

VOLLEYBALL

THE PLAYGROUND

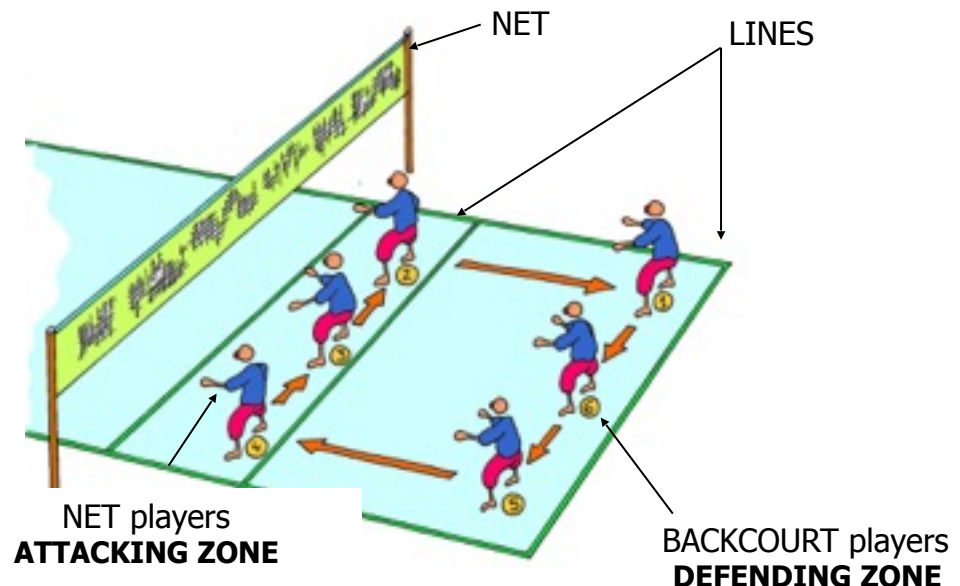
- **THE COURT**

The volleyball playground is called "court". The court is rectangular and measures 18X9 meter. The court is divided in two squares by a net, each team plays in their square court 9X9 meter. Each court has:

- A) Attacking zone (players in the net position).**
- B) Defending zone (the backcourt players).**

- **NUMBER OF PLAYERS AND ROTATION**

There are two teams, one on each side of the net, six players on each team. **Three** players in front at the **net positions** and **three** in the **backcourt position**. Each player must rotate position (clockwise) every time their team wins back service from opposition.



SCORING

You score a point when the ball you hit goes over the net and touches the ground inside the opponent's court.

The team that wins must win **3 sets** (3-0, 3-1, 3-2), each set is 25 points. A team must win a set by two points. There is **no ceiling**, so a set continues until one of the teams gains a two-point advantage.

THE MOST IMPORTANT RULES

- ☀ You can hit the ball with any part of the body, but never twice. You can't "keep" the ball when you hit it; this is, keep it too long in your hands.
- ☀ You cannot touch the net with any part of your body nor pass the line of the opponent team's court.
- ☀ The ball can touch the net if it passes into the opponent's court.
- ☀ It can also touch the lines in the court.

TIPS TO PLAY BETTER:

- **Help your team members:** the game is fast, so you have to be ready (looking at the ball with your body) in order to help your team mates.
- **Use the three hits:** Each team can hit the ball three times before going over the net, so don't hit the ball too fast into the opponent's court, pass it to your teammates and prepare a good attack..
- **Ask for the ball:** When you see that the ball is coming towards you, ask for it (ME!).

BODY POSITION

These are the basic techniques and hits used in volleyball.

➤ BASIC POSITION

Players should start in an athletic position relaxed and ready to move. This is called the basic position

- Knees flexed comfortably and the body slightly bent forward.
- Feet, shoulder width apart, one foot slightly in front of the other.
- Arms bent and in front of the body.

