VOLLEYBALL STUDY GUIDE

SERVE: A. Overhead - motion like throwing a ball,
Stand like you're talking to a buddy (left food slightly forward)
Toss, step, hit with an open hand, drag your right toe

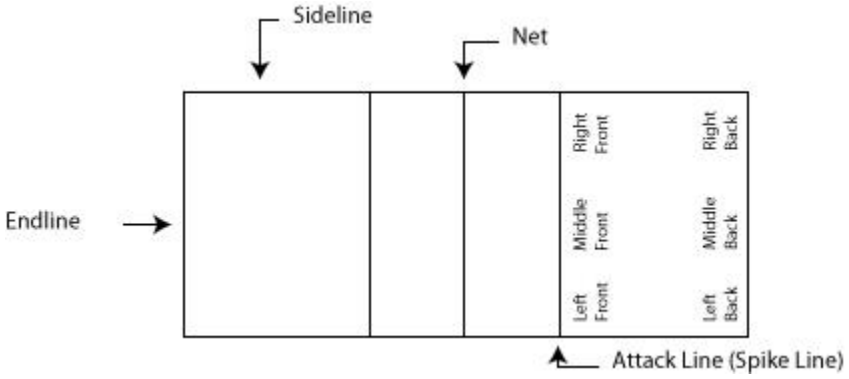
B. Underhand - Stand like you're talking to a buddy (left foot slightly forward)
Bend over with shoulders out in front of your knees
Ball is held in your left hand in front of right shoulder
Step with left foot and hit ball out of your left had using the fist of your right hand, drag your right toe

THE BIG 3: Pass (Bump), Set, Hit (Spike)

Pass (Bump): feet forward, knees bent, arms "straight & simple" primary means of receiving the serve

Set: right foot forward, knees bent, form hands in the shape of the ball, second of big 3

Hit (Spike): steps = right, left, right, left with the last 2 steps used as a 2 foot take off, open hand; third of big 3

GENERAL RULES:

- 3 hits on a side
- Your body may NOT touch the net at any time
- A serve hitting the net and going over is called a "let" serve and is good
- A ball hitting the line is good
- You may step on, but not over the center line
- Rotate in a clockwise direction
- You may not hit the ball twice in a row
- You may not push or carry the ball
- All players for both teams must be in the court during the serve, except the server
- A point is scored ever time the ball hits the ground = Rally Scoring
- A game is played to 25 points (PE 15 pts)
- You must win by 2 points
- An official team is 6 players
- During the serve, the server must contact the ball behind the endline
- A dig is when a defensive player passes a ball that has been hit by the offense