

**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. - 25**

## **Lecture Title**

### **Volley Ball 2**

## **FAQs**

**Question1: What are the techniques in Hitiing?**

**Answer:** The techniques includes :Cross Court Shot ,Tip or Dink Shot, Line Shot, Soft Top Spin Shot

**Question2. What is underhead serving?**

**Answer:** This is the easiest serve to execute . The goal of any serve is to get the ball in play. The technique is to gently toss the ball up and in front of yourself while bringing the other hand forward to make contact. Make contact with the heel of the hand or the open part of the palm along the index finger and the thumb .

**Question3. What is overhead serve?**

**Answer:** This is the most popular serve. There are many variations that you can be practice. 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.

**Question4: What is Top Spin?**

**Answer:** Top Spin is 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.

**Question5: What is Blocking?**

**Answer:** A **block in volleyball** is when one team makes a move trying to get the ball over the net and the other team reaches up and blocks the ball from coming onto their side. It is a strategy used to gain points and keep the ball from landing on your side of the court.