

Teamwork sets you up for success



Volleyball

- Day 1 – /Bump (forearm pass) / Set (overhead pass)
- Day 2 – Serving (underhand/overhand)/Kings/Queens Court
- Day 3 – skill stations/, game play, and spiking
- Day 4 – Continue game play
- Day 5 - Blind Volleyball



What – I am learning about two skills used in volleyball (bumping, and setting)

Why Am I learning this?

The bump and set are two skills that you will need to be able to execute to play a game of Volleyball. Also, Volleyball is a lifelong sport. Volleyball is not only good exercise, but also involves team cooperation and spirit. As a result, Volleyball can improve your social health as well.

(Learning Target) How will I demonstrate my learning?

I can demonstrate the bump and set with correct form while passing to a partner.

6.1.MS1. Send and receive a variety of objects, adjusting for speed and distance, while applying appropriate performance cues.
7.1MS1 8.1MS1

6.2. MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities. 7.2MC1 8.2MC1



Volleyball Facts and History

- Volleyball is the second most popular sport in the world, coming in second to soccer.
- It was first called mintonette.
- It was invented by William G. Morgan in 1895, in Massachusetts.
- William was very close friends with the guy who invented basketball, James Naismith.
- -William wanted to combine elements from baseball, handball, basketball and tennis.
- He was teaching a group of businessmen at the YMCA in Holyoke, Massachusetts, and wanted a game that was great exercise with less physical contact than basketball.
- The first official game of volleyball was held on July 7, 1896.
- Volleyball became an Olympic sport in 1964.



Volleyball Rules

The Serve

Server must serve from behind the end line until after contact.

Serve must be returned by a bump only. no setting or attacking a serve

A serve MAY graze the net before going over

Scoring

Offense will score on a defense miss or out of bounds hit.

Defense will score on an offensive miss, out of bounds hit, or serve into the net.

Game are played to 25 pts.

Must win by 2 points.

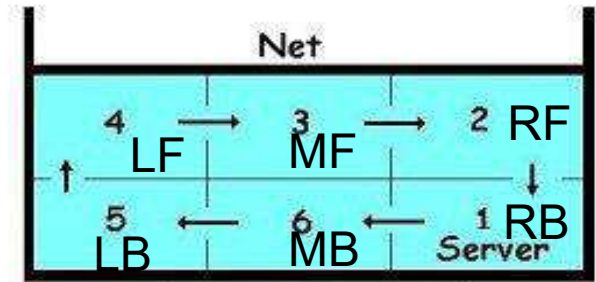
Final set played to 15 pts.

Rotation

Players shall rotate in a clockwise manner (left to right)

The serving team keeps the same server if they win the serve

The receiving team rotates clockwise if they win the serve



Court positions and rotation direction



Volleyball Rules Continued

Playing The Game

- 6 players on the floor at any one time - 3 in the front row and 3 in the back row.
- Maximum of three hits per side.
- Player may not hit the ball twice in succession (A block is not considered a hit)
- A player must not block or attack a serve.
- Touching or going under the net (on the opposing side) is NOT allowed. If caught, a point is awarded to the opposing team.