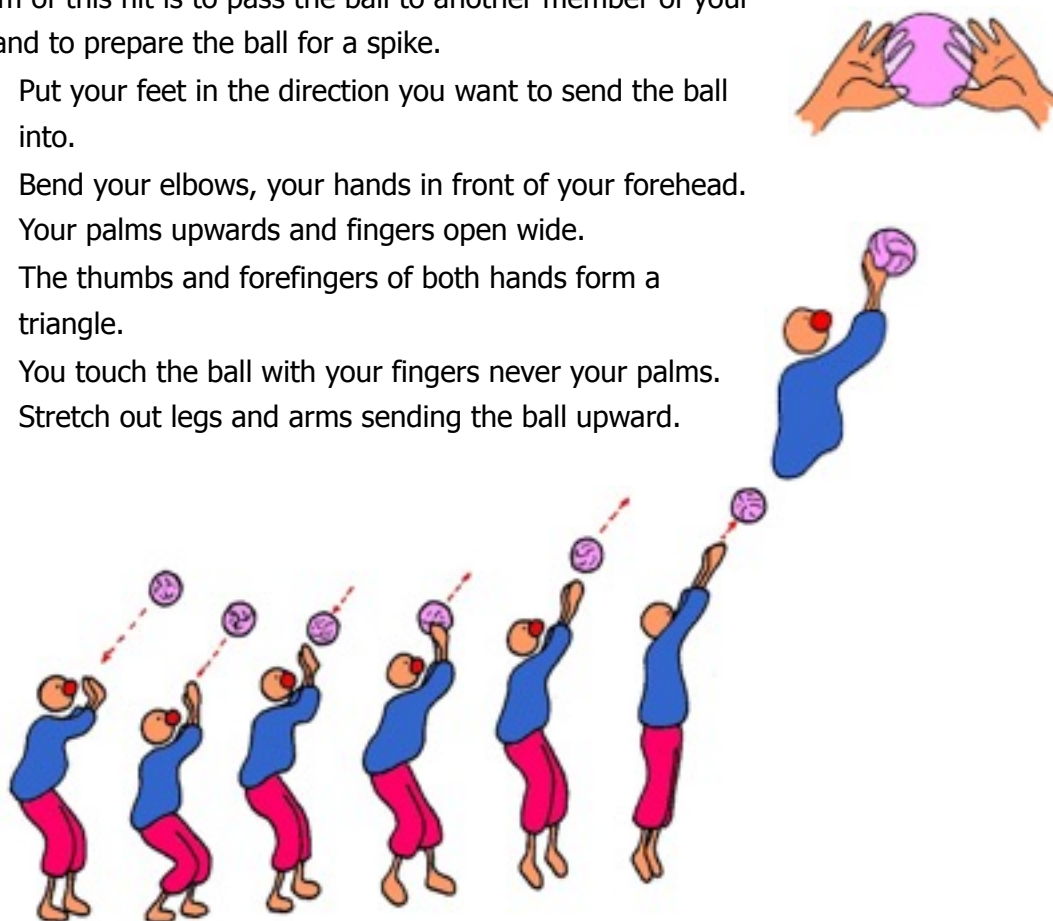


BASIC HITS - TECHNIQUES

➤ HAND "SET"

The aim of this hit is to pass the ball to another member of your team and to prepare the ball for a spike.

- Put your feet in the direction you want to send the ball into.
- Bend your elbows, your hands in front of your forehead. Your palms upwards and fingers open wide.
- The thumbs and forefingers of both hands form a triangle.
- You touch the ball with your fingers never your palms.
- Stretch out legs and arms sending the ball upward.

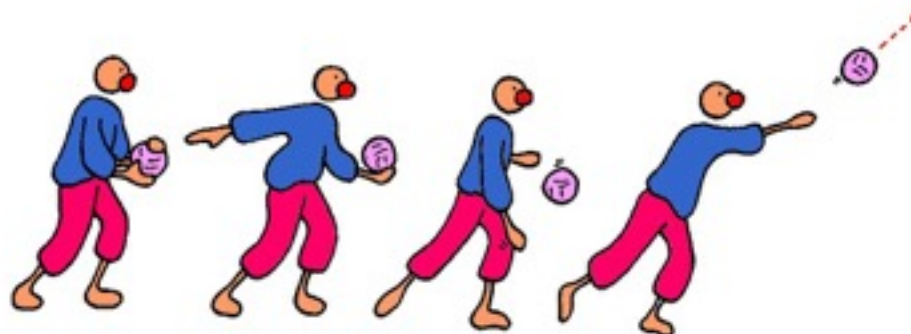


➤ THE

This is the hit used to start the game.

- BASIC SERVING
 - Stand at the back of the court. Your left foot is in front of the other foot, don't step on the line. Legs slightly flexed.
 - Hold the ball with your left hand waist height.
 - Stretch back your right hand.
 - Swing your right hand forward and hit the ball underneath using your palm, not fingers.

SERVE.



BASIC HITS

Although sometimes it is not possible players should always try to use three hits. If the three hits are done in a fixed order we will be performing what is called a basic drill.

1. RECEIVING :

This is usually done by the players situated far from the net. They usually use a forearm pass or bump and the idea is to slow down the ball and pass it to the well situated player.

2. SET THE BALL:

This is usually done by any net player. The best would be to be done by the player situated in 3rd position near the net (setter). The finger tip hit is used and the aim is to set the ball for the player who will make a spike or the attack.

3. SPIKE or ATTACK:

This is usually done by a net player. It is the most powerful shot in volleyball.

