

# **VOLLEYBALL HANDOUT**

GRADES 6 – 7

## **HISTORY**

1. Originated in Massachusetts by William Morgan in 1895 for the YMCA
2. Based on a combination of tennis (net), basketball, handball, and baseball.

## **SKILLS**

### **UNDERHAND SERVE:**

1. Ball out
2. Shift and Swing
3. Contact with Heel
4. Follow Through

### **OVERHAND SERVE:**

1. Loft Toss
2. Shift Weight
3. Contact High
4. Follow Through

### **FOREARM PASS:**

1. Body Low
2. Elbows Straight
3. Hands Together
4. Control

### **OVERHEAD PASS (SET):**

1. Look up
2. Elbows High
3. Catch, Release
4. Stretch Body

### **BLOCK:**

1. face net
2. hands up
3. jump and extend
4. block

### **ATTACK:**

1. Right Left Step
2. Swing Arms Back
3. Heel of hand Contact
4. Snap wrist

## **CLASS EXPECTATIONS:**

Ball control  
Roll to Return

## **THE SERVE**

- A. Server must serve from behind the restraining line ( end line ) until after contact.
- B. Ball may be served underhand or overhand.
- C. Served ball may graze the net and drop to the other side for point.
- D. First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- E. Serve must be returned by a bump only. No setting or attacking a serve.

## **SCORING**

- A. Rally scoring will be used.
- B. There will be a point scored on every score of the ball.
- C. Offense will score on a defense miss or out of bounds hit.
- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. Game will be played to 25 pts.
- F. Must win by 2 points.

## **ROTATION**

- A. Team will rotate each time they win the serve.
- B. Players shall rotate in a clockwise manner.
- C. There shall be 4-6 players on each side.

## **PLAYING THE GAME ( VOLLEY )**

- A. Maximum of three hits per side.
- B. Player may not hit the ball twice in succession ( A block is not considered a hit ).
- C. Ball may be played off the net during a volley and on serve.
- D. A ball touching a boundary line is good.
- E. A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- F. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- G. A player must not block or attack a serve.

## **BASIC VIOLATIONS**

- A. Stepping on or over the line on a serve.
- B. Failure to serve the ball over the net successfully.
- C. Hitting the ball illegally ( Carrying, Palming, Throwing, etc. ).
- D. Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- E. Reaching over the net, except under these conditions:
  - F. Reaches under the net ( if it interferes with the ball or opposing player ).
- G. Failure to serve in the correct order.
- H. Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

## **THE COURT**

### PLAYING AREA

Both indoor and outdoor courts are 18 m x 9m (29'6" x 59').  
Indoor courts also include an attack area designated by a line 3 m (9'10") back from the center line.

### NET HEIGHT

Net height for men, co-ed mixed 6, & outdoor is 2.43 meters or 7'11-5/8".  
Net height for women, 7'4-1/8".

<b>Volleyball Lingo</b>	<b>Translation</b>
"Ace"	When the ball is served to the other team, and no one touches it.
"Sideout"	When the team that served the ball makes a mistake, causing the ball to go to the other team.

