



VOLLEYBALL - 1

INTRODUCTION

Volleyball is one of the most successful and popular competitive and recreational sports in the world. It is fast exciting and the action is explosive. Yet volleyball comprise several ever, lapping elements whose complementary instructions is unique as compare to other games. Volleyball is a game played by two teams on a playing court divided by a net. There is different version available of specific circumference in under to after the versatility of the game to everyone. The objective of the game is to send the ball over the net in order to grounded on the opponents court and to prevent the same effort by the opponent, the team has three hits for returning the ball in addition to the block contact. The ball is putting play with a service, hit by the server over the net to the opponent for the outside of the base on end line.

HISTORICAL DEVELOPMENT

The game of volleyball, originally called "mintonette," was invented in 1895 by William G. Morgan 4 years after the invention of basketball. Morgan,a graduate of the Springfield College of the YMCA(Young Man Christian Association), designed the game to be a combination of basketball, baseball, tennis, and handball.The first volleyball net, borrowed from tennis, was only6'6" high (though we need to remember that the average American were shorter in the nineteenth century).The offensive style of setting and spiking was first demonstrated in the Philippines in 1916. Over the years that followed, it became clear that standard rules were needed for tournament play, and thus the USVBA (United States Volleyball Association) was formed in 1928. Two years later, the first two-man beach volleyball game was played, though the professional side of the sport did not emerge until much later. Not surprisingly,the first beach volleyball association appeared in California (1965), and the professional players united under the auspices of the AVP (American Volleyball Professionals) in 1983.During the 1984 Los Angeles Olympics, American menand women took gold and silver medals in India.

In 1986, the Women's Professional Volleyball Association (WPVA) was formed.In 1988, the U.S. men repeated the gold in the Olympics in Korea.In 1990, the World League was created.In 1995, the sport of volleyball was 100 years old. In 1996, two-person beach volleyball became an Olympic sport.

FUNDAMENTAL SKILLS

Volleyball is a sport that requires mastering a complex skill set. Because we rotate from playing front line positions to back line positions, we constantly are shiftingfrom setting up offensive plays to completing offensive plays. We also must shift quickly from offense to defence.During any given sequence in volleyball, a player must be prepared to execute a variety of skills.

Serving

A properly executed serve provides the serving team with a significant advantage over the receiving team. A serve that is properly placed can cause players on the receiving team to get out of position or attempt awkward returns. The server must stand behind the service line at the end of the court.

There are three serving styles in volleyball. They are as follows:

1. The underhand serve
2. The overhand serve and
3. The jump serve
 1. The underhand serve generally is a relatively slow serve that travels high in the air toward the rear of the court.
 2. Both the overhand serve and the jump serve are fast serves frequently struck with top spin.

Passing

Passing also is known as "bumping" in an offensive sequence and "digging" when used to defend an offensive shot. Passing is executed by interlocking your fingers, holding your arms straight and away from your body. Make contact with the ball on your forearms and follow through to your target. The only allowable service return is a pass, so it is frequently the first shot in a three-shot sequence. There are three types of passing. They are as follows:-

1. **Overhead pass:** for performing overhead pass a player should stand with feet apart, knee bend, body crouched and leaning forward. The hand should be in front of the face with elbow bent and close to the body. The ball should be passed with the tips of the fingers in front of forehead. The knees and arm should be extended in the duration of the pass.
2. **Underarm Pass:** play the ball at body's midline contacting the ball out from the body at above knee level. Pass the ball on the wide fleshy surface of the forearms and slightly upward with the collected arm swing follow through in the direction of the ball high. The angle of forearm determines the direction in which the ball will rebound.
3. **Dive:** in extending the dive, take off, over the load foot. The chest virtually touches the thigh. Holds the hands as the muster hold of bottom. Get the hand in between the floor and the ball and go through the ball from the shoulder using the lower of the wrist and elbow as needed to get the ball in the air. Keep both feet of the floor at the movement the contact is made during fly let the foot on the same side as the contact hand be higher than the head. The opposite leg should be slightly out the back ankle, the head up and the eye on the ball.

Setting

Setting, or overhead passing, typically is the second shot in a three-shot sequence. A properly executed set is placed close and above the net. We want to place the ball about four feet from the net so on the third shot, typically a spike, our teammate won't hit the net on her follow through.

Hitting

Generally, we want to hit the ball with the greatest force possible on the third shot of a sequence. When the ball is struck forcefully downward, above the height of the net, it is referred to as a "spike" or "kill" shot. To execute a kill shot, a player may use either a two- or three-step approach. Strike the ball at the top of our vertical leap, using the heel of our palm, followed by wrapping our hand on the ball with our fingers and snapping our wrist.

Blocking

Blocking is a defensive play made close to the net. The object of a block is to deflect an offensive shot directly back toward our opponent. Block attempts can be made by individual players or pairs of players. Blocking is not allowed on serves. Blocks often are utilized as a defence against "kill" shots.

1. Single block

For one man blocking, a player should come close to the net from where the smash is to be expected. He should take a jump and raise his hand above the net. His face should be towards the net. He should try to intercept the ball at this time.

2. Multiple block

The execution of multiple blocks is similar to that of simple block. The main difference is that multiple blocking can be done by two or three players according to the standard of the match.

ANALYSIS OF FUNDAMENTAL SKILLS

NEED FOR ANALYSIS OF THE FUNDAMENTAL SKILLS

1. To make the skills effective.
2. To achieve the aim of acquiring skills.
3. To improve the standard of the skills.
4. To remove error from the skills.
5. For safety and security in the games.
6. To bring improvement in the training pattern of the game.
7. To use scientific equipments and training aids in the training and game.

METHODS OF SKILL ANALYSIS

1. Explanation of the skill
 - i. Preliminary stance

- ii. Execution
- iii. Follow through
- 2. Scientific method
- 3. Through video tapes
- 4. Observation method
- 5. Chart method
- 6. Test methods

CONCLUSION

Volleyball in the beginning was played for entertainment only. With the passage of time the game became competitive and necessary for the rules of game was felt. Game played purely for entertainment was a good method of utilizing spare time. People took keen interest in the game because they in addition to being source of entertainment also helped in removing stress and strain from the mind of people. Since these games took the form of competitive events, rules for exercising a control over the game were framed. The game generates tremendous heat and tension amongst the players and spectators, because everyone wanted to win the game. It was generally seen that players resistively playing the same game lost interest in it. Some innovative change in the game and their programme made the game interesting and attracted many more players to them. Programme of the game was so devised that it not only helped in further development of the game, but also generated interest in the players as well as coaches.