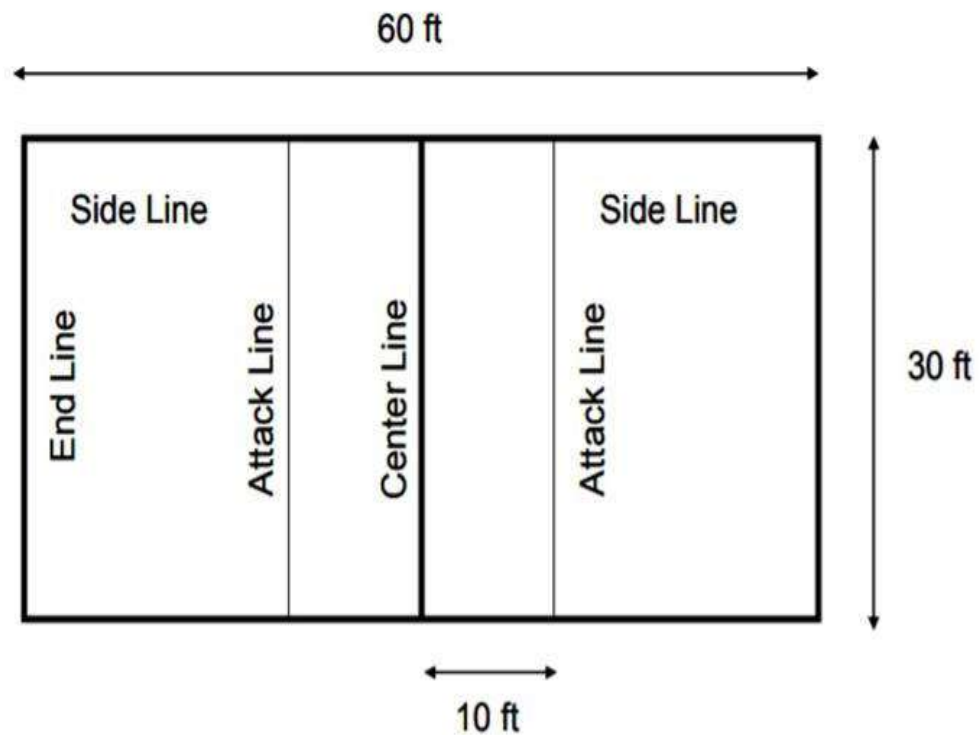
Net Height

For women the official height of the net is 7 feet 4 1/8 inches.

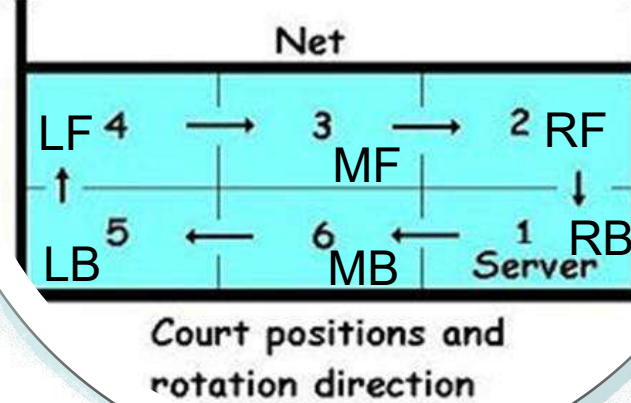
For men the official height of the net is 7 feet 11 5/8 inches.



