

Volleyball Study Guide

8th Grade



Section I: Game Play

Volleyball is a game played by two teams of 6 players on a rectangular court separated in two halves by a net. One team serves the ball over the net trying to land it within the opponents playing area. The receiving team has a maximum of 3 hits to return the ball over the net landing it within the serving teams' playing area. Every time the ball hits the floor in-bounds a point is scored. The method of scoring is known as rally scoring.

Section II: Scoring

Rally scoring is when the serving team wins a rally, they score the point and keep the serve. When the receiving team wins a rally, they score a point and gain the right to serve. Games (sets) are played to 25 points with a minimum two-point advantage. To win a match against an opponent a team must win 2 out of 3 sets.

Section III: Terminology

Ace- a serve which lands on the court without being touched by the receiving team

Let Serve- a legal serve that touches the net and goes over landing in-bounds

Carry/Lift- when the ball rests momentarily on one or both hands...also hitting the ball with open hands below the waist

Double Hit- if a player hits the ball two times in a row

Rotation- shifting positions in a clockwise direction after winning a point

Net Violation- when any part of a player's body makes contact with the net....opponent wins the point

Section IV: Skills in Volleyball

Forearm Pass- method of passing the ball by bouncing it off of both forearms.....used when the ball is traveling below a player's face.....commonly used as the first hit by the receiving team to set up an overhead pass



Set/Overhead Pass- method of passing the ball into the air using both hands.....used when the ball is traveling above a player's face.....commonly used as the second hit by the receiving team to set up a spike



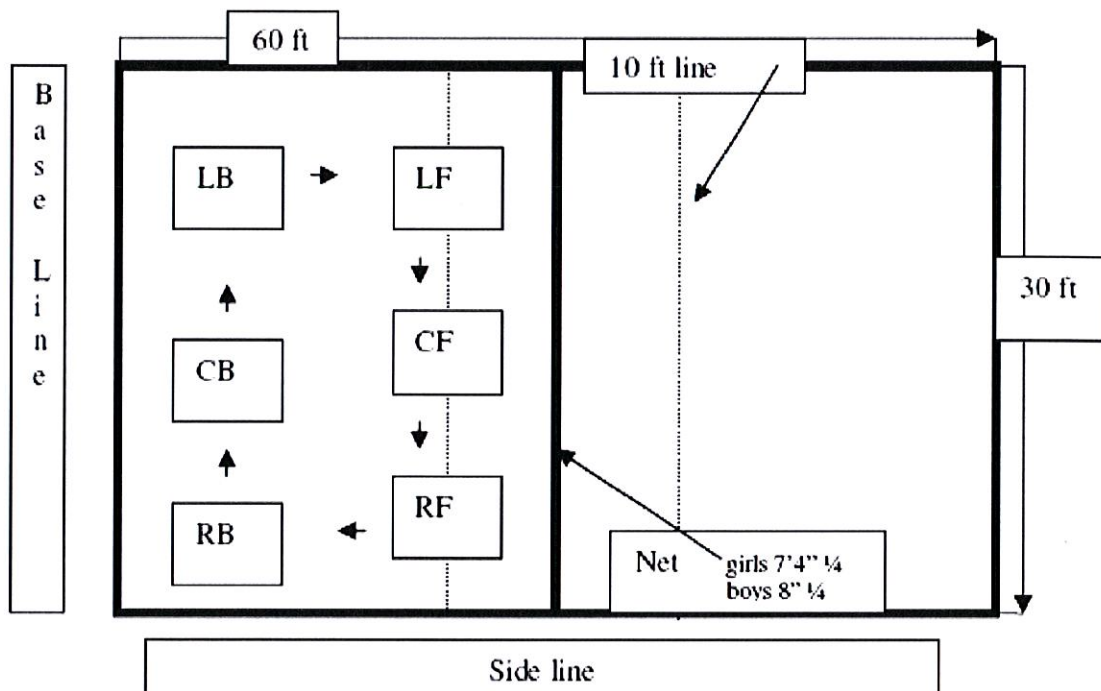
Spike- method of striking the ball with a single hand above the net to send the ball forcefully downward into the opponent's court.....commonly used as the third hit by the receiving team



Serve- method of putting the ball in play from behind the endline of the court.....the two main types of serves are the underhand and the overhand



Section V: Court Diagram/Players & Rotation



Section VI: Additional Information

6th Grade: the following information will also be part of the test

- * characteristics of the "ready" position
- * characteristics of the underhand serve
- * common mistakes made in the skill areas (section IV) of volleyball

7th Grade: the following information will also be part of the test

- * characteristics of the "ready" position
- * characteristics of the underhand serve
- * characteristics of the overhand serve
- * common mistakes made in the skill areas (section IV) of volleyball

8th Grade: the following information will also be part of the test

- * characteristics of the "ready" position
- * characteristics of the underhand serve
- * characteristics of the overhand serve
- * characteristics of the spike approach and attack angles