

## JR/SR Volleyball Study Guide

**Origin-** In 1895, William J. Morgan invented the game of volleyball at a YMCA in Massachusetts

### Terminology

**Pass** - Most common type of hit used to return a serve

**Set** - a hit that requires contact of both hands above the forehead – most accurate type of hit in volleyball but most difficult to master.

**Spike** - a hard downward driven hit of the ball into the opponent's court

**Kill** - a hard downward driven attack that results in a point

**Block** - the first line of defense against a spike at the net

**Dig** - a ball that is playable off of an opponent's attack (spike).

**Lift** - an illegal hit when the ball rests momentarily on any part of the body

**Ace** - point earned directly from the serve hitting the opponent's court

Floater - a type of serve that moves in unpredictable directions

**Topspin** - a type of serve that drops very fast after it crosses the net. Toss is the most important aspect in executing a proper serve.

**Let serve** - a serve hits the top of the net and lands in the opponent's court

### Scoring

In high school a match consists of two out of three games. The game is rally score to 25 points and the winning team must win by two. Rally scoring means that whichever team wins the rally is awarded a point. The team that does not serve first in the first game begins serving in the next game.

### Rules

1. There are 6 players on a team
2. Teams rotate clockwise
3. A game is started by a coin toss to see which team gets first serve
4. If a player steps over the service line it is a foot fault and a point is awarded to the other team.
5. If the ball touches the net on the serve, it is a let serve and is considered legal.
6. A player can never touch the net any time
7. A player may step on but not over the center line
8. A block does not count as one of the three hits. It is illegal to block a serve.
9. A ball landing on the line is considered in
10. A ball that hits the ceiling and lands back on the side of the team who hit it can be played if that team still has hits left. A ball that hits the ceiling and lands on the other team's court is considered a loss of rally – point for other team. A ball can never be played off of the wall.

11. A ball can be hit by with any part of the body as long as it is not a lift ( i.e. head, shoulder). Kicking a ball is illegal.

12. A player from the back row can not spike the ball in front of the 10 foot line.

13. If two or more players on the same team contact the ball at the same time, it is considered one hit and may be played by either person on the next hit.

**Officiating Signs:**

**In bounds**



**In Bounds**



**Out of Bounds**



**Serve**



**Lift**



**Time out**



**Replay**

**(See next sheet below)**

# Flexibility

**Flexibility** – the ability to move a joint through normal range of motion (**explanation required**)

## **Benefits of good Flexibility:**

- Improves physical and athletic performance
- Decreases the frequency and severity of injuries
- Joint health – insures long term benefits of mobility
- Improves posture and prevents low back pain and injuries
- Relaxation and stress management

## **Flexibility Training Guidelines:**

- Use a variety of stretching modes such as dynamic, static, or a functional warm up
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**Static stretching** - A stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds. Static stretching is the most common form of stretching found in general fitness and is considered safe and effective for improving overall flexibility.

**Dynamic Stretching** - Active movements of muscle that bring forth a stretch but are not held in the end position.

**Functional/Dynamic warm up** - a series of sport specific movements that are designed to prepare the muscles for performance and are done in a safe and controlled fashion. Dynamic stretching used but also movements to increase heart rate and increase blood flow which, in turn, warms up the muscles.

- Perform at least one major stretch for each major muscle group of the body
- Stretch to the point of mild discomfort, not pain
- Stretch both sides of the body and opposing muscle groups.
- Stretch the target muscle groups in different planes to improve overall range of motion at the joint
- Increase intensity and duration gradually over time. Stretching + time = improved flexibility
- Stretching after warm ups and /or workouts is more effective for increasing flexibility.