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Topic Name: Volley Ball

Lecture No. - 25

Lecture Title

Volley Ball 2

One Set - Set a foot or two over the net and hit while the ball is still rising. This is the quickest of sets and is usually for the middle hitter.

Two Set - Set two to four feet above the net and is also quick. Again, this ball is usually for the middle hitter.

Three Set - Also set low and fast (about 4 - 6 feet above the net and delivered midway between the setter and the sideline). This ball is for either the middle or outside hitter.

Four Set - A low set (1 - 2 feet above the net) for the outside hitter that is delivered near the sideline and over the net. Sometimes called a "Shoot Set."

Five Set - A high Backset near the sideline.

Six Set - (first hand signal) A high outside set to either sideline.

Finally, there is a time when the setter gets to try and score. This is called a "setter dump", and is executed when the setter comes to the net but instead of setting, pushes the ball over the net in a "tip" play.

2. Hitting

If there is a moment of truth in volleyball, it is the perfectly hit spike. The spike combines power, speed and athleticism to provide the excitement that is uniquely volleyball. The spike is used to either put the ball down in a portion of the court where the opposition is not, or to strike the ball so hard that the defenders are unable to deal with it effectively. Front row players can attack the ball from anywhere on the court. Back row players can only attack from behind the three meter line.

Hitters must master such techniques as the:

Cross Court Shot - This ball must be hit extremely hard while aiming for a space on the floor between the front row players and the back row player that is diagonally positioned farthest from the hitter.

Tip or Dink Shot - The most important aspect of this shot is hitting with a wrist that does not break. Just push or roll the ball with the fingertips over the outstretched hands of the blocker(s). Be sure to face the direction of the dink or a push or carry may be called.

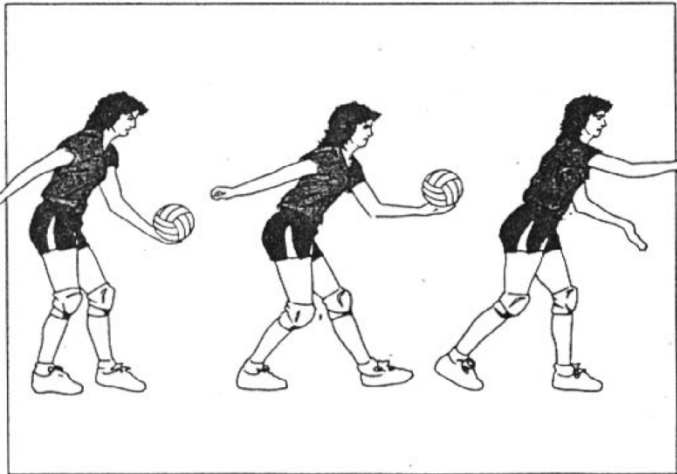
Line Shot - The simplest way to describe this shot is to imagine a left outside hitter who is right handed receiving a set from her right side, rotating her body as she drops her left shoulder, and aiming the ball for the left sideline.

Soft Top Spin Shot - Commonly called a "roll shot" or off-speed attack, this ball is contacted a little softer and on the lower portion of the ball. The player's hand then rolls over the top of the ball. This action creates top spin which causes the ball to drop quickly, usually just behind the front line players.

Hitting combines various elements of technique. Your approach to the net, speed, planting of feet, jumping, timing, body position, and distance from the net are among the factors that contribute to the success of your hit. If you're experiencing difficulty in any aspect of your hit, or repeatedly making an error, ask a qualified instructor to study your form and make suggestions.

