

# Volleyball



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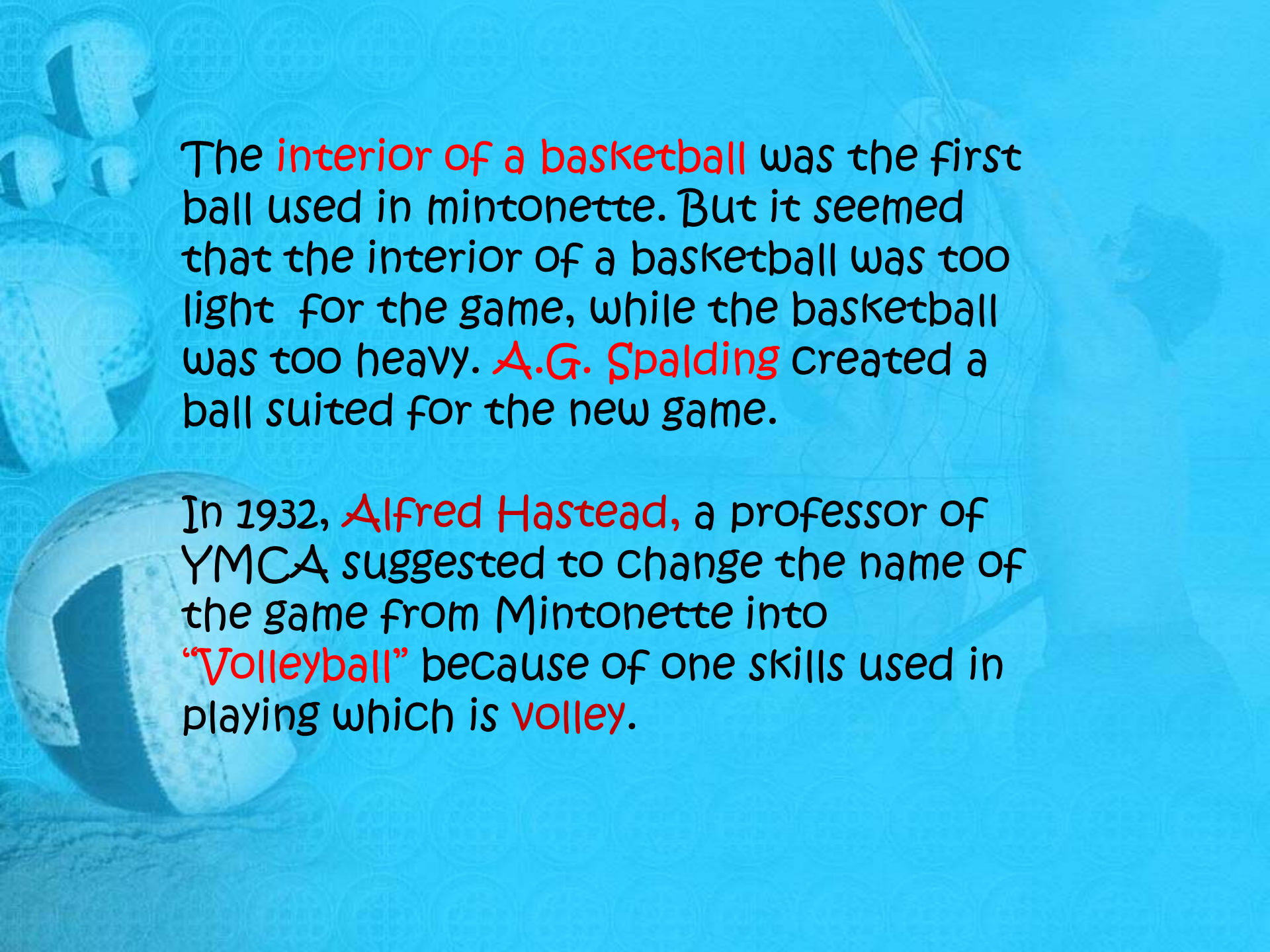
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**LECTURE-12: B.A. I, II & III (Course code: 785; 885; 985)**


On February 9, 1895, in Holyoke,

- ❖ **Massachusetts** (USA), William G. Morgan, a YMCA physical education director, created a new game called *Mintonette* as a pastime to be played preferably indoors and less strenuous than basketball.
- ❖ He divided a rectangular court into two equal parts by piles of books lined at the center of the court that serve as the net. Morgan called the game “*mintonette*” because of the net which he used to divide the court into two
- ❖ The *objective* of the game is to keep the ball on air by using the hands to hit the ball back and forth from one side of the court to another until one group misses the chance of hitting the ball back to the opponent's side.

