

# Volleyball

## **SKILL 1: Forearm Pass**

- Body Position: knees bent, arms straight, hands correct, eyes on ball
- Contact: between wrist and elbow, on platform, arms don't move
- Follow through: knees extended, shoulders, hips and toes towards target

## **SKILL 2: Set**

- Body Position: Feet SWA, athletic stance, elbows and wrists bent, shoulders to target
- Contact: body coils and uncoils with contact of the ball, contact on finger pads
- Follow Through: knees, elbows and hands all extended upward in direction of target.

## **SKILL 3: Serve**

- Toss: Non-dominant hand, firm wrist, ball would fall just inside of lead foot, lined with hitting shoulder.
- Position: Non-dominant foot forward, dominant hand higher than ear
- Contact/Follow through: Heel of hand, no fist, hand follows ball to target

## **SKILL 4: Hitting/Spiking**

- Approach: Uses three step approach, 2 foot jump
- Arm Swing: Both arms upward at take off, non-dominant spotting the ball
- Contact: slightly in front of hitting shoulder, wrist snap over top of ball

## **APPLICATION 1: Skills**

- 4 Applies appropriate offensive and defensive skills in relation to the dynamics of the game.
- 3 Uses some skills appropriately, but show some evidence of variation in shot placement and defensive positioning. Need assistance from others to become involved in team strategy
- 2 Uses some skills appropriately, but show little evidence of variation in shot placement and defensive positioning. Need assistance from others to become involved in team strategy
- 1 Confines focus to sending and receiving the ball. Movements are inconsistent with basic strategic play.

## **APPLICATION 2: Strategies**

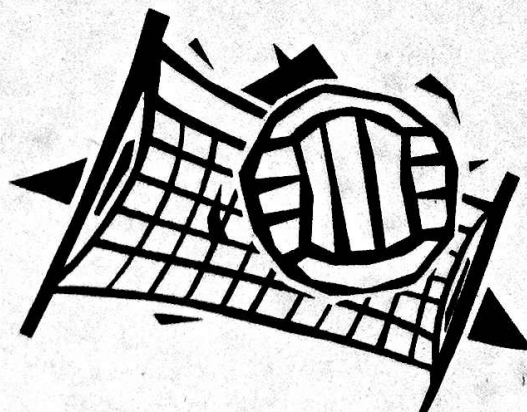
- 4 Consistently applies effective offensive/defensive strategy without hesitation
- 3 Uses variation in shot selection and placement, but is hesitant or indecisive. May be inconsistent returning to appropriate court position.
- 2 Uses some skills appropriately, but shows little evidence of variation in ball and defensive positioning.
- 1 Confines focus to the movement of the volleyball. Movements are inconsistent with basic strategic play

## **APPLICATION 3: Rules & Conventions**

- 4 Applies rules, conventions of play, and terminology without hesitation or observable errors. Announce the score correctly before serving.
- 3 Applies major rules, conventions of play, terminology and scoring correctly, but make minor errors and/or seek confirmation from others.
- 2 Demonstrate a general understanding of the game, but need assistance from others to correctly apply rules, conventions, terminology and/or scoring.
- 1 Consistently demonstrate incorrect application of rules, conventions, terminology and/or scoring. Students rely on direction from others to play correctly

## **VOLLEYBALL RULES:**

- Server must serve from behind end line until after contact.
- Team rotates each time that they win the serve.
- Games are played to 25 with rally serving
- Players rotate in a clockwise manner.
- There is a maximum of three hits per side.
- A player may not hit the ball twice in succession.
- A ball (Including serve) may be played off of the net.
- A ball hitting the boundary lines is good.



## **VOLLEYBALL VIOLATIONS:**

- Stepping on the line of a serve
- Failure to serve the ball over the net
- Hitting the ball illegally (carrying, palming, throwing etc.)
- Touching the net with body while ball is in play
- Failure to serve in the correct order.

## **VOLLEYBALL SHOTS:**



Forearm Pass



Dig



Block



Set



Serve



Hit/Spike

## **Vocabulary:**

**ACE**-When a ball is served to the other team and no one touches it.

**SIDEOUT**-When the team that served the ball makes a mistake causing the ball to go to the other team.

**BLOCK**- Using your hands to prevent the ball from crossing the plane of the net.

**ASSIST**- A ball placed in the air that is attacked for a kill.

**DIG**-When a player makes a save from a very difficult spike.

**KILL**-When a team spikes the ball and it either ends in a point or a sideout.