3. Serving

Sooner or later, every player will end up in the right back position and be required to put the ball in play. Your serving options are:



He Underhand Serve - Since this is the easiest serve to execute, don't be embarrassed to use it in novice or recreational situations. The goal of any serve is to get the ball in play. Sure, we all like to hit an "ace" that rockets across the net, but the first obligation is to maintain serve. The technique is to gently toss the ball up and in front of yourself while bringing the other hand forward to make contact. A simple toss of several inches will suffice. Make contact with the heel of the hand or the

open part of the palm along the index finger and the thumb. If you prefer to fold your fingers into your palm for strength or control, keep your thumb out to the side and avoid striking the ball with your knuckles. Such an irregular surface can make the ball go in unpredictable directions. Stand outside the court, anywhere along and behind the end line, about ten feet from the right sideline. If you're right-handed, hold the ball in your left hand and take a step forward with your left foot while lobbing the ball ever so slightly in front of yourself. All this time you bring your right arm back past your hip and then forward to meet the ball just as it is coming down from the low toss. Never take your eyes off the ball. Just before you start your serve make a mental picture of the opponent's positions on the court and decide where you're going to attempt to put the ball.

The Overhand Serve - This is the most popular serve in competitive volleyball. There are many variations that you can master with practice. As in any serve, make sure you don't touch or cross the endline at any time during your serve. This type of serve offers speed and deception.

When using the overhead serve, the ball passes over the net quickly and can be made to do a number of different things including dropping quickly and floating erratically. Strike the ball with either an open hand or a slightly cupped hand. A rigid wrist will allow you greatest power. Toss the ball over your head about three feet and slightly to your left and take a step forward with your weight shifting from your right foot to your left foot. Arch your back slightly and bend your arm at the elbow as the right arm comes behind your head and is brought forward to strike the ball. Finish with a follow through to your hip. Never take your eyes off the ball.

OVERHAND SERVE BALL ACTION

The Floater - This ball flight has no stabilizing spin and will dart more like a knuckle ball in baseball. The secret is to simply hit the ball in the center - in relation to its line of flight - so very little or no spin occurs. Floaters work equally well with the underhand serve or the overhand. The movement of the ball is very unpredictable to the opposing players.

The Top Spin - This ball flight results when the ball is struck on top using wrist snap and moves very quickly over the net. The beauty of this shot is that it drops suddenly, leaving little time for an opponent to react.

The Jump Serve - This ball flight requires a higher toss and a literal jump in the air. Apply contact with the ball just as in the Top Spin serve, and the results can be even more devastating given the added force of the jump. However, this is the hardest serve to master, and without sufficient top spin, the ball will likely end up way out of bounds. It's safest to aim this serve at the middle of the court.

The Curve - This ball flight can be most effective outdoors in windy conditions. Approach the shot just like a top spin serve until the moment of impact and then hit the ball left or right of center. The ball will curve in the direction in which it is hit.

INDIVIDUAL DEFENSE

There are only two ways to mount a successful defense in the game of volleyball; digging and blocking. Both require hard work. You must be willing to sacrifice physically.

4. Digging

The proper technique for a dig is similar to a bump pass, but your knees are bent much more and your weight is more forward to be able to extend yourself to the floor if necessary to retrieve the ball. Sprawling, rolling and diving are extremely important techniques used to dig a ball. Proper execution, leg placement, timing of floor contact, and returning to your feet are considerations. Watch others, ask for instruction and practice these skills often in non-game conditions to avoid injury to yourself or others.

BLOCKING

The surest way to cripple your opponent's attack is to take away a hitter's spike. And the surest way to do that is with a well coordinated blocking scheme.

Blockers don't need to take a running start, but must stay close to the net and leap up. If you require a running start to jump, you probably don't belong in the block. Stand with your hands and fingers held fully extended above the shoulders. Focus on the hitter in front of you and slide into the path of the descending ball at the point where it will cross the net.

Your jump should occur just slightly after the hitter's. Knees must be bent before takeoff to jump straight up. As you jump, fully extend your arms and hands. Spread your fingers, but keep them rigid, and bend your wrists as you rise above the net so that your hands break the plane of the net. If you keep your arms just a few inches apart, you'll avoid letting a ball go through them.

If you're a shorter player forced to block, bend your wrists back instead of forward and don't try to penetrate the net after the block which should put the ball in good position for either you or another teammate to play it. This is called a soft block.

