

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

Summary

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. In 1895 an instructor at the Young Men's Christian Association (YMCA) by the name of William Morgan create a game of volleyball for his classes that would demand less physical contact than basketball. On July 7, 1896 at Springfield College the first game of "volleyball" was played. In 1916, the Philippines made its own contribution to volleyball by introducing an element of offense that would forever change the game and the set and spike were born. It became clear by 1928 that tournaments and rules were needed and The United States Volleyball Association (USVBA) was born. 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. The game was renamed Volleyball in 1896.