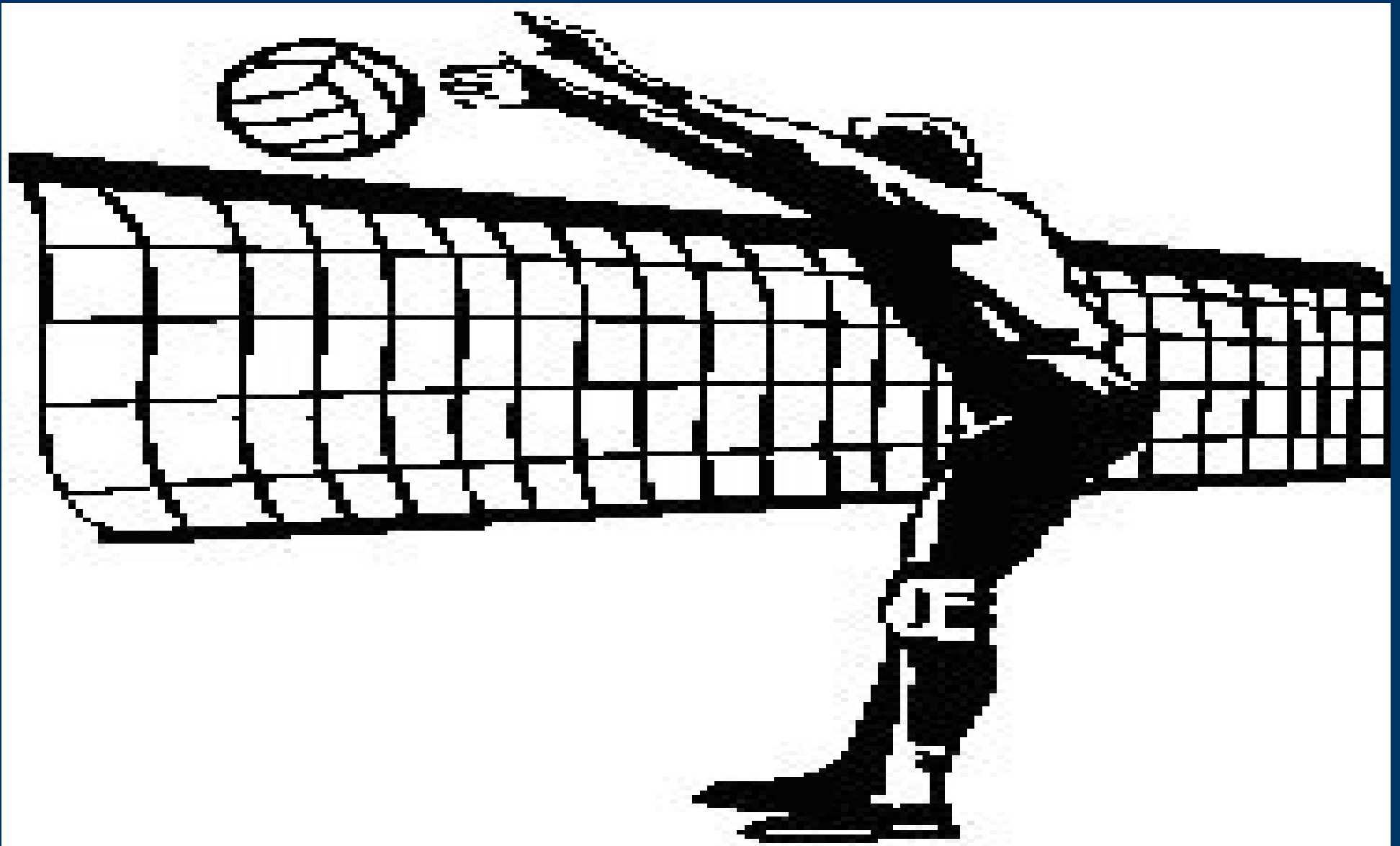


VOLLEYBALL by PE Department

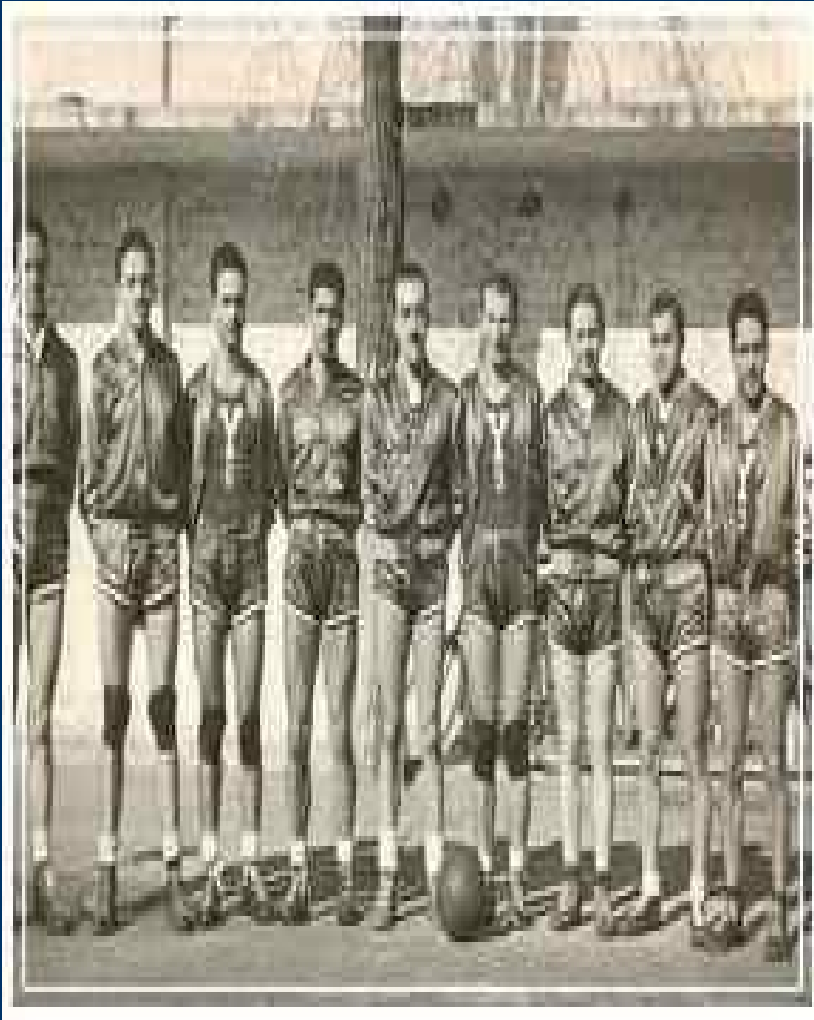


VOLLEYBALL



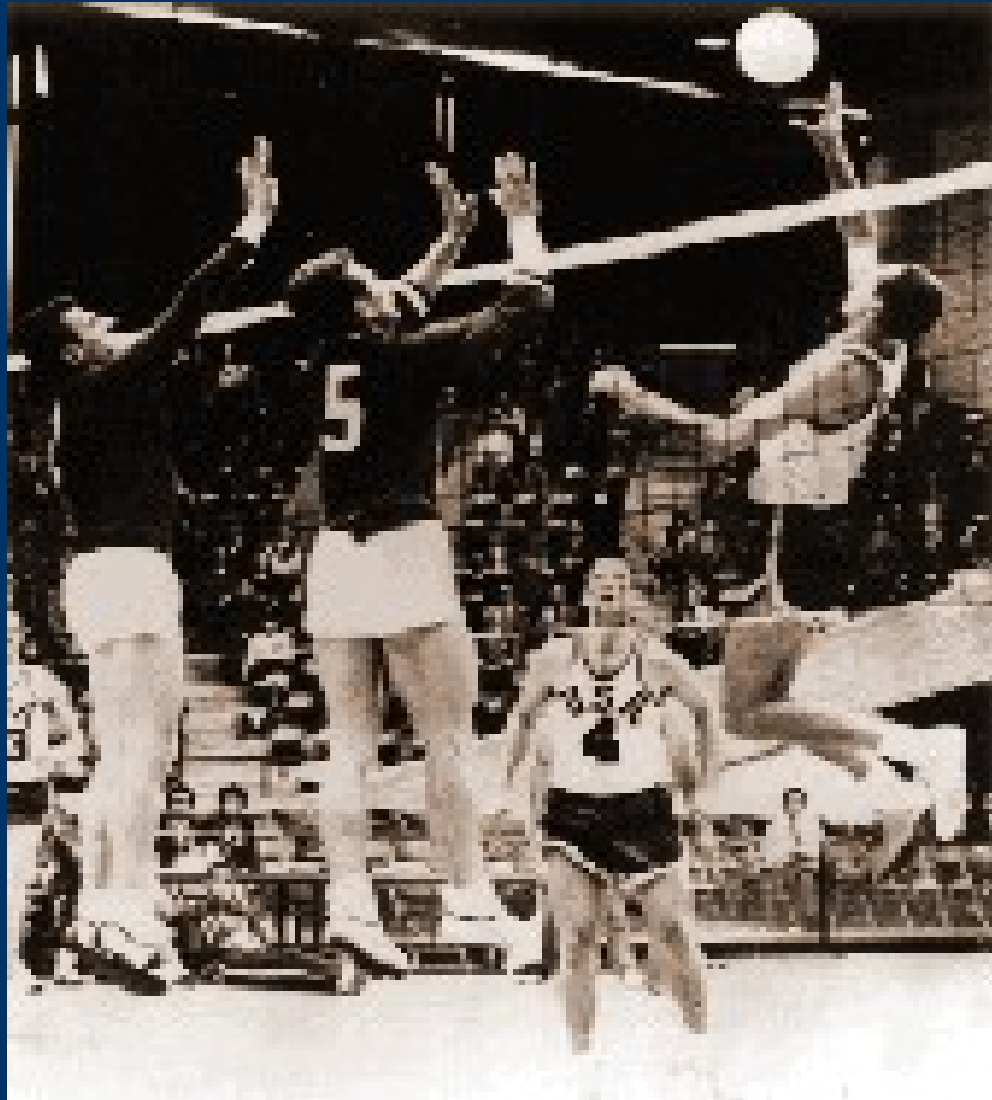
- Volleyball is an Olympic team sport in which two teams of six players are separated by a net (2.43).
- The ball is usually played with the hands or arm but players also can use any part of the body.
- Nowadays the rules are been modified to increase spectacle.

VOLLEYBALL



- Volleyball was created by a P.E. teacher (W.G. Morgan) at YMCA, Massachusetts.
- He wanted to create game that can be played on a court during the cold winter.
- The first written rules by Morgan consisted of nine players with a larger court.
- Volleyball became Olympic sport in 1964, however women's volleyball was not part of Olympics until 1972.