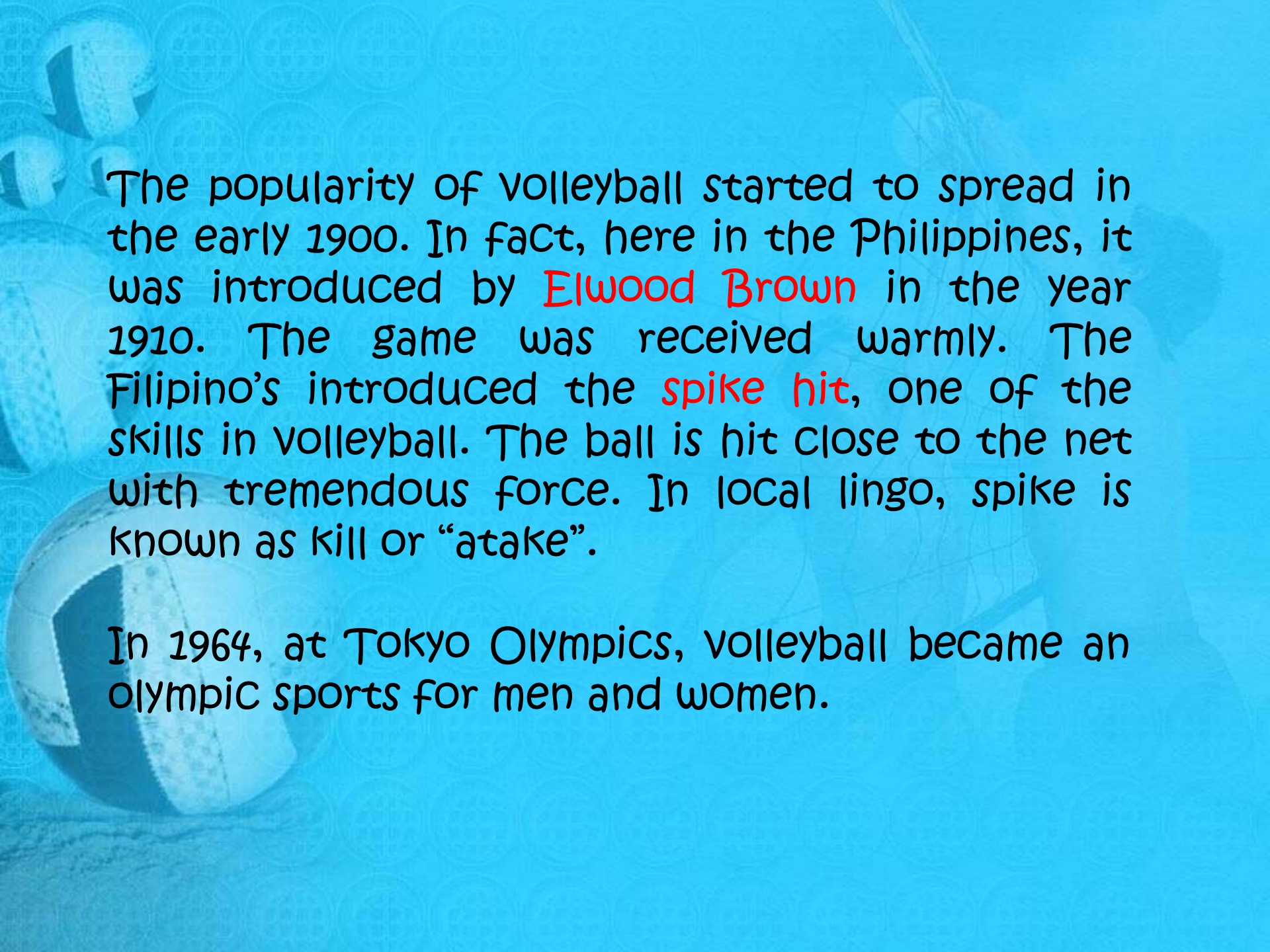




The **interior of a basketball** was the first ball used in mintonette. But it seemed that the interior of a basketball was too light for the game, while the basketball was too heavy. **A.G. Spalding** created a ball suited for the new game.



