

VOLLEYBALL REVIEW SHEET 2011

On the test there will also be Fitness and Health Questions

All of this info can be found on our P.E. website also under the Fitness and Health Review area.

SKILLS:

1. VOLLEY

- Hands in the form of drinking a 2L bottle of pop
- Fingers spread wide apart “BIG HANDS”
- Athletic stance
- Absorb the ball and push up and out to follow through
- Fingertip contact

2. BUMP

- Thumbs together
- Press thumbs toward the ground
- Lock elbows
- Athletic stance
- Contact on forearms
- Rocker step toward intended target
- Follow through with a shoulder shrug push toward intended target

3. Underhand Serve

- Hold ball at waist height
- Hand in a fist
- Swing arm in a pendulum motion
- Step and face toward the intended target
- Contact middle of the ball with the heel of your hand and fingers
- Stop at contact to make the ball spin

4. Overhand Serve

- Toss ball approx. 1 foot above eyes
- Face the direction you want the ball to go
- Step forward with opposite foot
- Hand in antler position at the side of your head
- High five the ball at it's highest point
- Snap wrist for a spinner, stop at contact for a float serve

5. Spike

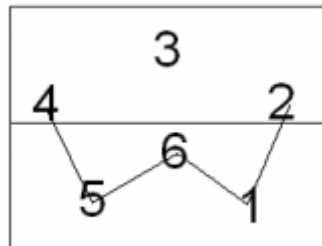
- Footwork is left, right-left stutter step
- Jump from your heels to your toes
- Full arm swing then into a bow and arrow position
- Contact the ball with a snap of the wrist for topspin

Basic Floor positions: Looking from an overhead view starting in the back right corner would be #1 also know as serving position. Then moving forward to the right front side, just behind the net is position 2, immediately to the left of this is 3 and then 4 is front left side. Directly behind this is position 5 and back center or middle of court is position 6. The setter always stands on the right side of the floor being floor position # 2 EXCEPT FOR THE BASIC 5 – 1 WITH SETTER IN POSITION #3. If they are coming forward from the back row to pass the ball to their hitters then they will stand between position 2 & 3 being 2.5 as there are 3 hitters already in the front row.

BASIC FLOOR # POSITIONS



BASIC 5 – 1 or W Formation ROTATION WITH SETTER IN POSITION #3



Why to use the “W” formation

- Cover the area or space on the floor during a serve receive.
- Everyone has clear view or sight of the serve coming to them.
- No confusion on who’s ball or call it is to take the first pass.
- Each athlete only needs 1 – 2 steps to cover their position.