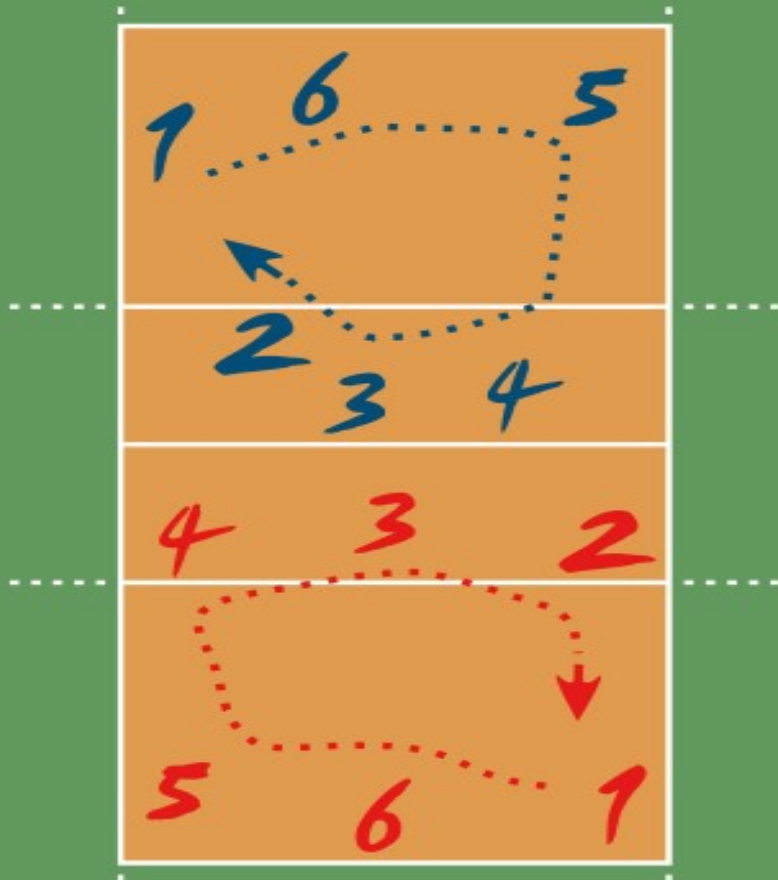
ORIGIN AND HISTORY



RULES

- The complete rules of the volleyball are extensive, but in general, play proceeds as follows: Points are scored by grounding the ball on the opponents' court, or when the opponent commits a fault.
 - The first team to reach 25 points wins the set and the first team to win three sets wins the match.
 - Teams can contact the ball no more than three times before the ball crosses the net, and consecutive contacts must be made by different players.
 - Each team consists of 6 players with two attacking , one setting and three defending. These players rotate their position throughout the game.
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ROTATION



- A volleyball rotation consists of teams that will rotate when they win the serve.
- Players must rotate in a clockwise manner, if they don't do this, they lose the serve.
- There must be 6 players on each side.

SCORING



- When the ball contacts the floor or a team makes an error, a team won a point.
- the team that won the point serves for the next point.
- The match lasts for three games of 25 points. the team wins when there is two point difference. Ex 25-23/ 26-24.

VOLLEYBALL SKILLS



- Volleyball is a very technical sport and there are six basic skills that you have to control:
- **Serve, pass, set, block, attack and dig.**

SERVICE

- There are two types of serve, **underarm** and **overarm**.
- Both refers to whether the player strikes the ball.
- Underarm serve is considered more easy to receive so is rarely used in high level competition.
- Service is considered the first attacking hit of a team.



PASS



- A control pass is usually the first contact made by a team.
- It is a defensive contact usually made by a defender player.
- It is made with the forearm to prepare for the set pass.

