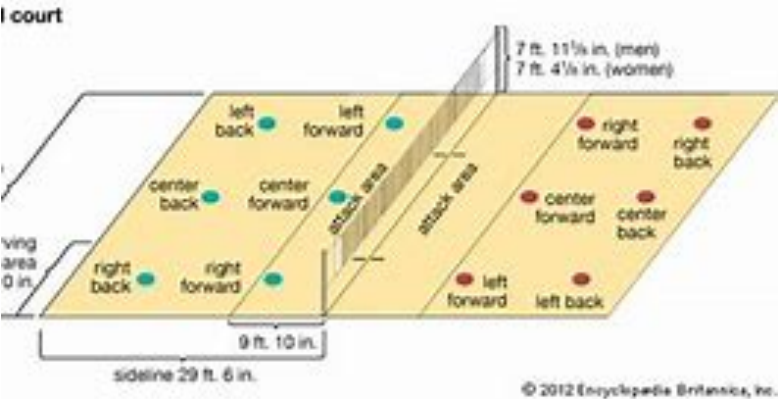


Knowledge Organiser: All Years Volleyball

Key Skills	Rules	Useful Websites/links
<p>UNDERARM SERVE – Hold the ball in the hand opposite from the hitting hand below waist height. Feet should be slightly apart with the non-dominant foot first. Contact the ball at waist height by swinging the arm forward hitting the ball with the base of the palm.</p> <p>VOLLEY or SET SHOT – A two handed shot that is played above the forehead. Hands need to be under the ball with bent knees and relaxed high arms. Arms follow through to be fully extended. Fingers make contact with the ball and push them through to face outwards after contact.</p> <p>THE DIG – Knees need to be bent to allow a low body position. Join hands together with both thumbs facing forwards so that arms are straight and close together. Straighten your knees prior to contact with the ball and move your arms slightly towards the ball. Make contact with the ball on the lower part of your forearm.</p> <p>ROTATION - Teams rotate every time they win the serve back.</p> <ul style="list-style-type: none"> - Players rotate clockwise. - The serve is taken by the player at the back right hand side of the court <p>TACTICS - Hitting into space – keep the opposition moving around the court.</p> <ul style="list-style-type: none"> - Shot selection – selecting the right shot for the right situation. - Targeting opponent’s weaknesses. - Disguised shots – trying to make it look like you are going to play a particular shot but then play a different shot to fool an opponent, e.g. a dink. - Setting up team mates who are in better positions to win the point. 	<ul style="list-style-type: none"> - 6 players on a team, 3 on the front row and 3 on 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). - The ball may be played off the net during a rally point, but not from a serve. - A ball hitting a boundary line is in. - A ball is out if it hits a) the floor completely outside the court, b) the net and lands on the same side, c) the ceiling above a non-playable area. - It is illegal to catch, hold, or throw the ball. - If a ball is served it can be played off the net. - A player must not block or attack a serve. - A ball can be served under arm or over arm. It must be clearly visible to the opponent. - Server must serve from behind the line until after contact. - The first team to get to 25 points and two clear points wins. 	<p>Watch the following videos:</p> <p>Rules and dimensions of the court:</p> <p>https://www.youtube.com/watch?v=OWCkPbzq81g</p> <p>More rules:</p> <p>https://www.youtube.com/watch?v=9g7nYQv-kPM</p> <p>Basic rule violations:</p> <p>https://www.youtube.com/watch?v=33sWyhjhacM</p>  <p>The diagram illustrates a volleyball court with the following dimensions and player positions:</p> <ul style="list-style-type: none"> sideline: 29 ft. 6 in. 9 ft. 10 in. line from the net to the back row. Attack area: 9 ft. 10 in. from the net. Net height: 7 ft. 11 1/8 in. (men) and 7 ft. 4 1/8 in. (women). Player positions (left side, green dots): left back, left forward, center back, center forward, right back, right forward. Player positions (right side, red dots): right forward, right back, center forward, center back, left forward, left back. Other labels: wing area 0 in. <p>© 2012 Encyclopædia Britannica, Inc.</p>

Stretch and Challenge Task

- Draw a volleyball court in your knowledge book and label it correctly with the lines and positions.
- Explain how a more able player would serve?
- Go online and watch some volleyball from the Olympics or Commonwealth games.

Key Terms to learn:

Ace, Setter, Volley, Block, Serve, Dink, Dig, Overlap, Rotation, Double hit, spike, front row, back row, attack area, serving area, jump serve.

Extension, flexion, block-shadow, Set/setter, attack line, Hand eye coordination, Preparation-Execution-Follow-Through

POSITIONS

There are 6 players on the court in the game of volleyball. (2 lines of 3 players)

1. Outside hitters: spike the ball
2. Middle blockers: best at blocking the net.
3. Setters: pass it off to the middle or outside for a spike



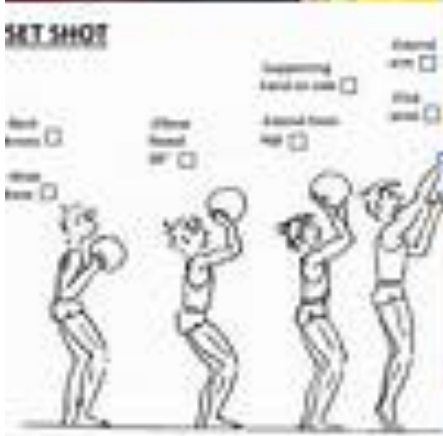
	Net	
Opposite	Middle Blocker	Outside Hitter
4	3	2
Outside Hitter	MB/Libero	Setter
5	6	1



Sequence of shots: Dig - Set - Spike



Spike (attacking) shot



Set Shot

Dig Shot