

Volleyball Knowledge Organiser

Key Skills:

Set Shot	A two-handed shot that is played above the head.
Dig Shot	A shot played when the ball is below the waist, to 'dig' the ball away from the ground. The dig shot is played using forearms.
Spike Shot	An attacking shot played close to the net with a powerful downward motion. The ball should ideally be falling as this shot is played.
Underarm Serve	A simple way of starting the game. Standing sideways on, the server should make contact with the ball at waist height with the heel of their palm.
Overarm Serve	A more advanced way of starting a game. The server should toss the ball in the air above their head before making contact with ball above head height.

Key Terms

Tactical Skills

- Attack
- Defence
- Free space
- Change of speed
- Decision making

Physical Fitness

- Coordination
- Agility
- Reaction time
- Power
- Stamina

Scoring:

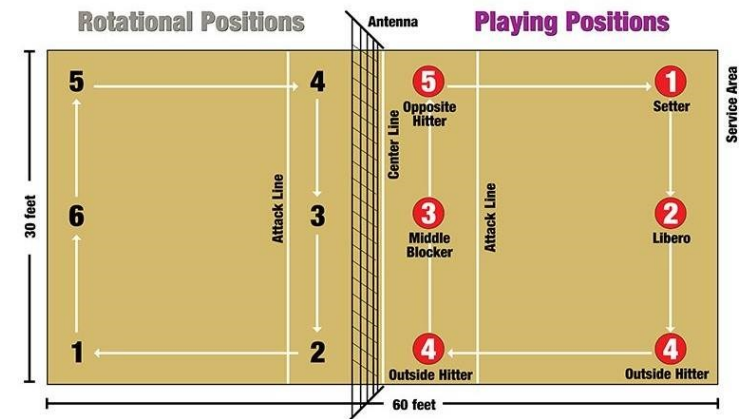
- There will be a point scored on every serve of the ball.
- Offense will score on a defense miss or out of bounds hit.
- Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- Game will be played to 25 points.
- Must win by 2 points.

Rotation:

- Team will rotate each time they win the serve.
- Players rotate clockwise.
- Substitutions rotate in for the serve (right back).

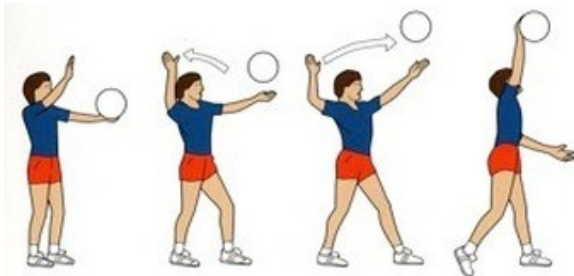


What a volleyball court looks like:



Key Vocabulary:

- **Ace:** When the ball is served to the other team, and no one touches it.
- **Sideout:** When the team that served the ball makes a mistake, causing the ball to go to the other team.
- **Roof:** When a player jumps above the height of the net, and blocks the ball.
- **Stuff:** When a player jumps about the height of the net, blocks the ball, and the ball goes back at the person who attacked (spiked) the ball.
- **Dig:** When a player makes a save from a very difficult spike.
- **Kill:** When a team spikes the ball and it either ends in a point or a sideout.



Game:

- Maximum three hits per side.
- Player may not hit the ball twice in succession (a block is not considered a hit).
- Ball may be played off the net during a volley.
- A ball touching the boundary line is good (in).
- A legal hit is contact with the ball by a player above and including the waist which does not allow the ball to visibly come to a rest.
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- Switching positions will be allowed only between front line players (after the serve).
- A match is best out of three games.
- The ball hitting walls, ceiling, or lights is out of bounds.

Violations:

- Stepping on or over the line on a serve (foot fault).
- Failure to serve the ball over the net successfully.
- Hitting the ball illegally (carrying, palming, throwing etc.).
- Touching the net with any part of the body while the ball is in play.
- Reaches under the net (if it interferes with the ball or opposing player).
- Failure to serve in correct order.
- Blocks or spikes from a back row position not behind the 10-foot line.
- Touching the floor on the opposite side of the centre line.

