

S.M.S Volleyball Review Sheet

A. History

Volleyball was invented in Holy, Massachusetts in 1895 by Mr. William C. Morgan. In the summer of 1988, our country took the Olympic Gold in Men's Volleyball. Before that, the U.S. Women took the Silver Medal in the 1984 Olympics.

B. Game Play / Scoring

Volleyball is traditionally played with six (6) players. The player positions are as follows: 1) rightback 2) rightfront 3) centerfront 4) leftfront 5) leftback 6) centerback.

The player in the rightback position will always serve the ball first. The next player to serve is the rightfront, then the centerfront, etc.. Realize the players are rotating in a clockwise direction.

Each game is played up to 15 points, and one team has to win by 2. The winner is the team that takes 2 out of 3 games known as a match.

C. Volleyball Terms

1. Service- the act of putting the ball into play at the beginning of the game and after each sideout or point.
2. Sideout- When the serving team violates a rule, the ball is given to the serving team's opponent and no points are awarded.
3. Rotation- the clockwise movement of players on the court after the serve has been gained by a sideout.
4. Out-Of-Bounds- A ball is out of bounds when it touches the floor outside the boundary line. A ball which lands on the line is in.
5. Match- The best two out of three games.

D. Types of Fouls

1. Double Hit- This is when a player illegally contacts the ball twice in a row before the ball is returned over the net into the other court.
2. Net Foul- This is when a player does any of the following:
 1. Touches the net, net supports, or referee's platform.
 2. Reaches over the net illegally.Result of a net foul is a sideout or point.

3. Net Serve- A served ball that touches the net in any way.
Result of a net serve is a side out and loss of serve.
4. Foot Fault- The server before contacting the ball on a serve steps on or over the endline.

E. Legal Plays

1. ball touches the net on a volley
2. ball touching ceiling and coming down on the same side of the net.
3. two players on the same team touching the ball at the same time.
4. leaving the court in an attempt to play the ball.
5. ball landing on the boundary line.
6. player stepping on the center line.
7. blocking a serve.

F. Illegal Plays

1. ball touching the net on a serve
2. ball hitting the ceiling and going over the net.
3. hitting the ball four times on one side of the net.
4. any illegal hit. (throw, carry, scoop, catch, double hit)
5. player touching the net.
6. Spiking a serve.

G. Volleyball Skills

1. Bump- contacting the ball with the underside of both forearms with hands joined. Used to receive the serve and usually the first hit on a side.
2. Set- a ball passed into the air using the finger tips above the head. A set is usually the second hit on a side and is used to set up a teammate for a spike or drive.

3. Drive- An overhand hit using the heel of the hand, with both feet positioned on the ground during contact.
4. Spike- A leap into the air and a sharp downward hitting of the hand, into the opponents court.
5. Underhand Serve- The most common and easiest method of serving.
The underhand serve is done in the following way.
 1. opposite foot forward
 2. ball hit directly out of the opposite hand. (no toss)
 3. contact the ball with the heel of the hand.
 4. follow through at your target.
6. Overhand Serve- The most effective, but difficult serve.
Keys to the overhand serve include:
 1. opposite foot forward.
 2. a 2-3 foot accurate toss.
 3. contact the ball with the heel of the hand above the head.