SET



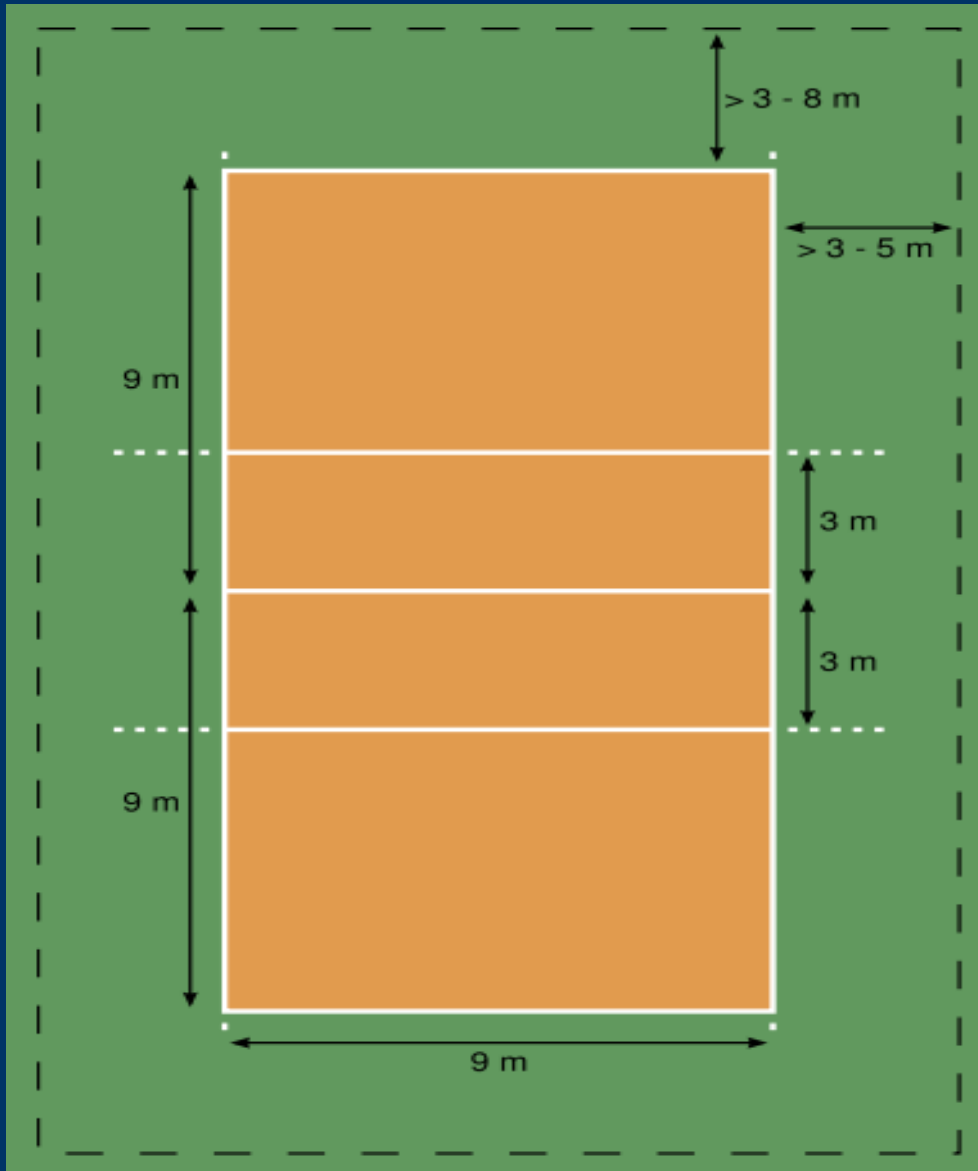
- This is usually the second contact in order to prepare the ball for the attack.
- It is made with your hands spreads using your fingers for contact.
- The player who made the set is called "setter".

Blockade and Finishing touch (attack)



- The **attack** is usually the third contact. The aim of attacking is to land the ball on the opponents court.
- It is a powerful hit made by the attackers.
- **Blocking** refers to the action taken by the players standing at the net to stop the opponents attack. It is usually done by two players but in high level competition we can find a tripleblock.

THE COURT



- The game is played on a volleyball court 18 meters long and 9 meters wide, divided into two 9×9 m² halves by a net. the top of the net is 2.43 meters above the center of the court for men's competition, and 2.24 meters for women's competition .
- There is a line 3 meters from the net which is considered the attack line.

PLAYERS SPECIALIZATION



PLAYERS SPECIALIZATION

- We can find five positions:
 - **Setter:** Have the task to organized the offensive. He have to put the ball with the second touch in the right position to the attackers.
 - **Liberos:** They wear different colors and play as a defenders to receive the attack or serve. Líbero means free as they have the ability to substitute for any other player during the play.
 - **Middle blockers or hitters:** They perform a very fast attacks near the setter, they are specialized in blocking. Every team must have two middle hitters.
 - **Outside hitters:** They are the most consistent hitter, in profesional teams therea are two outside hitters too.
 - **Defenders:** They have the task to defend the attack of the other team and to put up a good ball to the setter, usually by a pass contact.
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