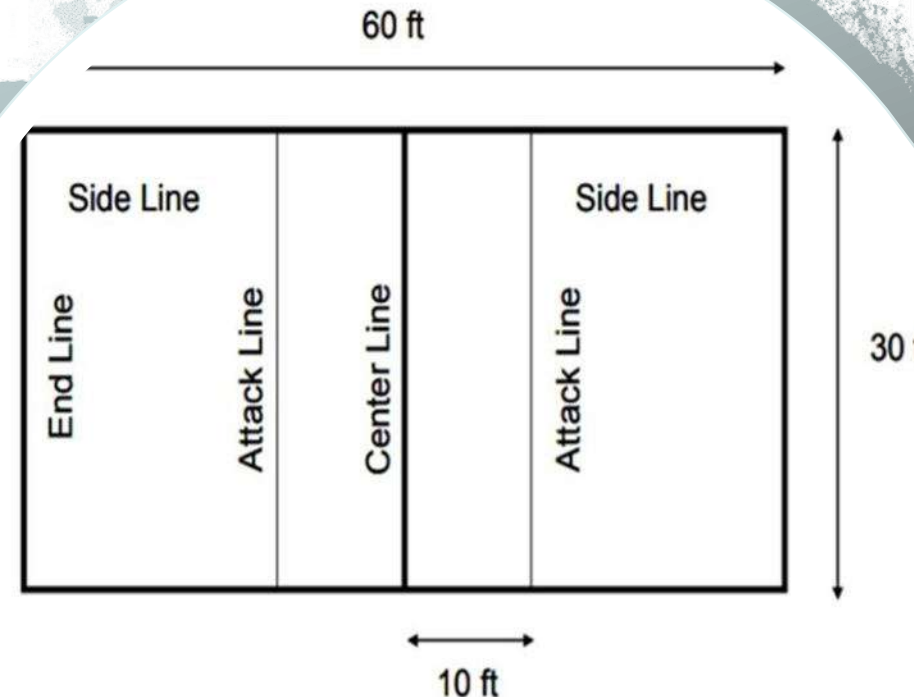
Court Dimensions



Player Positions



- **Front Row players (Left, Right, Middle)**
- Positioned in the frontcourt between the attack line and the net.
- These players mostly hit “spikes” into the opposite court and jump to “block” shots hit by the opposing side.
- **Backrow Players (Left, Right, Middle)**
- Play in the backcourt behind the attack line.
- They are responsible for passing the ball towards teammates who then “set” the ball to the spikers.
- Back row players play defense by digging opponent's attacks.
- A dig is a defensive bump that keeps the ball from hitting the floor when it's sent to your side of the court with an offensive attack, usually a spike.



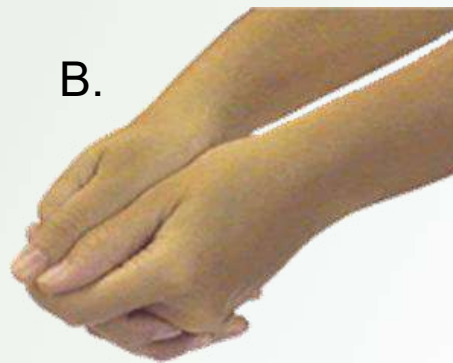
Skills

FOREARM PASS/BUMPING

Ideally the first contact after the opposition has served the ball.

Should be a pass to the setter.

Not exclusive to front or back row players. ALL players must be able to pass.



Critical Elements of Forearm Passing



Move to the Ball

Move so that the arms are below the ball.



Ready Position

Eyes on ball, knees bent, feet shoulder-width apart, one foot in front of the other, hands together, and arms parallel to thighs.



Extend to Hit

Wait until the ball is at a middle to low level. The ball contacts the lower half of the forearm. When the ball contacts the arm, it is below shoulder level. Legs extend as the ball is contacted to generate power.



Follow Through

Hands remain joined and arms do not go past shoulder level.

Cue set 1: move to ball, ready, hit and extend, follow through

Cue set 2: move, ready, lift

Cue set 3: move, ready, bump

Cue set 4: get under the ball, lift



Skills

Set- The set is usually the second contact that a team makes with the ball.

The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court.

The setter coordinates the offensive movements of a team and is the player who ultimately decides which player will actually attack the ball.



SPIKING (attack)

Is meant to be unreturnable to the opposing team.

A spike that is unreturned is called a kill.

Back row players CAN spike if they jump from behind the 3m (10 ft) line.

Teaching Spiking to Beginners

https://www.youtube.com/watch?v=08guf-U_jYY

- Cue 1(site 90) site the ball with the non-dominant hand and get into 90-degree angle with the striking hand.
- Cue 2 – Elbow lead
- Cue 3 Lift and whip (the dominant hand follows through)