In 1932, **Alfred Hasteed**, a professor of YMCA suggested to change the name of the game from Mintonette into **“Volleyball”** because of one skills used in playing which is **volley**.

A background image of a volleyball player in a white jersey jumping to spike the ball. The player is in the air, with their right arm extended upwards to hit the ball. The background is a solid blue color.

The popularity of volleyball started to spread in the early 1900. In fact, here in the Philippines, it was introduced by **Elwood Brown** in the year 1910. The game was received warmly. The Filipino's introduced the **spike hit**, one of the skills in volleyball. The ball is hit close to the net with tremendous force. In local lingo, spike is known as kill or "atake".

In 1964, at Tokyo Olympics, volleyball became an olympic sports for men and women.



# Volleyball

- History
- How to play
- Equipment
- Common faults
- Skills
- Players
- Formations
- How to train
- References



- **Volleyball** is an Olympic team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules [. \[FIVB\]](#)





# History

On February 9, 1895, in Holyoke, Massachusetts (USA), William G. Morgan, a YMCA physical education director, created a new game called *Mintonette* as a pastime to be played preferably indoors and by any number of players.



The Fédération Internationale de Volleyball (FIVB), was founded in 1947, and the first World Championships were held in 1949 for men and 1952 for women.

The sport was officially included in the program for the 1964 Summer Olympics.



Beach volleyball, a variation of the game played on sand and with only two players per team, became a FIVB-endorsed variation in 1987 and was added to the Olympic program at the 1996 Summer Olympics.



Volleyball is also a sport at the Paralympics managed by the World Organization Volleyball for Disabled.



# How to play Volleyball

- A player on one of the teams begins a 'rally' by serving the ball, from behind the back boundary line of the court, over the net, and into the receiving team's court.
- The receiving team must not let the ball be grounded within their court. They may touch the ball as many as three times.
- The rally continues, with each team allowed as many as three consecutive touches
- The team that wins the rally is awarded a point, and serves the ball to start the next rally.
- The game continues, with the first team to score 25 points (and be two points ahead) awarded the set. Matches are best-of-five sets and the fifth set (if necessary) is usually played to 15 points.
- The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.





