

HISTORY OF VOLLEYBALL

In 1895 at a Holyoke YMCA gymnasium in Mass, William G. Morgan, designed a new game called "Mintonette" where an inflated basketball bladder was hit around by two teams over a rope. Rules at the time stated that the ball had to be hit from one player to another and catching, holding or throwing was not permitted. In its initial format, mintonette required nine players to play and they were placed in three rows of three. Team rotation was necessary in order to ensure that all players took turns playing the various positions on the court.

In 1896 at a YMCA Conference, the name of this game was changed to "Volleyball". Subsequently, the net height was raised and the teams were reduced to six players. American troops introduced this new sport into Western Europe in 1918. Before the year was over it was played in England and soon Volleyball spread worldwide, partly because of the YMCA movement at the time. It became very popular in Russia and Japan.

VOCABULARY:

ACE-When a ball is served to the other team and no one touches it.

ASSIST -- A ball placed in the air that is attacked for a kill.

DIG-When a player makes a save from a very difficult spike.

KILL-When a team spikes the ball and it either ends in a point or a sideout.

BLOCKING -- a defensive play; the action of stopping or slowing the returning spiked ball with hands above and near the net

BUMP/FOREARM PASS -- usually the first play by a team; used to get the ball to the setter; performed with the forearms

DEAD BALL -- ball that is out of play

DINK -- a fake spike; playing the ball gently over the block with the finger tips

FOOT FAULT -- stepping on or over the end line before or during the serve, or stepping completely over the center line

GAME POINT -- the last point in the game

MATCH -- to win 2 of 3 games or 3 of 5 games

POINT -- awarded to either team for any infringement of the rules.

ROTATION -- the act of shifting positions in a clockwise direction after a side-out before the next person serves

SERVICE -- putting the ball into play by the right back

SET -- a high pass that is generally the second play by a team to relay the ball to the spiker

SIDE-OUT -- ending a team's right to serve following an infringement of a rule by the serving team

VIOLATION -- a foul

Mr. Norman Lightbourne (Coach)

Volleyball Study Guide Physical Education

Michael Hoelscher



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