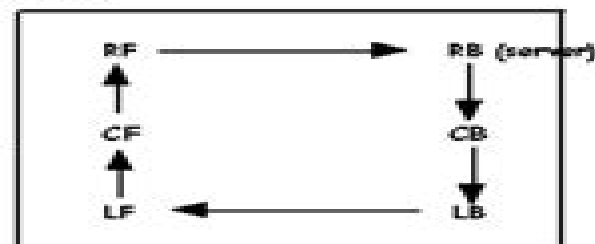


Volleyball Worksheet

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

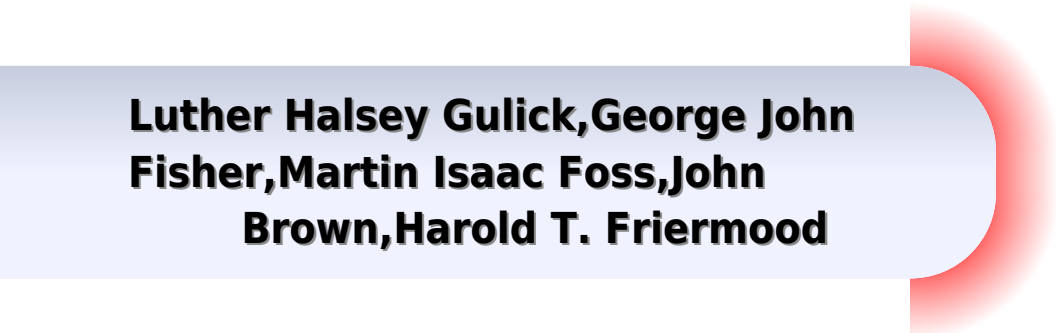
- A point is scored on every play/serve; and a score is worth 1 point.
- The ball is served by the player in the RIGHT BACK position, and s/he will continue serving the ball until that team fails to score a point.
- When one team loses their serve it is called a side out, and the other team will rotate 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

**Luther Halsey Gulick, George John
Fisher, Martin Isaac Foss, John
Brown, Harold T. Frierhood**



Volleyball Study Guide Physical Education:

A Comprehensive Guide to Sports Skills Tests and Measurement D. Ray Collins, Patrick B. Hodges, 2001 Contains 86 skills tests for 28 sports from the junior high through college level Entries on tests offer descriptions directions and educational applications and give notes on time and personnel needed equipment and supplies scoring method and norms and validity and reliability Chapter bibliographies include all sports skills tests constructed for a sport whether authenticated or not Lacks a subject index Collins teaches physical education and sport science at St Cloud State University Hodges teaches physical education at Sinclair Community College Annotation copyrighted by Book News Inc Portland OR

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