

VOLLEYBALL

PACKET # 1

INSTRUCTIONS

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

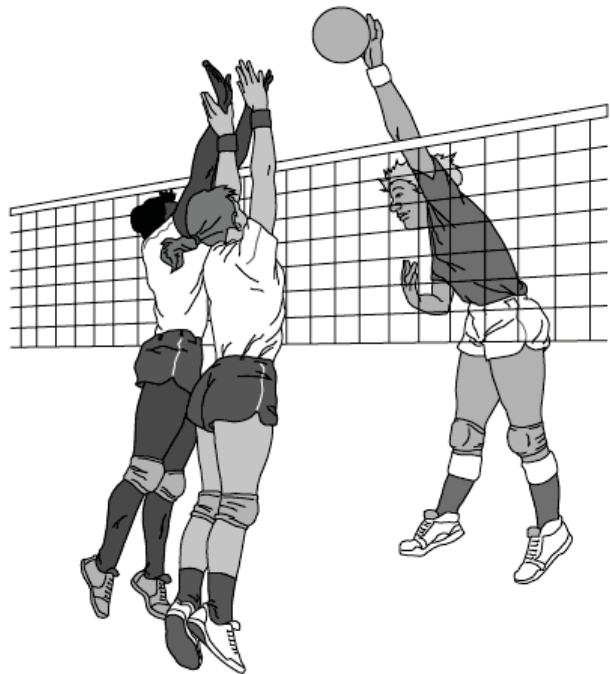
The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

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.



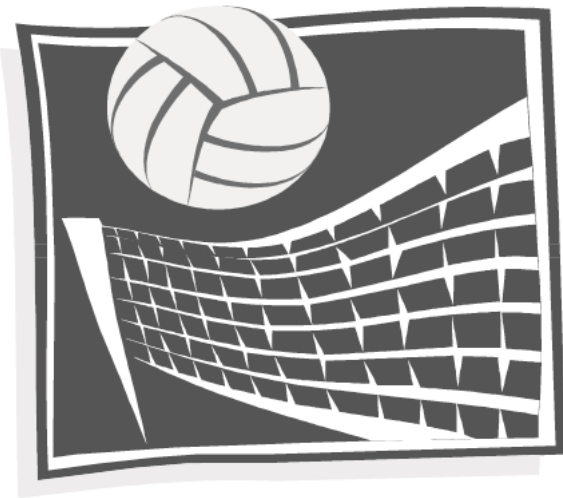
HISTORY OF THE GAME

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 of three or best 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



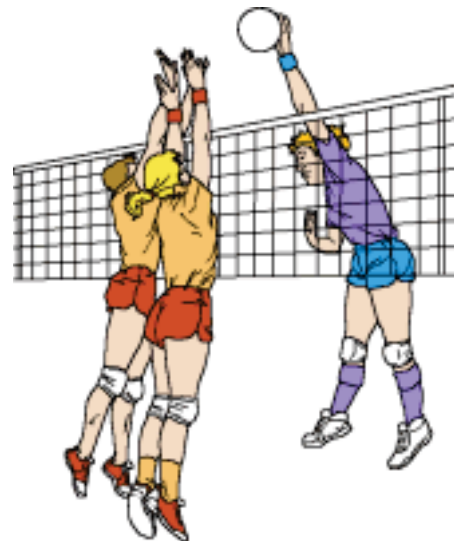
wins a rally, it gains the right to serve (also scoring a point in the deciding game), and its players rotate one position clockwise. Rotation ensures that players play at both the net and the back zone of the court.

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.

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 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.

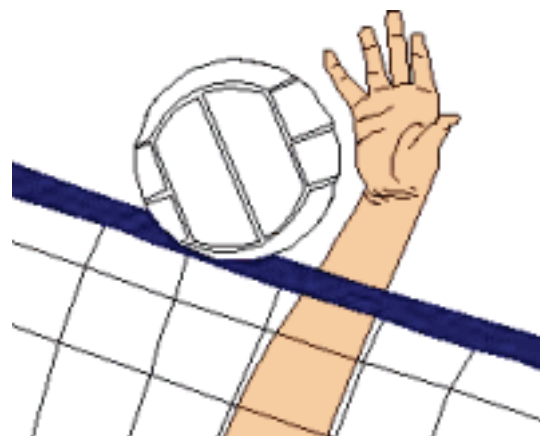
When the ball is in the air over the serving side's court, it may be passed up to three times before it is returned over the net. One player cannot pass the ball twice in a row.

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

Stanford completed an amazing three-year journey from a 3-25 season in 2007 to a national championship in 2010 with a dominating 3-0 victory over Penn State in the finals of the NCAA men's volleyball tournament.

The Stanford Cardinal, which finished the season ranked No. 1 in the country, had been riding the "worst to first" mantra ever since then-Stanford assistant coach Al Roderigues introduced the phrase at the end of the frustrating 2007 season.

