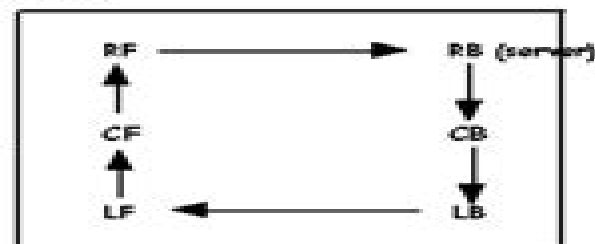


Volleyball Worksheet

RULES

Teams

- A team consists of 6 players on their side of the court at one time. Player positions are: right front - RF, center front - CF, left front - LF, right back (serving position) - RB, center back - CB, and left back - LB.
- All players must be on the court during the serve, except the server.
- After the serve, all players are allowed to go out of bounds to hit the ball.



Basic Volleyball Hits

- Bump/Forearm Pass/Underhand Pass - Used to pass the ball to a teammate. Hands together; keep arms straight; bend your knees, do not swing your arms; contact ball with the flat part of your forearms.
- Set/Overhead Pass/Fingertip Pass - Used to set up a teammate for a spike. Create a triangle with your hands, elbows out, bend your knees, use fingertips, and pop the ball up in the air.
- Spike - A ball which is hit from above the net in a downward manner, into the opponent's court.
- Underhanded Serve - Keep the ball at waist level, do not toss the ball, step with your opposite foot, and contact the ball with the wrist area of your arm.
- The most successful 3-hit succession is PASS - SET - SPIKE.

Playing the Game

- A point is scored on every play/serve; and a score is worth 1 point.
- The ball is served by the player in the RIGHT BACK position, and s/he will continue serving the ball until that team fails to score a point.
- When one team loses their serve it is called a side out, and the other team will rotate positions and then they get to serve the ball.
- You only rotate when you win the serve (which is a side out); and your team will then rotate one position in a clockwise direction.
- Before each serve, the server will call out the score of the game by saying his/her team's score first, followed by the score of the other team. So if your team has 2 points and the other team has 1 point, you would say "2 serving 1," and then serve the ball.
- Three hits are allowed on each side, but no more than 3. A team can hit the ball less than 3 times per side.
- A game consists of 25 points, and you must win by 2.
- A match consists of 3 games to 25 points. The team who wins 2 out of 3 games wins the match.

Rules

- The ball can touch the net at any time and still be in play.
- A player cannot touch the net or go over the middle line at any time during the game.
- The same person cannot hit the ball twice in a row.
- The service line is 10 yards away from the net, and the server must stand behind this line.
- A foot fault occurs when the server steps on or over the service line.
- The sidelines mark the left and right sides of the court, and they are 10 yards apart.
- All lines are "in," so any ball that hits the line is considered good or in-bounds.

Volleyball Study Guide Physical Education

G Orfield



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