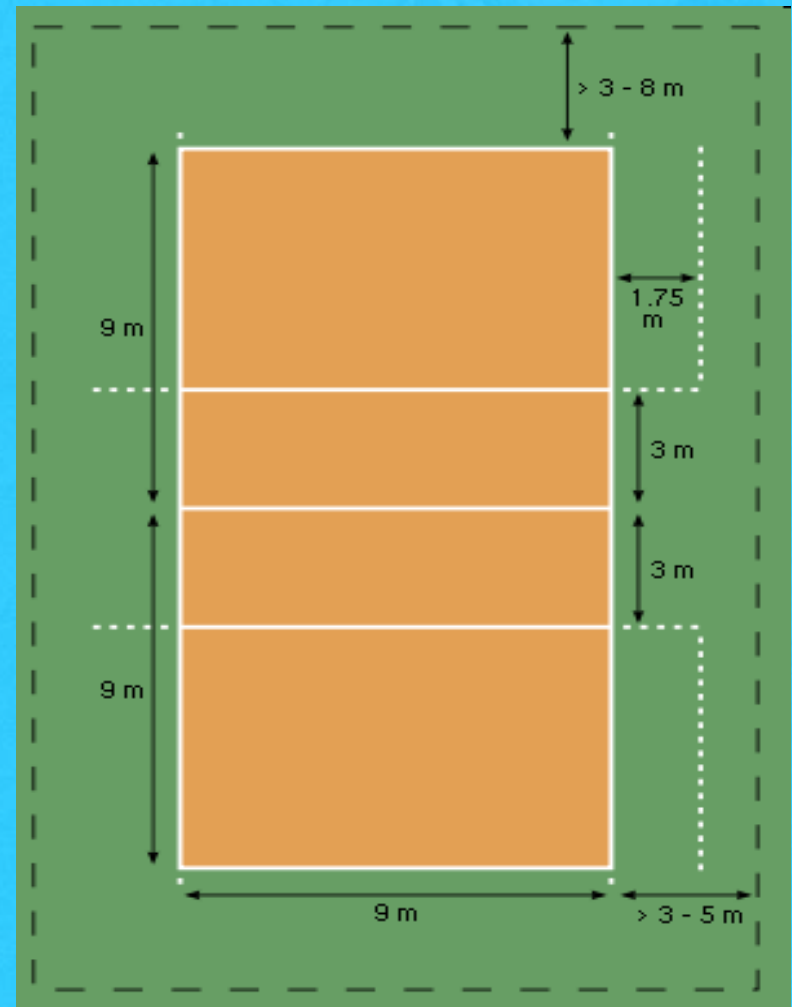
# Equipment

- **Ball:** made of leather or synthetic leather, have a circumference of 65–67 cm, a weight of 260–280 g and an inside pressure of 0.30–0.325 kg/cm<sup>2</sup>.
- **Net:** one-meter wide net placed so that the top of the net is 2.43 meters for men's competition, and 2.24 meters for women's competition.
- **Court**



# The court

- A court 18 meters long and 9 meters wide, divided into two  $9\text{ m} \times 9\text{ m}$  halves by a net.
- “Attack line” This “3 meter” line divides the court into “back row” and “front row” areas (also back court and front court).
- “Free Zone” which is a minimum of 3 meters wide and which the players may enter and play within after the service of the ball. If a ball comes in contact with the line, the ball is considered to be “in”.
- An antenna is placed on each side of the net perpendicular to the sideline and is a vertical extension of the side boundary of the court. A ball passing over the net must pass completely between the antennae without contacting them.





# Common faults

- Causing the ball to touch the ground outside the opponents' court or without first passing over the net.
- *Catching and throwing* the ball
- *Double hit*: two consecutive contacts with the ball made by the same player.
- Four consecutive contacts with the ball made by the same team.
- Net foul: touching the net during play.



# Skills and Techniques

- Skill
  - It is a action that we use in an activity.
  - e.g. service, pass, set, etc
- Technique
  - It is the way in which a skill is performed
  - e.g. Line and Cross-court Shot, Dump etc.



# Skills

Competitive team master six basic skills:

- Serve
- Pass
- Set
- Attack
- Block
- Dig.



# Serve

- A player stands behind the inline and serves the ball, in an attempt to drive it into the opponent's court.
- "ace" when the ball lands directly into the court or travels outside the court after being touched by an opponent.

Types of serves:

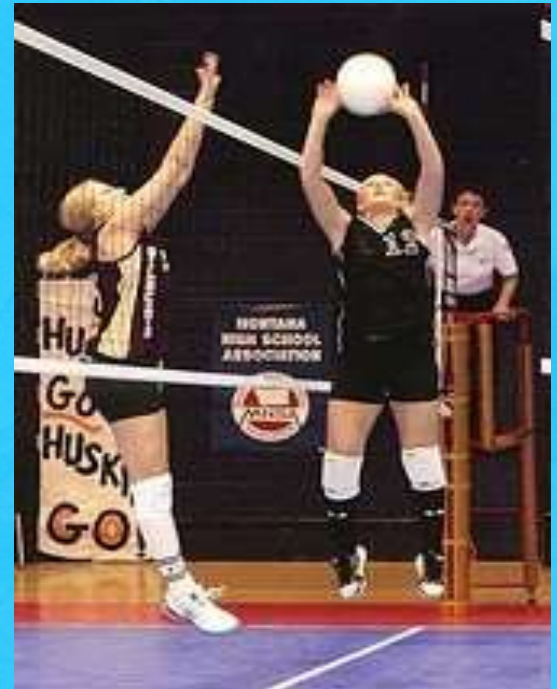
- Underhand:
- Sky Ball Serve:
- Topspin:
- Float:
- Jump Serve:
- Jump Float:





# Set

- It is usually the second contact.
- 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.
- Overhand and Bump Set.
- “Dump” When the setter tries to play it directly onto the opponent's court.



# Pass

- “Reception”, is usually the first contact.
- The main goal of passing is to prevent the ball from touching the court, and also making it reach the position where the setter is standing quickly and precisely.
- The skill of passing involves fundamentally two specific techniques:
  - underarm pass (bump), where the ball touches the inside part of the joined forearms or platform, at waist line.
  - overhand pass, where it is handled with the fingertips, like a set, above the head.