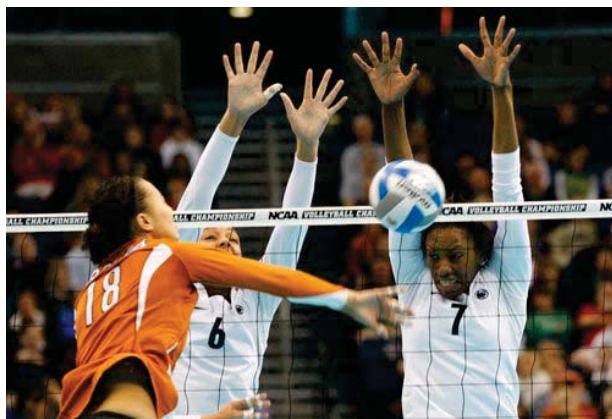
Roderigues did not get to see the Cardinal (24-6) wrap up the title. Roderigues died in March of 2010 after a 16-month battle with stomach cancer. The team wore the letters “AL” on their uniform shoulders the rest of the season in his memory.

“We paid tribute to Al in the locker room afterward,” Stanford coach John Kosty said. “He was with us and he helped us.”

Roderigues would have been proud of Stanford, which pounded out a 30-25, 30-20, 30-18 victory behind four talented Hawaiian players. Sophomore Libero Erik Shoji had 10 digs, several of which led to critical Stanford points, and setter Kawika Shoji, the National Player of the Year and Erik’s older brother, was his usual consistent and dynamic self, collecting 47 assists and 10 digs. A third Hawaiian, Spencer McLachlin, added 12 kills.

But the star was sophomore Brad Lawson, who, like Kawika Shoji, attended ‘Iolani High School in Honolulu. Lawson had 24 kills, some of spectacular velocity, and made just one hitting error, that coming on a rules violation. He finished with an .821 hitting percentage, and also had four service aces and just one serving error.

The 2010 women’s tournament brought one of the most highly anticipated NCAA Championship matches of all-time. It ended with No. 1 Penn State (38-0) becoming the first team ever to claim three consecutive national titles, with a 22-25, 20-25, 25-23, 25-21, 15-13 victory over second-seeded Texas (29-2).



Penn State and Texas held the top two spots in every version of the sports polls during the season, occupied the top two seeds in the NCAA tournament and lost just one set apiece in the Tournament en route to advancing to the title match. Their combined 66-1 record coming in was the second-best ever among teams in the final. Despite the high expectations, this match didn’t disappoint - delivering an individual performance for the ages, high-level play all the way and a stirring comeback from the champions.

In what seemed to be fitting, the match came down to one final set - and it was just as exciting as the rest of the match.



The score was tied for the 10th time in the fifth at 12-12, when Darcy Dorton's kill nudged Penn State ahead. On the next point, Texas' Destinee Hooker sent an attack attempt long - which gave the Nittany Lions a match point. After a timeout, Juliann Faucette put down a kill from the right side to pull Texas to within one, at 14-13. But National Player of the Year Megan Hodge took a big swing from the left side that would ricochet off the Texas libero's hands and into press row to give the Nittany Lions an improbable comeback and the title. It matched the closest fifth set in NCAA title match history (UCLA defeated Stanford by that fifth-set score in 1984).

Hodge - a four-year First-Team All-American - led her team with 21 kills, 13 digs and five blocks. Penn State also got 13 kills and 14 digs from Blair Brown, plus 13 kills on .323 hitting from Darcy Dorton, 22 digs and two aces from Alyssa D'Errico and nine blocks from Fatima Balza.

Volleyball is also an Olympic sport. At the 2008 Olympics, both women and men had 12 teams in competition.

Medalists in the 2008 Beijing Olympic Indoor and Beach Volleyball competition are listed below.

Indoor Competition:

Men's:

- GOLD - USA
- SILVER - BRAZIL
- BRONZE - RUSSIAN FEDERATION

Women's:

- GOLD - BRAZIL
- SILVER - USA
- BRONZE - CHINA

Beach Competition:



Men's:

GOLD - UNITED STATES

SILVER - BRAZIL

BRONZE - BRAZIL

Women's:

GOLD - UNITED STATES

SILVER - CHINA

BRONZE - CHINA

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.

