

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (1)

Topic Name: Volley Ball

Lecture No.: 24

Lecture Title

Volley Ball 1

To The Game of Volleyball!

This lecture is intended to help you attain a basic understanding of the game of volleyball. In this we will be talking about with the rules, procedures, and customs of volleyball. The more you play, the more you'll improve. Even the "backyard warrior" who doesn't intend to go beyond the occasional recreational game needs to be familiar with the basics.

History of Volleyball

The sport of Volleyball is 120 years old! The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports.

Today there are more than 46 million Americans who play volleyball. There are 800 million players worldwide who play volleyball at least once a week.

Volleyball Borrows from America's Favorite Sports to Create a Unique Challenge and History

In 1895 an instructor at the Young Men's Christian Association (YMCA) by the name of William Morgan decided to blend elements of basketball, baseball, tennis and handball to create a game for his classes that would demand less physical contact than basketball. He created the game of Volleyball (at that time called, mignonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man's head.

During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport. On July 7, 1896 at Springfield College the first game of "volleyball" was played.

The "Y" took this new game around the world and introduced a uniquely American sport to many foreign lands. In 1916, the Philippines made its own contribution to volleyball by introducing an element of offense that would forever change the game. A receiving player would pass a ball in a high trajectory that would then be struck by another player. The set and spike were born.

Evolution of Usa Volleyball



It became clear by 1928 that tournaments and rules were needed and The United States Volleyball Association (USVBA) was born. Now, USA Volleyball (USAV), formerly USVBA, is the National Governing Body (NGB) for the sport and the parent organization of the USA Men's and Women's National Teams. As such, USAV is recognized by the Federation International de Volleyball (FIVB), the international governing body of volleyball. It is USAV's mandate to nurture all variations of the game - indoor,

beach, grass, six-person, doubles, coed, disabled (sitting and standing) - at all skill and age levels. USAV responsibilities include supporting a year-long training schedule for the Men's and Women's

National Teams; USA Youth Volleyball (ages 7-12); the Junior Olympic Volleyball program (ages 12-18); Junior Olympic Beach Volleyball (ages 12-18); U.S. Open Championships by age groups for both indoor and beach; the USA Coaching Accreditation Program (CAP); establishing rules of play in the United States; and certifying referees and scorekeepers. All of these activities are implemented through a predominantly volunteer work force headed by thirty-eight regional commissioners and the support of 26 USAV member organizations (i.e., the YMCA, Police Athletic League, National Collegiate Athletic Association, American Volleyball Coaches Association, et al.). There are more than 46 million Americans who play volleyball.

The Olympic Pinnacle Is Reached In 1964

This truly American game was first introduced to Olympic competition at the Tokyo Games of 1964. The U.S. won its first medals in the 1984 Los Angeles Olympics when the men captured the gold and the women the silver. Why did it take us twenty years to win an Olympic medal in a sport we invented and introduced to the world? Simple, Americans were slow to take up the game at its most competitive level, and those people who did take up the game just didn't bother to adhere to standardized rules.

The game was renamed Volleyball in 1896.

The early rules mandated nine innings with dribbling (within four feet of the net), & the served ball could be touched by the serving team.

A.G. Spalding constructed a ball expressly for the game

By 1900, innings and dribbling were eliminated

In 1912 the YMCA formed a committee which developed rules:

- court was enlarged
- net was raised
- serve rotation was incorporated
- 2-out-of-3 Match was established
- First Open Invitational Tournament held in Germantown, Pennsylvania

In 1913 volleyball was included in the Games in the Philippine Islands

By 1914 it was being played in England and Europe

The first YMCA National Championships were held in 1922

Volleyball was sanctioned as an official national activity in 1923

1924 - The first intramural volleyball program was instituted at the University of Illinois.

First interscholastic (high school) volleyball program was founded in Pittsburgh, Pennsylvania

In 1928 the United States Volleyball Association was formed.

and

National championships were contested in a tournament in three men's divisions: Open, Veterans(now Senior), and YMCA

The University of Washington formed the first men's varsity volleyball program in 1934

State of Pennsylvania sanctioned the first boys' high school championships in 1938

The official international body for sport was established in 1947

In 1948 the first European Championships were held in Rome

The USVBA assisted in sending men's and women's teams to the Olympic Games in 1964

First Women's USVBA national championship 1949

First World Championships for women 1952

The 1970s -- International Professional Volleyball League was formed - disappeared within a few years

First NCAA Championship in 1970

Beach volleyball began on the beaches of California in the 1960s- Outdoor game played on hard-packed sand

Two-player beach volleyball was designated as a sport for the 1996 Summer Olympic

