball is between 25.6 and 26.4 inches in circumference and between 9.1 and 9.8 ounces in weight. the circumference should be 65-67 cm and weight should be 260-280 gms

## c. Basic rules

1. Let serve – If the ball is served and makes contact with the net but reaches the opposing team's side, the ball is considered in play.
2. A player may not hit the ball two consecutive times. The only exception is if a player attempts to block and touches the ball, then he/she may play the next ball.
3. A team may only touch the ball three times before it is sent over the net.
4. There are 6 players on each team on the court at a time.
5. A net violation occurs when any player comes in contact with the net with any part of the body while the ball is in play. When spiking the ball, the spiker's follow-through may not contact the net.
6. Players from the back row are allowed to spike the volleyball; however, they have to jump from behind the 3 meters line (spiking line).
7. Line/Court Rules:
  - A ball is considered in bounds if any part of the ball is touching the side or end line.

- A player may step on the centerline but his/her entire foot may not be completely over the line.
- When serving, a player may not step on or over the end line until after contacting the ball.
- If the ball hits the antenna, it is considered out of bounds.
- If the ball hits the ceiling and comes down on the opposing team's court, it is considered out of bounds. However, if the ball contacts the ceiling and comes down on the same side of the net, the ball is still playable, although in an official match the ball that touch the ceiling is out.
- No player may contact the ball on the opponent's side of the net, unless it is a block.
- Players rotate in a clockwise position when their team recover the service.



- Blocking a served ball is not permitted, nor is attacking a served ball while the ball is directly over the net.

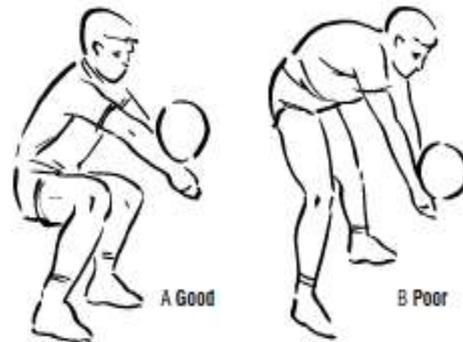
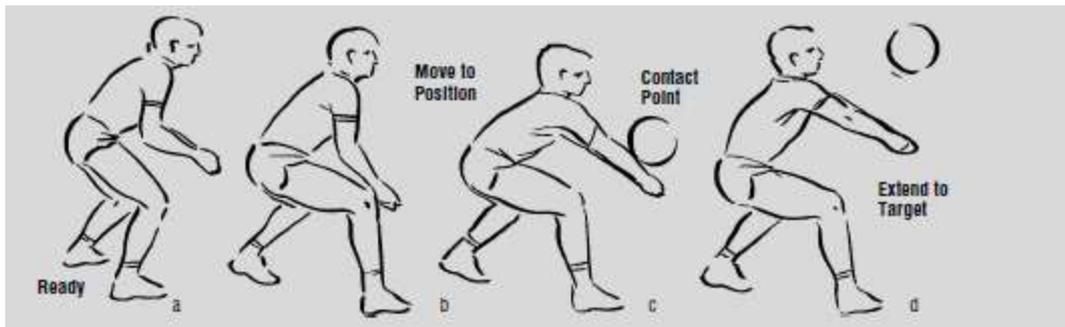
#### 4. Technique / Basic Skills

##### a. Forearms / dig.

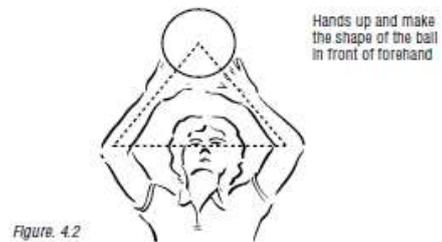
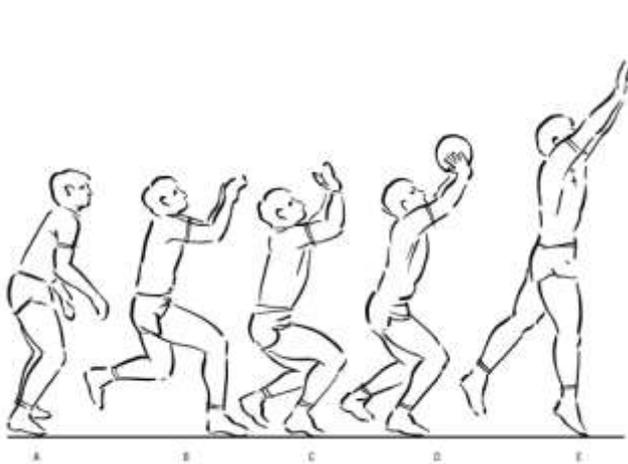
**Forearm Pass** - Method of passing the ball by bouncing it simultaneously off of both forearms. Commonly used for serve reception, passing a hard spiked ball, or passing a ball lower than the nose or away from the middle of the player's body. Usually the first hit by the receiving team.