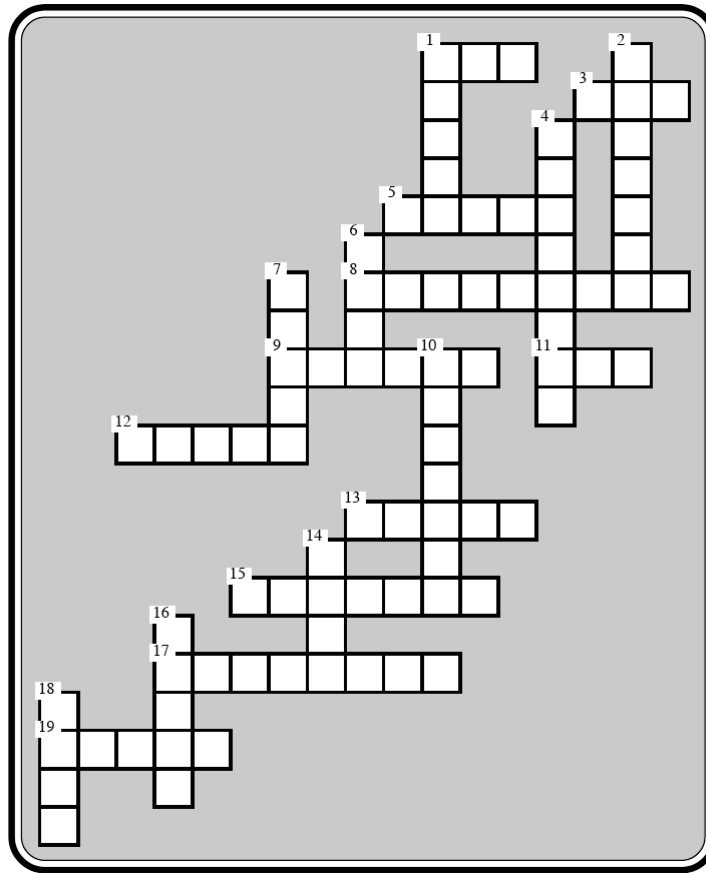
You can also find out more by visiting these volleyball web sites on the internet:

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

<http://www.usavolleyball.org>

Name: _____ Date: _____

Physical Education 1 Crossword

**Across:**

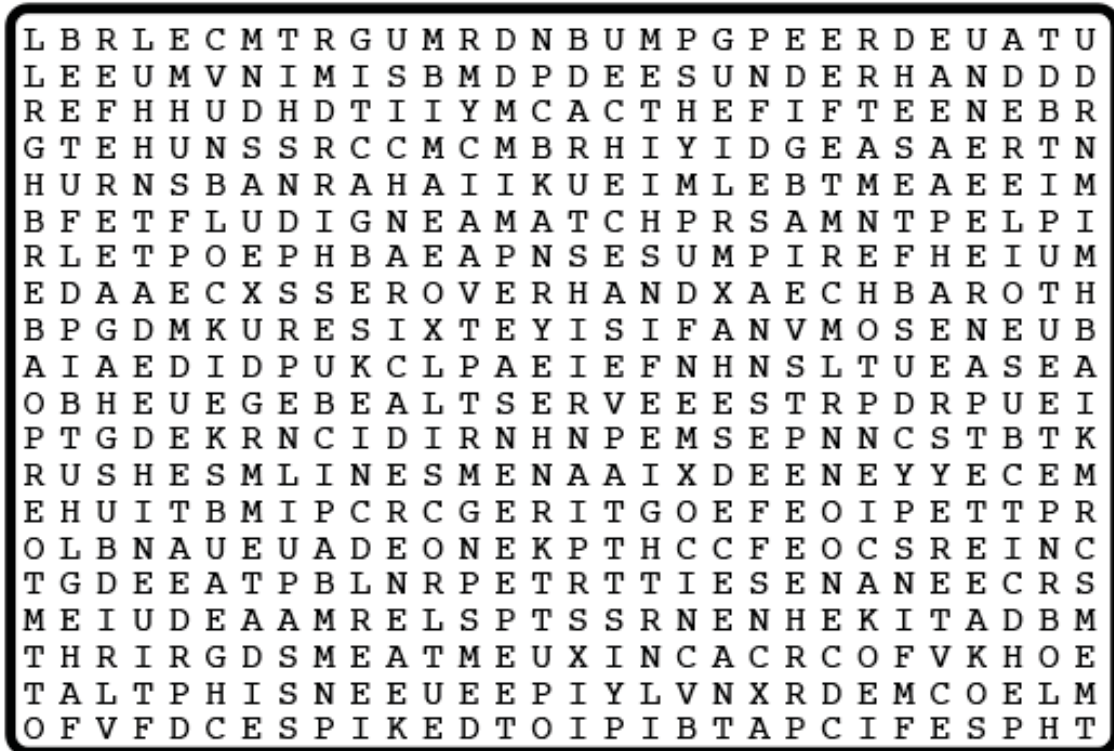
1. The number of players on a volleyball team
3. A type of forearm pass
5. The ball is put into play when one team does this
8. To serve with the heel of the hand
9. This person assists the referee
11. It is three feet high and is located in the center of the court
12. The top of the net is ____ feet from the floor
13. Most number of times the ball can be volleyed across the net
15. First volleyball was made of this from a basketball
17. They assist the referee
19. Three out of five 15-point games

Down:

1. Fast offensive hit to a specific spot
2. Total points in a game
4. Most popular serve technique
6. The forearm bounce pass- _____
7. It is 30 feet wide and 60 feet long
10. Chief official for a volleyball game
14. The palm does not touch the ball during a _____
16. Defensive technique to stop spiked balls
18. Institution where volleyball was founded

Name: _____ Date: _____

Physical Education 1 Word Search



Use the clues below to discover words in the above puzzle. Circle the words.

1. It is 30 feet wide and 60 feet long
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20. This person assists the referee