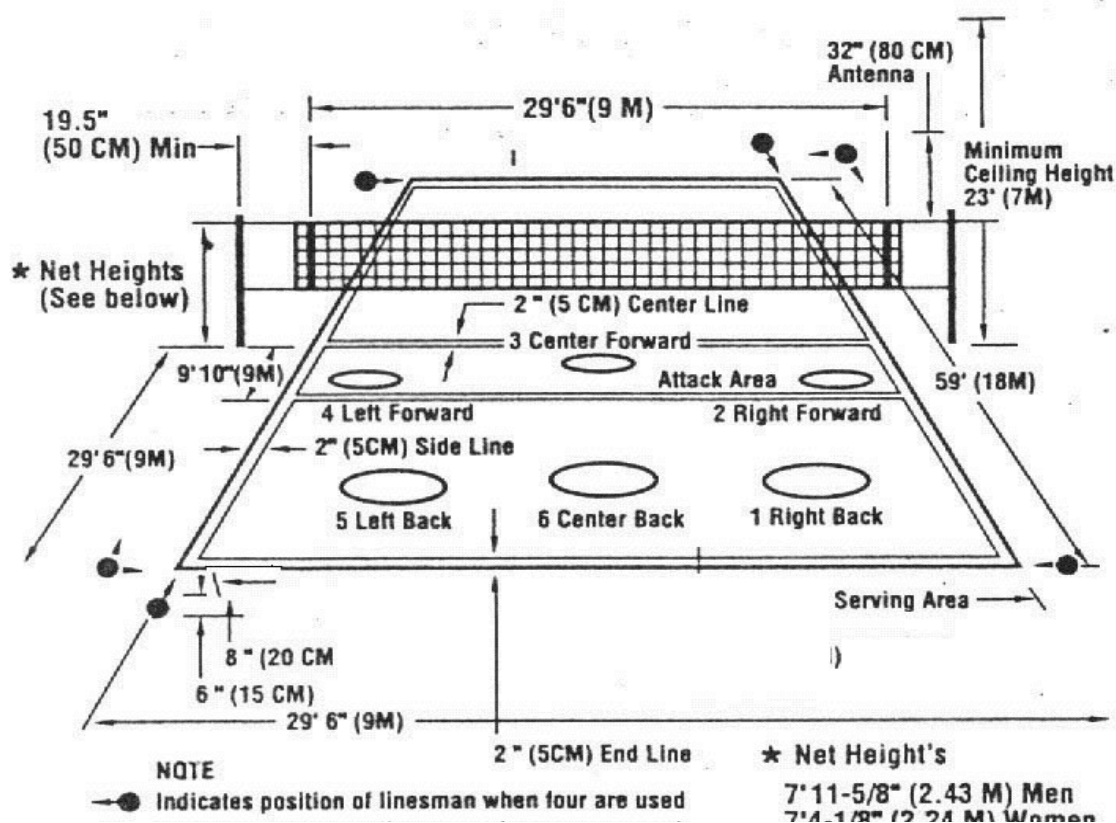
Skills

Passing

- A. Begin in the ready position(ready to move)
- B. As soon as the ball travels over the net move to a position near where the ball will land- hands together/out in front
- C. Both toes should be pointed toward target (setter)
- D. The pass starts with the legs bent and as the ball strikes the arms, the legs are straitened
- E. The arms are slanted at an angle so that the pass will travel to target (setter)

The Court

The official court dimension is 9 meters by 18 meters with an attack line 3 meters from the centre line. Most U.S. outdoor and recreational courts use a net that is 32' x 3' and a court of



30' x 60' with a 10' attack line on indoor courts.

Poles, Net & Standards

Materials: Metal - Wood - Plastic

A double thickness of white canvas or vinyl 5 cm (2") shall be sewn along the full length of the top of the net.

The net shall be not less than 9.50 m (32') in length and .91 m (3') in width throughout the full length when stretched

The height of the net measured from the centre of the court shall be 2.43 m (7'11-5/8") **for men.**

The height of the net measured from the centre of the court shall be 2.24 m (7'4 1/8") **for women.** THE BALL

The ball shall weigh between 9 and 10 oz. (260-280 grams) and shall have 12 or more pieces that measure 25.5"-27" (62 cm-68 cm).

Apparel

Remove all jewelry. No earrings are allowed. Only smooth wedding bands may be worn. Glasses may be worn, but should be secured with a safety strap.

