

How to Play Volleyball



Volleyball Player Rotation

- Players rotate in a clockwise position.
- Position of players in order of the serve:
 - Right Back
 - Right Front
 - Center Front
 - Left Front
 - Left Back
 - Center Back
- Position of players at net
 - LF CF RF
 - LB CB RB

Basic Rules of Volleyball

- Each team has three hits to attempt to return the ball.
- The volley continues until the ball hits the playing court, goes out of bounds, or a team fails to return it properly.
- When the serving team wins a volley, it wins a point and the right to continue serving.
- During this volley a player may not hit the ball twice in succession. One or both hands may be used.

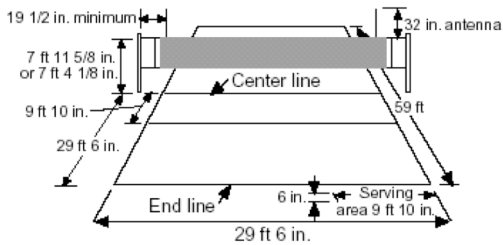
Fouls and Errors

- A player touches the net with any part of the body or hands, or reaches over the net.
- All of a player's foot goes over the center line.
- A player's fingers or hands make a "double hit" contact with the ball.
- A player hits the ball out of the boundaries of the court.

Scoring


- Every time a team wins a rally they are given a point.
- When the serving team fails to score, it is *side out* and the receiving team becomes the serving team.
- The game is played to 25 points and you must win by two points.

Court Diagram



Common Volleyball Terminology


- **Ace** Serve that results directly in a point
- **Dig** Passing a spiked or powerfully hit ball
- **Deuce** Any tie score of 14 points or more
- **Pancake** When player extends hand, palm down on floor, so that ball bounces off the back of the hand
- **Side out** When the receiving team wins the rally
- **Spike** A hard overhand hit with one hand over the net
- **Foot fault** Stepping completely over center line or stepping on or over baseline on the serve
- **Set** A two-handed pass above waist level
- **Bump/Forearm pass** A two-handed underarm pass below waist level




Skill cues: THE SERVE

- **Underhand**
 - Step forward with opposite foot
 - Swing arm straight back
 - Contact at heel of hand
 - Follow through
- **Overhand**
 - Step forward with opposite foot
 - Swing arm back and make a "L"
 - Contact with open hand at palm
 - Follow through

The Bump




- Ready position with hands as though they are on a table
- Contact with a flat platform
- Shoulders pointed at target
- Follow through (don't swing arms above shoulders)



The Set

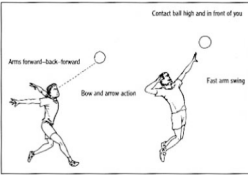
- Hands above head
- Index and thumb form a triangle
- Extend arms and legs
- Line right shoulder parallel to net



The Spike

- Approach for Right handed- Left, Right, Left, Feet together
- Approach for Left handed- Right, Left, Right, Feet together
- Arm Motion: Swing both arms up and take spike arm back (think bow and arrow)
- Contact with open hand and snap wrist
- Follow through

The spiking Arm Motion



- Arm Motion: Swing both arms up and take spike arm back (think bow and arrow)
- Contact with open hand and snap wrist
- Follow through
