

Volleyball Study Guide

History

- YMCA Director William G. Morgan invented the game of volleyball in 1895 in Holyoke, Massachusetts. It was devised as a recreational activity for businessmen who wanted a game that had less physical contact than basketball. He borrowed the idea of the net from tennis, the ball from basketball, the use of hands in handball and the 9 innings (first rule) based from a baseball game.
- Morgan originally called the game "mintonette".
- Dr. George Fisher is known as the "father of volleyball" for his organization of the United States Volleyball Association (USVBA) which was established in 1928.
- Volleyball was spread through missionaries and soldier during world war.
- Volleyball was introduced to the Olympic Games in Tokyo in 1964. In 1984, the US men won their first Olympic Gold Medal in Volleyball. In recent years, the game has evolved to include more action and force through the use of power volleyball skills.

Player Position

1. RB = Right back/server
2. CB = Center/Middle back
3. LB = Left back
4. RF = Right forward/right side hitter
5. CF = Center forward/middle hitter
6. LF = Left forward/outside hitter



Game

- Volleyball is a game played by two teams of 6 players, each on a rectangular court separated into two areas by a net.
- One team serves the ball over the net, trying to make it land with the opponent's playing area.
- The receiving team shall return the ball over the net in a manner that it should land in the opponent's playing area.
- Every time the ball hits the floor a point is scored. This method of scoring is known as rally scoring.

Scoring

Rally scoring is when the serving team wins a rally, they score a point. When the receiving team wins a rally, they gain a point and the right to serve. Games (Sets) are played to 25 points with a minimum two-point advantage wins a set (no cap). Winning 2 out of 3 sets completes the match. If both team wins a set each, the final set goes to 15 points.

Etiquette

- announce the score before each serve
- roll the ball under the net when returning it to the server
- do not kick the volleyball
- play the ball only when it is near you allowing other teammates an opportunity to be part of the game. (Although competition is an integral part of the game, cooperation is important in setting up the ball and accomplishing other team strategies.)

Skills in Volleyball

Forearm Pass - Method of passing the ball by bouncing it simultaneously off of both forearms. Commonly used for serve reception, passing a hard spiked ball, or passing a ball lower than the nose or away from the middle of the

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Thomas R. Klassen, Christine Menges



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web jun 23 2023 juicing is a great way to boost the quality of your diet especially if you don t enjoy eating your fruits and vegetables or are simply looking for a way to get additional