

Course Name: Bachelor of Physical Education

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Paper No.: I (Part-B 1)

Topic No. A (1)

Topic Name: Volley Ball

Lecture No.: 24

Lecture Title
Volley Ball 1

FAQs

Question1: What is Coed?

Answer: 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.

Question2: What is Newcomb?

Answer: 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.

Question3: Why was the USVBA formed by International governing body of volleyball?

Answer: 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.

Question4: What is the role of Doubles in volleyball variations?

Answer: 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.

Question5: Which five points to be kept in mind while using two hand position techniques?

Answer: There are two techniques in hand position, (1.) Wrapped fist (2.) Cupped palms. Whichever technique you choose, keep these five points in mind:

1. Keep the ball between your wrists and elbows in the fattest part of the forearm
2. Press the wrists and hands down to hyperextend the arms
3. Lock your elbows. This gives the ball the most area to hit, and helps you control the direction of your pass.
4. Try to bend your knees before the ball gets to you so that you can both absorb the serve and re-direct the pass

Don't swing at the ball, but do try to shrug your shoulders toward your target at the moment of impact.