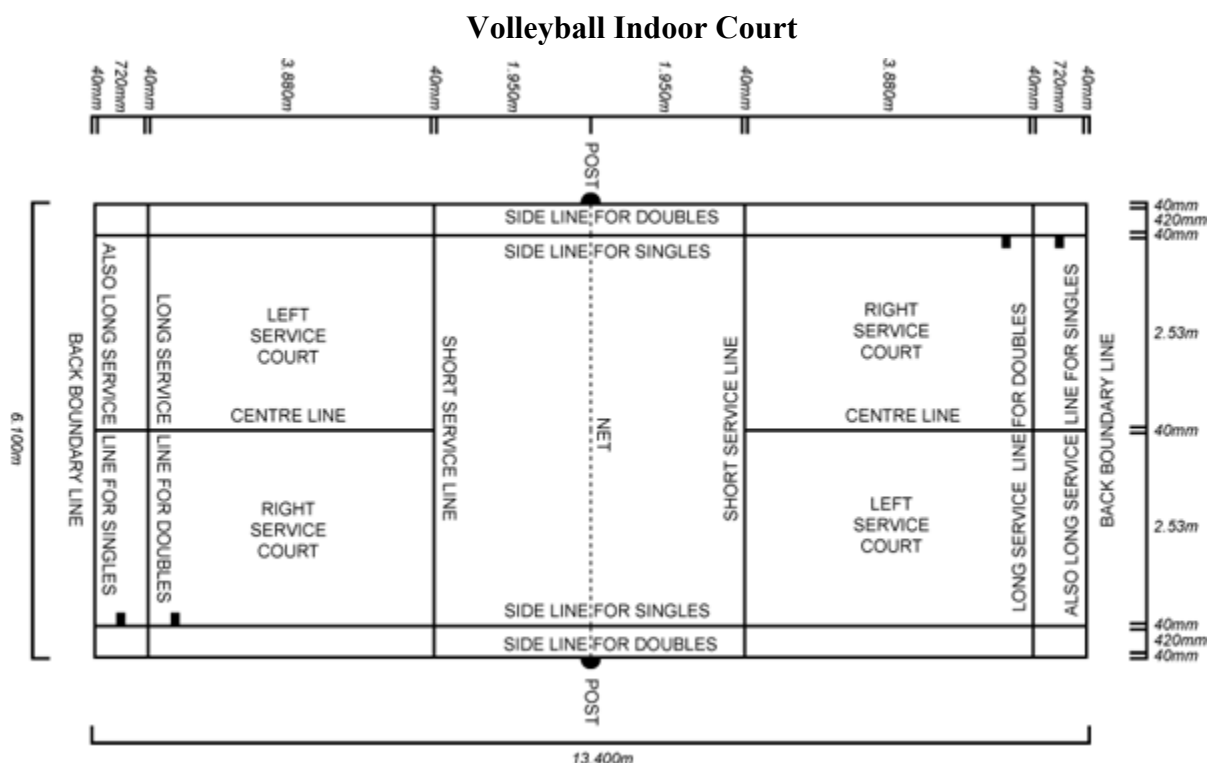
Long sleeve shirts/jerseys provide a safer sliding surface and more cushion over the course of a match. Shirts/jerseys should be of a quality that absorbs perspiration and allows the skin to get air.

Shorts should offer maximum flexibility and movement. Spandex has been popular among women players for several years.

Pads are made to protect knees and hips to help cushion falls, dives and slides.

Socks help to absorb perspiration which cuts down on blisters. Tops of socks are often the driest area on a player and serve as makeshift hand towels in a pinch. On hot sand, special sand socks can be worn. The abrasive nature of sand wears out normal socks.

While volleyball is played on a basketball court or other hard surface, only volleyball specific shoes offer the perfect support and flexibility for volleyball. Remember, whatever footwear you choose, look for good ankle support for jumping, landing, twisting and diving.



Volleyball Variations

Volleyball can be played by nearly anyone. All ages, sizes, and skill levels can find a place to participate. Nearly everyone is familiar with the fundamental principles of the game and that has led to the development of these variations.

Newcomb

Perhaps the least known but simplest version of volleyball is Newcomb. This version is taught to grade school age children to introduce them to volleyball. Adults of limited athletic ability can also enjoy this version. Newcomb is volleyball without the volley. The ball is thrown across the net and caught by an opposing player. If the ball strikes the floor, is touched by more than one player on a side, or goes out of bounds, a point is scored. As players advance, more "touches" per side can be added, up to three. If necessary, the net can be lowered to suit this