Blocks don't count as hits so you can legally play them. The double block usually relies on the middle hitter and one of the outside hitters to obstruct as much hitting space as possible. The outside hitter must establish the position of the block, and the middle hitter moves to the position and closes the block. The middle hitter gets close enough to insure that the ball cannot get between the blockers' bodies or outstretched arms. If positioned correctly, the blockers prevent the cross-court shot and the line shot.

The triple block is used occasionally and requires all three front row players to participate. No back line players may come up to block.

5. Rules fo Volleyball

There are thirty rules of the game of volleyball. Each of these rules is made up of articles which address specific aspects of the rule. Each of the articles is subject to interpretation which is usually addressed in rule books as 'commentary.' In some cases, there are current practices that differ from international rules. This review of the rules is not intended to give you a complete explanation, but rather, like the rest of this brochure, just an overview of the basics. It is critical that to be a proficient player, or just to avoid needless interruptions brought on by debate of the rules of play, you should become very familiar with all the rules. Additionally, it should be noted that high school, collegiate women, international competition, and beach volleyball rules all vary somewhat from what is presented here. Get your own personal copy of the rules. Call 88.US.VOLLEY (888.786.5539) to order, or visit www.usavolleyball.org/officiat/main.htm.

NOTE: Use your rule book to advance your own understanding of the rules, not like a traffic cop whose job it is to point out other people's violations.

RULE 1: Playing Area and Lines. See Diagram on page 3.

RULE 2: The Net. And Posts See page 3.

RULE 3: The Ball. See explanation on page 4.

RULE 4: The Teams.

If the captain asks the first referee, before the match begins, players may participate without shoes.

For international and USA Volleyball Open Competition, each team has the option to register on their roster one specialized defensive player called the "Libero."

RULE 5: Players Equipment.

Uniforms must be similar, clean and of the same colour. The Libero, if used, will wear a uniform of contrasting color.

No jewellery is allowed except medical and religious medals or flat wedding bands. These may have to be taped to avoid hazards for players. No casts or hard splints or braces are allowed on the upper body no matter how much padding is used. Only soft bandages and tape are allowed.

RULE 6: Rights and Responsibilities of the Participants.

Only the playing captain or coach may ask for a time-out or substitution and only when the ball is not in play. Only the playing captain may speak to the referees.

RULE 7: Scoring System.

A volleyball match is won by the team that wins the best of three or five sets.

All sets are rally scored. In the rally score system, a point is awarded on each service or side out. This means that a receiving team's error or penalty results in a point. Likewise, a serving team's error or penalty results in a point and the ball for the receiving team to serve. It isn't necessary for the winning team to be serving when the winning point is scored.

A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two point lead is achieved.

The deciding set of any match (3rd or 5th game) is played to 15 points. The winner is the first team to achieve 15 points with a minimum lead of two points. Play is continued until a two point lead is achieved.

A default game results if a team cannot field six players or fails to begin play after the referee request. Default games are scored either 25-0 or 15-0 depending the set being played. In a set to 25 points, if a default is due to injury, the losing team keeps its points and the winning team is credited with at least 25 points or up to 27 if necessary to provide a two point victory.

RULE 8: Preparation for the Match

A coin is tossed at the beginning of the match. The winner of the coin toss may choose to serve, receive the serve, or the side of the court. The same choices are offered at a toss before the deciding game of a match if one is needed. After each set of a match, players change sides of the court and bench areas at courtside.

RULE 9: Team Line-up

At least two minutes prior to a match and thirty seconds prior to the expiration of the intermission between games, a coach or game captain submits the team line-up.

RULE 10: Players' Positions and Rotation.

At the moment the ball is contacted by the server, each team must be completely within its own side of the court in two rows of three players. The rows may be staggered.

Each player in the front row must have at least a part of one foot closer to the center line than both feet of the corresponding back row player.

Each right (left) side player must have at least a part of one foot closer to the sideline than both feet of the centre player in the corresponding row. The server is exempt from the application of this rule.

When the receiving team has gained the right to serve, its players must rotate one position clockwise.