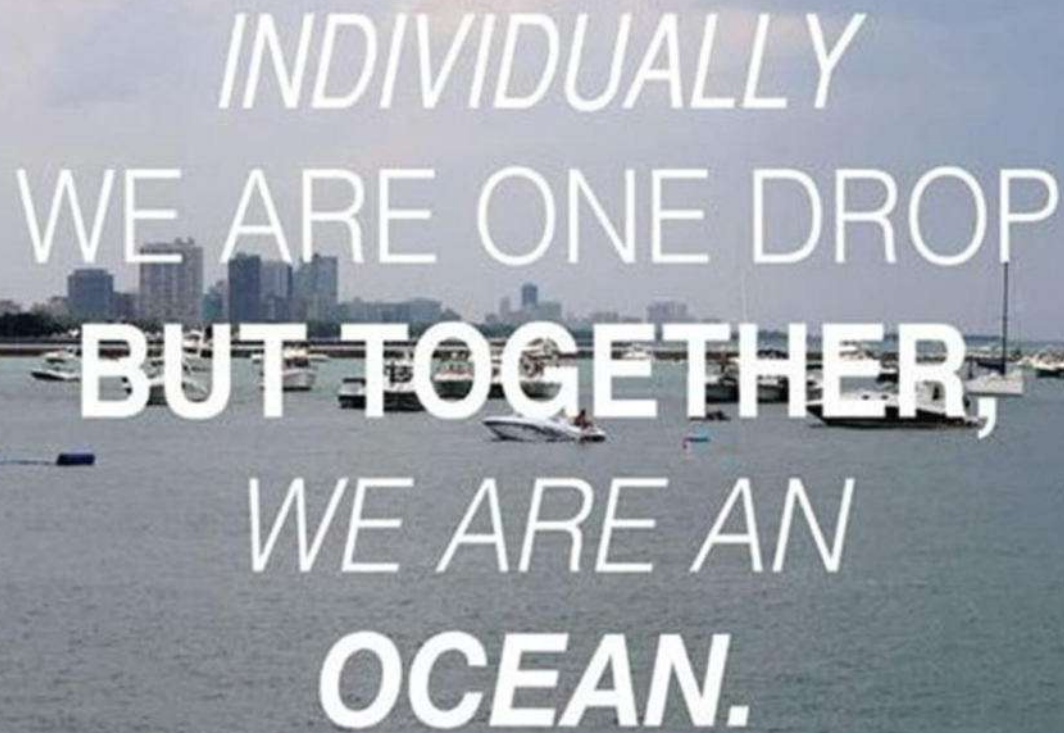
Exit Slip

1. **A ball that is served and hits the net and goes over is a playable ball.**
 - A. True
 - B. False

2. **A team may contact the ball a total of four (4) times before it is sent over the net.**
 - A. True
 - B. False



Quote of the day



INDIVIDUALLY
WE ARE ONE DROP
BUT TOGETHER,
WE ARE AN
OCEAN.



What – I am learning how to serve a Volleyball

Why Am I learning this?

The serve is a skill that you will need to begin a game of Volleyball. The serve is the first hit that takes place before the bump, set, and spike.

(Learning Target) How will I demonstrate my learning?

I can demonstrate the underhand serve with proper technique.

I can perform the overhand serve with proper technique.

6.1.MS1. Send and receive a variety of objects, adjusting for speed and distance, while applying appropriate performance cues.
7.1MS1 8.1MS1

6.2. MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities. 7.2MC1 8.2MC1



Serve - is the act of putting the ball in play by a player

Overhand



- The overhand serve is broken down into five simple cues.
- Bow, arrow, toss, step, and hit



Serve - is the act of putting the ball in play by a player

4 Steps to Master the Underhand Serve

<https://www.youtube.com/watch?v=E65rystfSWNQ>

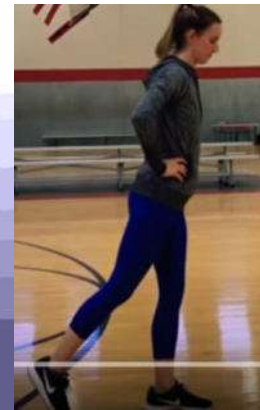
Step 1: Rock back and forth without a ball. This is where we learn how to transfer our weight forward, giving our serve more power!

Step 2: Add the arm swing! Rock back and forth, practicing making contact with the ball.

Step 3: Now try it holding the ball! Balance the ball in the left hand (for right-handed players) and rock back and forth, swinging your arm like you're going to serve.