**Dig – Passing** of a powerfully spiked or hit ball. The back row players are responsible for digging the ball and keeping it in play.

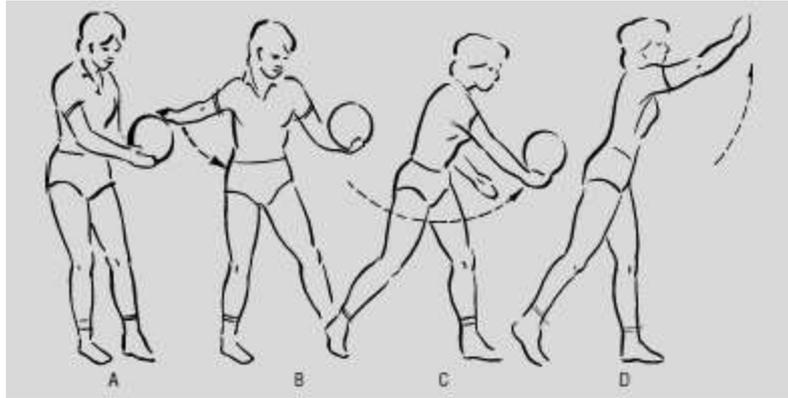
The basic skill is called the "pass" when receiving the serve, and the "dig" when handling an opponent's attack.



**Set/Overhead pass** - Overhand technique of putting the ball into the air close to the net for the spike. Usually the second hit after the forearm pass.



**Serve** - Method of putting the ball in play (from behind the end line of the court). The serve must be made from within a service area from right side line to the left side line. There are two types of serves: underhand and overhand. The underhand serve is the easiest to master and is used by beginners. The overhand serve is the type most commonly seen and is very powerful and most difficult to receive.



## 5. Glossary

Throughout this pack there are a number of terms used which may not be familiar. For this reason the following simple glossary is included. Additionally, the “standard” symbols used in most texts are included for clarification.

**Antennae** Two red and white fibreglass rods attached to the net above the side lines. The ball must cross the net between the antennae.

**Attack** The act of playing the ball over the net into the opponent’s court. See also ‘smash, tip’.

**Attack line** A line on the court parallel to and three metres from the net. Back court players cannot smash from in front of the attack line.

**Base position** The best place for a player to start from in order to defend his/her area.

**Block** One of the main skills in volleyball, where one, two or three front court players jump close to the net and reach above and over it with their hands to try to deflect the smashed ball back into the smasher’s court.

**Block-shadow** The court area behind the block into which a smasher cannot directly hit the ball.

**Defence** The phase of the game in which the blockers and back court players try to prevent the ball from landing on their court.

**Dig** A skill in which the ball is controlled using the forearms (also known as forearm pass).

**Fundamentals** Basic psycho-motor skills which underpin the teaching of the techniques and skills of the sport, e.g. ready posture, ball flight judgement.

**Hit** Another term for the smash.

**Offence** The phase of the game in which the players combine to make an attack (pass to setter, set for smasher, attack).

**Rally point scoring** New scoring system introduced in 1999. A point is scored by the team winning the rally, regardless of which team served the ball.

**Rotation** When a team regains the serve, all the players move one position clockwise. This means that all players have to play both in the front court and in the back court.

**Service reception** The phase of the game where the team takes up positions and passes the served ball to the setter. (The service is normally controlled with a forearm pass, although other skills, e.g. volley may be used).

**Set/setter** The skill of volleying the ball high and close to the net for a smasher.

**Spike** An American term for the smash.

**Smash** Jumping above the net and with one hand striking the ball down into the opponent's court.

**Tip** A soft attack shot, when the attacker plays the ball with the fingers just over the top or around the block (similar to a drop shot in tennis).

**Volley** The skill of playing the ball with two hands from above the head.

## 6. Bibliography

- <http://www.Volleyball.org>
- Mkeever, M. Volleyball, Royal Navy Guide, UK; Education and Youth Ltd.; Londres.
- [www.fivb.com](http://www.fivb.com)

## 7. activities

1. Design a general warming up to play a volleyball match. Do not forget includes all parts: activation, joint mobility, stretching and explosive movements.
2. Draw volleyball court and include all the lines, zones, marks and players zones..
3. How many players can play in a volleyball team during a match?
4. Which rules do you think that are the most important in volleyball? Why?