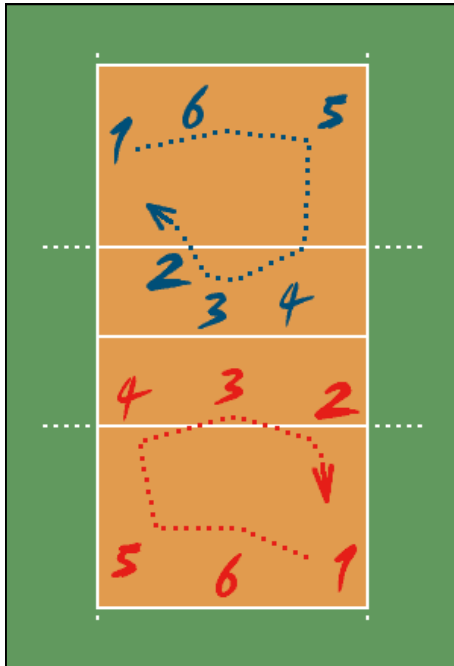


VOLLEYBALL



BASIC RULES OF PLAY



Volleyball Court Rotations

- Each team has six players. Three stand in front of the attack line, and three behind it.
- To start, a player must throw the ball in the air and play it over the net towards the opponent.
- The opponent must then try to return the ball using no more than three hits before passing it over the net.
- These hits may consist of a bump/pass to the setter, an overhand pass to the attacker, or a spike towards the opponents court floor.
- Whoever has the ball and is trying to score a point by an attacking pass to their opponent is said to be on offence.
- Whoever is on defence must try to stop the attacker from hitting the ball into their court by having players at the net jumping and reaching above the top to block any attacking shots. If the ball goes past these players, any remaining players on the defence must try to play it back using a dig (forearm pass). After a dig, the team on defence becomes the offence.
- The game continues in this way until the ball touches the court floor within the lines or until an error is made.



VOLLEYBALL



THE FOREARM PASS or THE 'DIG'

This shot is generally used when the ball is below your shoulders. The ball is hit using your forearms.

THINGS TO REMEMBER...

- Keep your arms straight and away from your body
- Extend your legs and move your arms from your shoulders
- Hit the ball using your FOREARMS!! Not with your hands
- Finish with your hands pointing to your target
- Move towards the ball. Get to the spot before the ball does
- Put your arms in the direction you want the ball to go

THINGS NOT TO DO...

- Don't be "stuck in the mud" - move towards the shot
- Bend your arms - keep your arms straight during the shot
- Too much arm swing
- Hit the ball with your hands apart - keep them close



VOLLEYBALL



THE OVERHAND PASS or SETTING

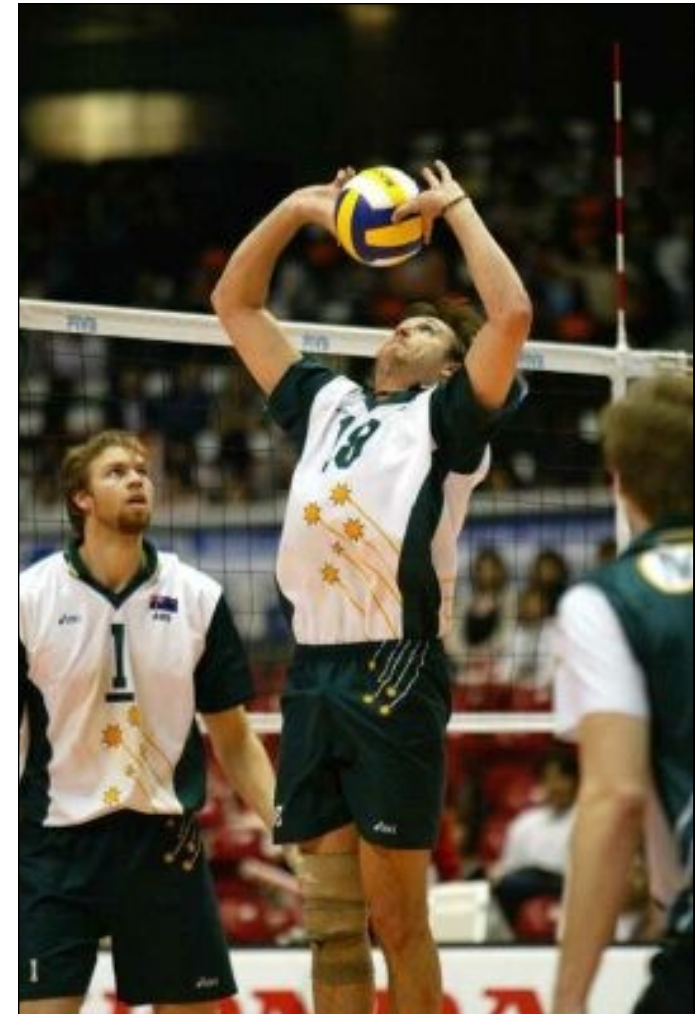
This shot is generally used when setting up the next shot for an attack, or slowing the game down.

THINGS TO REMEMBER...

- Spread your fingers in the shape of the ball above your head
- Form a triangle with your thumbs and point your fingers
- Your hands should not touch during the shot
- Place your hands directly in front of your face close to your forehead.
- On contact, set the shot by extending your arms and legs

THINGS NOT TO DO...

- Don't hit the ball with the palms of your hands
- Don't put your hands too close together
- Cushion the ball, don't be rigid.



VOLLEYBALL



HITTING or SPIKING

This shot is an attacking move which is generally used after a set or a volley, and is used to put your opposition under pressure.

THINGS TO REMEMBER...

- Take a few steps before and use a two-footed jump
- Swing both of your arms forward on takeoff
- Hit the ball with an open palm
- Hit the ball as high as possible above your shoulder

THINGS NOT TO DO...

- One-footed jump
- Hit the ball with your fist instead of an open palm
- A tennis-serve arm action - one arm goes back whilst the other hits the ball
- A shot-put arm action