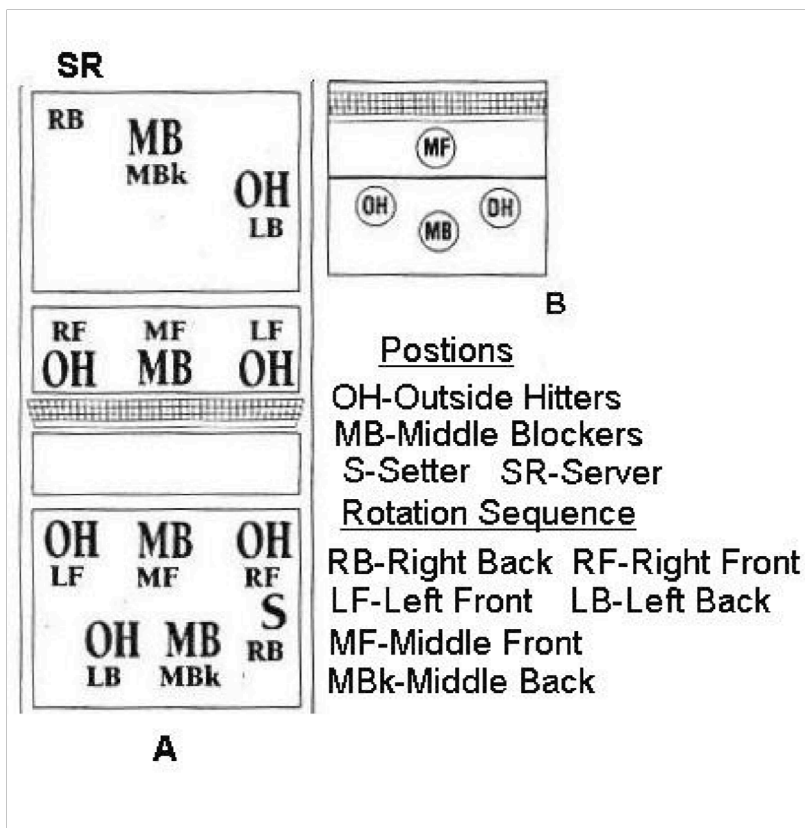
primary form. It's not uncommon to have ten or more players on a side in Newcomb. Its purpose is to promote the fundamentals, not merely to develop competition.

Recreational

This is the level at which most of us are introduced to the game, and at which most of us remain. While regulation is six players per side, the purpose here is to have fun. The key word in recreational volleyball is flexibility. Keep your temper, ego and attitude away from the court. See **Diagram** for starting position and functions of both defense and offense.

Four-A-Side

Whether you're a beginner looking to improve you skills or an experienced player looking to perfect your game, no version is likely to offer more activity and a wider use of your skills than four-a-side. Expect to have to cover more territory, handle the ball more, and get a greater workout. The designated setter plays in the front court, while two outside hitters play in the back court, and only come to the net for blocks and spikes. The fourth player plays deep to cover most of the back court. See **Diagram (B)**. Triples is also a fun choice that excludes the deep center back player.



Wallyball

Around 1979, some enterprising person figured out a novel use for all those racquetball courts around the country. Why not string a volleyball net across the courts and invite teams of two, three, or four to borrow aspects of both volleyball and racquetball?

When playing wallyball, the serve is taken from outside the three foot line, and the server can't touch or cross this line until the ball is struck. The ball may go directly over the net or it may be played off one wall either before or after it crosses the net. Neither team may use the back wall. Only the serving team can score points. A point or a change of serve results from the ball striking the floor or an illegal wall, or more than three touches per side. Games are played to 15

and must be won by two points. Rotation is always clockwise regardless of the number of players. Be prepared for a energetic workout.

Doubles

Only the truly skilled and athletic need apply. It's just you and a partner. In doubles, six-a-side rules apply with the following exceptions: You don't have to rotate. You can cross the center line as long as you don't interfere with your opponent's play. You cannot open hand "tip."

Usually, due to the strenuous nature of this version, scoring is to 11, not to 15. Keep in mind that both players go back on defense, and no one gets to park at the net, and both players set and spike for each other. Where you put a shot is much more important than how hard you hit in this game.

Coed

The key consideration in coed is balance. Whether playing with as few as two, or as many as six players per side, it is important to have an equal number of men and women per side. The net is set at men's height. In reverse coed, the net is set to women's height, and the men must spike behind the three meter line. In some areas, if the ball is played more than one time on your side of the net, one of those touches must be by a woman. Also, U.S. rules say, if there are two women at the net, a male may come from the back row to block at the net.

Beach

Aside from the fact that you're playing on a soft surface, be prepared to encounter lots of other differences in beach volleyball. For starters, the lines are marked by a cord or rope, and sometimes they're just drawn in the sand. Since there is no center line, there can't be a center line violation unless someone interferes with an opposing player. The official ball is heavier than indoor and is made of 18 panels. It is also customary to under-inflate the ball a little to "deaden" it, which makes it less likely to be affected by wind, spikes, and passes. In beach volleyball, a block counts as one of your three team contacts only if you are playing doubles or triples. You are honor bound to call your own fouls such as contact with the net. If you play to 11, switch sides every four points, or every five points when playing to 15, to be fair about wind and sun conditions. Players must set in the direction they face and open hand tips are not allowed. It is permissible to use the knuckles of a fist.

Conclusion: So this is all about the history of volleyball, court and skills required during that period. The sport of Volleyball is 120 years old! The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports.

Today there are more than 46 million Americans who play volleyball. There are 800 million players worldwide who play volleyball at least once a week.