

Name:

Date:

Volleyball Test

Multiple Choice: (3 pts each)

1. What should a player watch while playing?
 - a. opponent
 - b. ball
 - c. net
 - d. coach

2. What is the most important reason to hit the forearm pass?
 - a. to set the ball
 - b. to stop the ball from hitting you
 - c. to allow player time to get into position
 - d. to hit the ball waist level or lower.

3. Why is the overhead pass or set important in volleyball?
 - a. to enable more players to participate in the game
 - b. to return the ball quickly to the other side
 - c. to maneuver into position for effective attack play
 - d. to receive a serve

4. What is the most important factor when spiking?
 - a. jumping as high as possible
 - b. hitting the ball as hard as possible
 - c. having fun
 - d. placing the ball to an open area

5. On a regular set, when should the player jump to block a spike?
 - a. as the spiker jumps
 - b. just before the spiker jumps
 - c. as the spiker begins to bring the arm forward
 - d. sometime tomorrow

6. How are the players hands positioned for a block?
 - a. closed, fingers loose, and close together
 - b. open, fingers rigid, and close together
 - c. closed, fingers rigid, and spread apart
 - d. open, fingers loose, and spread apart

7. What is an easy serve to learn and easy to play?
 - a. the underhand serve

- b. the sidearm serve
- c. the overhead floater serve
- d. the overhead topspin serve

8. What is the server's primary responsibility?

- a. to get it over the net
- b. to hit a serve with great velocity
- c. to hit it over the net within the lines
- d. to serve to the weakest player on the opposite team

9. What is the technique used to put the ball into position for an attack?

- a. serve
- b. forearm pass
- c. volley
- d. set

10. A ball is hit with great force into the opponents court. What is this called?

- a. dink
- b. serve
- c. set
- d. spike

11. What is the term used when serving team losses the serve?

- a. service over
- b. switch
- c. side-out
- d. block

12. How many times may a team contact a ball before it must go over the net?

- a. 1
- b. 2
- c. 3
- d. 4

13. How long does a player continue to serve?

- a. one serve for each player
- b. until he or she has served 10 times without their team making a mistake?
- c. until the server and his or her team makes a mistake
- d. until everyone on the other team has received a serve

14. When does a team rotate?

- a. when the team gains the serve
- b. when a team scores a point
- c. when a team losses a point
- d. when the team losses the serve

15. Which describes the proper method of rotation?

- a. counterclockwise
- b. clockwise
- c. front to back
- d. back to front

16. True/False Volleyball doesn't use rally scoring?

17. True/False Back row players can spike the ball in the front row if their feet leave the ground?

18. True/False A serve may hit the net and go over on the opponents' side of the court and be considered in play

19. True/False A defending player can spike a serve?

20. True/False A ball hitting the line is considered out?

Short Answer Questions: (4 pts each)

1. Name three skills used when playing volleyball.

2. What are the first two sets of a volleyball game score up to?

3. What skill should be used to attempt to stop a spike?

4. How many points does the 3rd set go up to?

5. List three of the different positions in volleyball

6. How many people are on the court at one time for a single team?

7. In what direction do players rotate?

8. List the four critical points of two skills used in volleyball.

9. What are two surfaces volleyball can be played on?

10. Describe what an “Ace” is in volleyball.

11. (Extra Credit) What women’s beach volleyball team won an Olympic gold medal at the London games in 2012?