# Attack

- “*Spike*” is usually the third contact.
- The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended.
- Ideally the contact with the ball is made at the apex of the hitter's jump.
- The hitter uses arm swing, wrist snap, and a rapid forward contraction of the entire body to drive the ball.
- A 'bounce' /A "kill"

## Attacking techniques:

- Backcourt (or backrow)/pipe attack:
- Line and Cross-court Shot.
- Cut shot.
- Dip/Dink/Tip/Cheat/Dump
- Tool/Wipe/Block-abuse:
- Off-speed hit:
- Quick hit/"One":
- Slide:
- Double quick hit/"Stack"/"Tandem":





# Block

- Blocking refers to the actions taken by players standing at the net to stop or alter an opponent's attack.
- The jump should be timed so as to intercept the ball's trajectory prior to it crossing over the net.
- A "roof" offensive block, A "soft" defensive block
- Single (or solo), double, or triple block.
- The block position influences the positions where other defenders place themselves while opponent hitters are spiking.





# Dig

- Digging is the ability to prevent the ball from touching one's court after a spike or attack, particularly a ball that is nearly touching the ground.
- This skill is similar to passing, or bumping arms.
- "dive", "pancake".





# Players

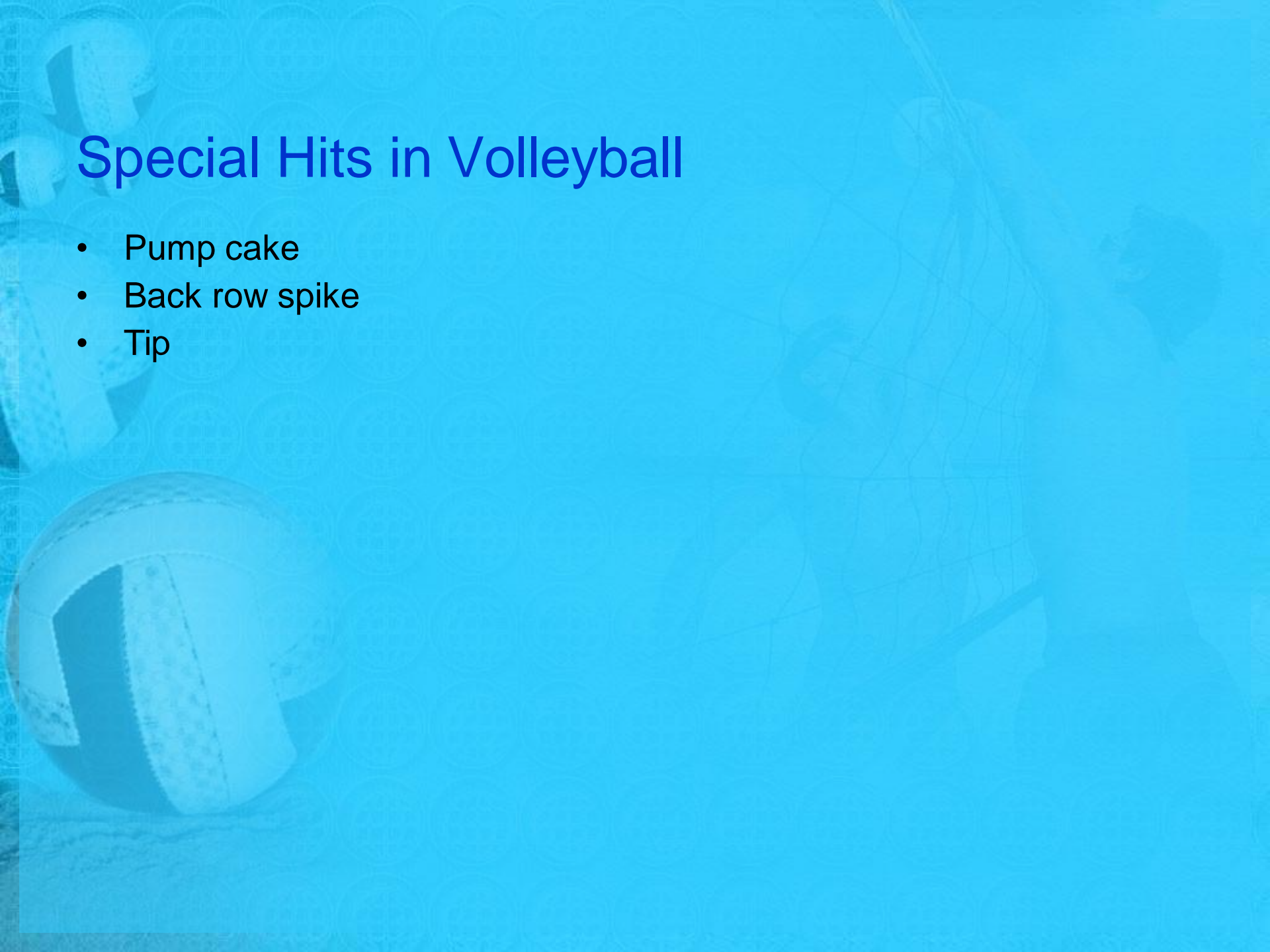
- **Setters.** They aim for second touch and their main responsibility is to place the ball in the air where the attackers can place the ball into the opponents' court for a point. Setters need to have swift and skillful appraisal and tactical accuracy, and must be quick at moving around the court.
- **Liberos** are defensive players who are responsible for receiving the attack or serve. They are usually the players on the court with the quickest reaction time and best passing skills.
- **Middle blockers** or **Middle hitters** are players that can perform very fast attacks that usually take place near the setter. They are specialized in blocking.
- **Outside hitters** or **Left side hitters** attack from near the left antenna. The outside hitter is usually the most consistent hitter on the team and gets the most sets.
- **Opposite hitters** or **Right side hitters** carry the defensive workload for a volleyball team in the front row. Their primary responsibilities are to put up a well formed block against the opponents *Outside Hitters* and serve as a backup setter.





