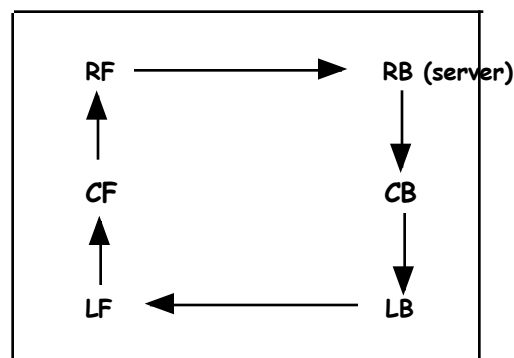


# Volleyball Worksheet

## RULES

### Teams

- A team consists of 6 players on their side of the court at one time. Player positions are: right front - RF, center front - CF, left front LF, right back (serving position) RB, center back - CB, and left back - LB.
- All players must be on the court during the serve, except the server.
- After the serve, all players are allowed to go out of bounds to hit the ball.



### Basic Volleyball Hits

- Bump/Forearm Pass/Underhand Pass - Used to pass the ball to a teammate. Hands together; keep arms straight; bend your knees, do not swing your arms; contact ball with the flat part of your forearms
- Set/Overhead Pass/Fingertip Pass - Used to set up a teammate for a spike. Create a triangle with your hands, elbows out, bend your knees, use fingertips, and pop the ball up in the air
- Spike - A ball which is hit from above the net in a downward manner, into the opponent's court
- Underhanded Serve - Keep the ball at waist level, do not toss the ball, step with your opposite foot, and contact the ball with the wrist area of your arm.
- The most successful 3-hit succession is PASS - SET - SPIKE.

### Playing the Game

- A point is scored on every play/serve; and a score is worth 1 point.
- The ball is served by the player in the RIGHT BACK position, and s/he will continue serving the ball until that team fails to score a point.
- When one team loses their serve it is called a side out, and the other team will rotate positions and then they get to serve the ball.
- You only rotate when you win the serve (which is a side out); and your team will then rotate one position in a clockwise direction.
- Before each serve, the server will call out the score of the game by saying his/her team's score first, followed by the score of the other team. So if your team has 2 points and the other team has 1 point, you would say "2 serving 1," and then serve the ball.
- Three hits are allowed on each side, but no more than 3. A team can hit the ball less than 3 times per side.
- A game consists of 25 points, and you must win by 2.
- A match consists of 3 games to 25 points. The team who wins 2 out of 3 games wins the match.

### Rules

- The ball can touch the net at any time and still be in play.
- A player can not touch the net or go over the middle line at any time during the game.
- The same person can not hit the ball twice in a row.
- The service line is 10 yards away from the net, and the server must stand behind this line.
- A foot fault occurs when the server steps on or over the service line.
- The sidelines mark the left and right sides of the court, and they are 10 yards apart.
- All lines are "in," so any ball that hits the line is considered good or in-bounds.

# Volleyball Worksheet

## *Volleyball Vocabulary*

*ACE - A serve hit so well it is not returned*

*BASELINE - The back line on a volleyball court*

*BLOCK - To stop the ball from coming over the net*

*BUMP - The first of three hits in volleyball, when you put your hands together and lift the ball with your forearms*

*DIG - To dive for a ball, reaching out and hitting the ball up with one hand, keeping the ball alive*

*DINK - To barely tap the ball over the net*

*FOOT FAULT - To step on or over the baseline while serving*

*KILL - A successful spike*

*RALLY - Both teams successfully hitting the ball back and forth over the net*

*RECEIVING TEAM - The team receiving the serve*

*ROTATE - The team moves clockwise, every time it receives the serve*

*SERVE - The ball is hit from behind the baseline over the net to the opposing team, to begin play*

*SERVING TEAM - The team serving the ball*

*SET - The second hit of three hits, where the ball is positioned high and near the net for a player to spike*

*SIDEOUT - This is the name in volleyball for when the receiving team wins the serve*

*SIDELINE - The boundary line on the side of the court*

*SPIKE - The third hit of three hits designed to win the rally by hitting the ball down to the floor on the opponent's side*

*SPIKING LINE - The line ten feet from the net which back-row players may not cross, to spike the ball*

*VOLLEY - To hit the ball before it hits the floor*

# Volleyball Worksheet

## VOLLEYBALL TEST

Name \_\_\_\_\_ # \_\_\_\_\_ Period \_\_\_\_\_

1. \_\_\_\_\_ How many players are there on a volleyball team?
2. \_\_\_\_\_ Is it legal for a player to touch the net?
3. \_\_\_\_\_ How many points make up a volleyball game?
4. \_\_\_\_\_ In order to win a game, a team must be ahead by how many points?
5. \_\_\_\_\_ What direction do you rotate on the volleyball court?
6. \_\_\_\_\_ In a game, when do you rotate?
7. \_\_\_\_\_ When calling the score, whose score do you call first?
8. \_\_\_\_\_ Can the receiving team score points?
9. \_\_\_\_\_ How many hits is a team allowed before the ball must travel back over the net?
10. \_\_\_\_\_ If the ball lands on the sideline, is the ball in bounds or out?
11. \_\_\_\_\_ Is it legal for the same player to contact the ball twice in a row?
12. \_\_\_\_\_ In a game is it legal to step on the centerline?
13. \_\_\_\_\_ When serving, can the server step on the back line?
14. \_\_\_\_\_ Is it legal to help a serve over the net?
15. There are three hits used most successfully while playing volleyball.  
Name them in the order they should be used.  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
16. Name 3 positions on the volleyball court.  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_