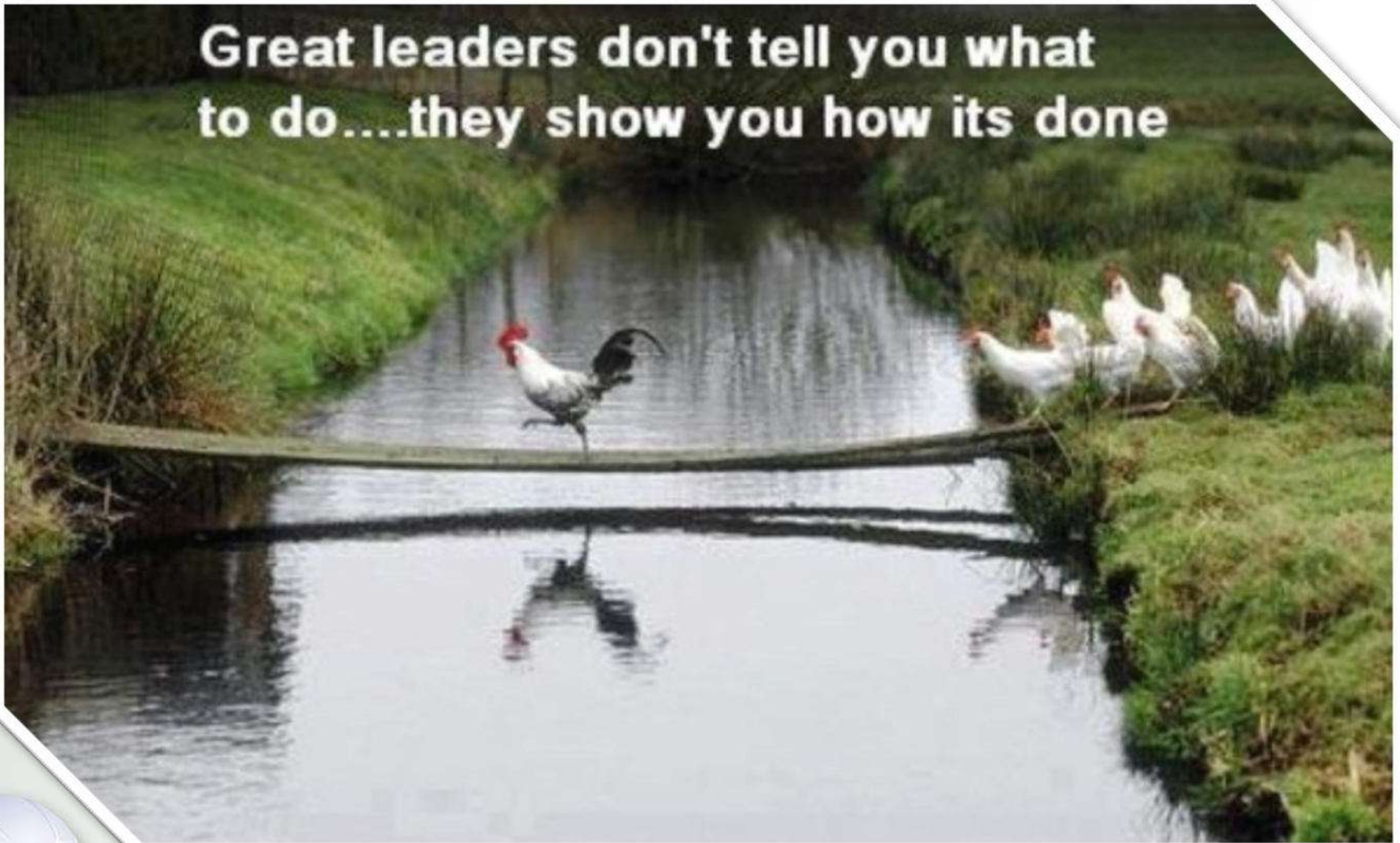


Step 4: *Drumroll please.....* SERVE!



Quote of the day

Great leaders don't tell you what to do....they show you how its done



Quote of the day

**IT'S NOT
ABOUT
THE PIECES
BUT HOW
THEY WORK
TOGETHER**



“Talent wins games, but teamwork and intelligence win championships.”

Michael Jordan

