

CHEROKEE VOLLEYBALL STUDY GUIDE

GRADES 9-12

HISTORY

Volleyball was invented by William Morgan of Holyoke, Mass. in 1895 as an alternative to the popular game of basketball. Mr. Morgan originally called the game mintonette. Morgan borrowed the idea of hitting the ball back and forth over the net from the game of tennis and other techniques from the game of handball. The YMCA promoted volleyball over the next thirty years, and in 1928 the United States Volleyball Association was formed. Volleyball was first introduced in the Olympics in the 1964 Games. In 1984, the U.S. men won their first Olympic Gold Medal in volleyball. In recent years, the game has evolved to include more action and force through the use of power volleyball skills. Today, the best teams in the world compete for the Triple Crown, which includes winning the Olympic Games, the World Cup, and the World Championship in succession.

ETIQUETTE

Some rules of etiquette that should be observed include:

- announce the score before each serve
- roll the ball under the net when returning it to the server
- play the ball only when it is near you allowing other teammates an opportunity to be part of the game. (Although competition is an integral part of the game, cooperation is important in setting up the ball and accomplishing other team strategies.)

SAFETY

Several safety factors should be observed when playing the game of volleyball. In order to avoid an injury, it is important to learn and use the proper hand and finger position when playing the ball. When spiking, you must take care to direct the ball properly to avoid injuring other players. Teammates must be alert during the entire game, this includes the serve. The serving team should be focused on their server until the serve is completed and the ball safely clears the net. A white volleyball is considered suitable for indoor play.

RULES

The object of the game is to send the ball back and forth over the net so the opposing team cannot return it. Regulation volleyball has six players per team, but to ensure full class participation, Cherokee has eight players per team. Rotation will be the same as regulation volleyball. The front line will rotate to the right, and the back line will rotate to the left (**clockwise**).

In Cherokee volleyball, the right to serve first will be determined by a volley. The ball is thrown up and must be hit back and forth at least 3 times before the serve is awarded to the winning team.

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RULES (continued)

The game begins with a serve from one team from behind the end line in the right back corner. A service fault (foul) occurs when:

- the server steps on or over the end line
- the ball goes into or passes under the net
- the ball touches a serving team member before it clears the net
- the ball lands outside the boundaries of the court

The server continues to serve until a fault occurs by the serving team.

In 2003 the National High School Federation followed the worldwide movement to **Rally Scoring**. All New Jersey high school competitions (as well as NCAA and international competitions) adopted the following rule changes to faults and scoring:

- A point is awarded at the end of **each** rally. If the serving team wins the rally they are awarded a point and keep the serve. If the receiving team wins the rally (**including** a service fault) they are awarded a **point, side out** and the **serve**.
- A **let** serve (a serve that hits the net and goes over and into the opposing team's court) is now a **legal** serve.
- In a regulation game, play continues until one team gets **25 points** with at least a 2-point lead. (At Cherokee, play continues for the entire period until the teachers ends the game. Which ever team is ahead at the end of class is declared the winner).

All other rules for scoring and faults remain the same. The team rotates after they receive the ball following a point and side out (for winning a rally).

These team faults (fouls) result in a point for the serving team if they are committed by the receiving team or a loss of serve (SIDE OUT) **and a point** for the receiving team if the serving team commits the infraction:

1. The ball hits the floor.
2. A team hits the ball more than three times in a row (not counting a block at the net).
3. A player hits the ball more than once in a row (double hit).
4. The ball touches a player below the waist.
5. An opponent reaches under the net and touches the ball.
6. A player touches the net or standards.
7. A player crosses the centerline to play the ball.
8. The ball is hit out of bounds.
9. A team is out of position.
10. The ball hits the ceiling.
11. A player holds the ball momentarily in their palm or open hand (**carry**).

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BASIC SKILLS and STRATEGIES

The **overhand serve** is the best offensive weapon. It is a faster and harder serve than other types of serves. When attempting this serve, the ball should be tossed two to three feet above and in front of the server's hand. **Both the overhand/underhand serves require a staggered stance with the non-dominant foot forward.** The **underhand serve** is the easiest to learn. However, the most important aspect of the serve is the placement of the ball. A serve to the back corners of the court generally causes the receiving team the greatest difficulty. When receiving a serve, coordination and quickness are the most important physical aspect.

A **forearm pass or bump** is performed when a player hits the ball underhand off of their lower arms. This technique must be used to receive a serve. It is also the best method for playing the ball which drops below the chest.

The **overhand pass or set** is the most frequent technique used to set the ball for a spike. In executing the overhand pass, the ball should be contacted 6-8 inches above the forehead.

The attack pattern of play is bump-set-spike. When spiking, the most important factor to consider is the timing of the moving ball. A two-foot take off and open hand are recommended for successful spiking. **In Cherokee volleyball, only front row players are allowed to spike**

TERMINOLOGY

Ace	a non-returnable serve.
Back Set	a set made over the head and back of the setter.
Block	defensive play at the net with hands over the head.
Bump	another term used for the forearm pass .
Carry	when the ball rests momentarily on one or both hands.
Dig	a defensive saving skill using the forearm(s), fist or hand.
Dink	a one-handed, soft hit into the opponent's court using the fingertips.
Floater	a serve that is softly hit with no spin that "floats" or wobbles in flight.
Foul	an infraction of the rules.
Kill	a non-returnable hit by a player.
Let Serve	a legal serve that touches the net as it goes over and lands in bounds.
Point	when a receiving team violates a rule or hits the ball out.
Rally Scoring	scoring system where a point is awarded at the end of each rally.
Set	another name for the overhand pass.
Side out	when the serving team violates a rule or hits the ball out.
Spike	a forcibly hit ball with one hand in an overhand motion.

COURT

60 feet by 30 feet

Net- 32 feet long by 3 feet wide; 7 feet 4 inches from the floor to the top of net.