# Special Hits in Volleyball

- Pump cake
- Back row spike
- Tip



# Formation

- The formation as "4-2", "6-2" and "5-1", refers to the number of hitters and setters respectively. 4-2 is a basic formation used only in beginners' play, while 5-1 is by far the most common formation in high-level play.
- **4-2**  
Four hitters and two setters. The setters usually set from the middle front or right front position. The team will therefore have two front-row attackers at all times.
- **6-2**  
The 6-2 formation is a 4-2 system, but the back-row setter penetrates to set.  
The advantage of the 6-2 is that there are always three front-row hitters available, maximizing the offensive possibilities.
- **5-1**  
The 5-1 formation has only one player who assumes setting responsibilities regardless of his or her position in the rotation.  
The player opposite the setter in a 5-1 rotation is called the *opposite hitter*.
- The 5-1 offense is actually a mix of 6-2 and 4-2: when the setter is in the front row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 6-2.





# How to play defense in Volleyball

- W
- Semicircle
- Rotation



# How to train for Volleyball

- **Volleyball conditioning drills**

Strength/Power (Making muscles stronger.)

Quickness (Making muscles faster.)

Stability and Strong Core

Powerful

Conditioning (endurance)

Agility

Flexibility

Volleyball safety tips





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# Libero

- The libero is a player specialized in defensive skills (wear a contrasting jersey color)
- He cannot block or attack the ball when it is entirely above net height.
- Can replace any back-row player, without prior notice to the officials.
- The libero may function as a setter only under certain restrictions.
- The libero is, generally, the most skilled defensive player on the team.
- The libero can only serve for one person, not for all of the people for whom he or she goes in.





## Top 10 Rules of Volleyball

10. Practice Teamwork

9. Serve the Ball in Bounds

8. Stay Out of the Net

7. Four Hits is One Too Many

6. All Third Hits Go Over the Net

5. Cover Your Hitter  
(Leave an Open Court)

4. "Talk it Up" on the Court

3. Move Your Feet

2. Do Not Let the Ball Hit the Floor  
and the #1 Rule in Volleyball is:

**BUMP, SET, SPIKE!!!**





- Note: This material was prepared by Victor E. Rodríguez Rodríguez for the Bilingual Section of Physical Education (English) of the IES. A Guía, Vigo. I used images from of <http://www.flickr.com/> and <http://www.google.es/imghp?hl=es&tab=wi> sites, and in all the images I have added their reference. In this work, I have also included portions of the text of the different sites, which are reflected in the bibliography at the end of the text . This material was elaborated for exclusively educational purposes and non-commercial uses.