

**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**

**Summary**

**In volleyball there are six basic types of sets (set1, set-2, etc.).In Hitting** the Front row players can attack the ball from anywhere on the court. Back row players can only attack from behind the three-meter line. In serving every player will end up in the right back position and be required to put the ball in play. There are only two ways to mount a successful defense: digging and blocking.