

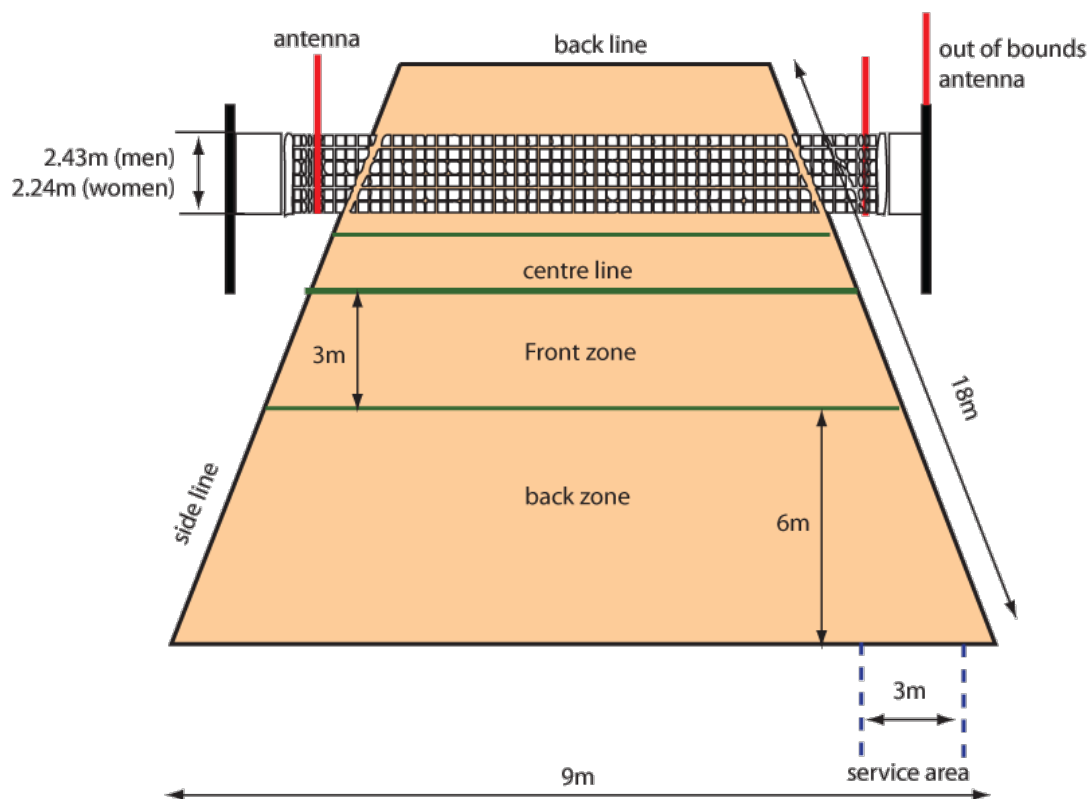
VOLLEYBALL.-

Background

Volleyball was invented in the United States in 1895 by William G. Morgan at the Holyoke, Mass.

Morgan's idea for volleyball came about because he wanted to find an activity to entertain businessmen on their lunch breaks, BUT basketball was way too strenuous.

Court



Setting

Usually the second contact of the possession is a set. In a set, the player uses the finger pads to launch the ball high in the air toward hitters.



Start with your fingers spread above your head:

The fingers should be in a diamond shape to start, and they should finish outward.

Passing

Passing is the most important skill in volleyball. If you don't get your pass right, you have a low chance of delivering an effective attack because it makes the set and hit suffer.



Our forearms should create a "platform," where the ball should contact



Wrap fingers around fist for the hand place.



The Cup Method.

DO NOT use interlocking fingers! This is dangerous! It's so easy to break your fingers.

Do not swing your arms; just let the ball make contact.

If you do this correctly, the ball will be more controlled, and it will go where you want it to go.



Ready to receive the ball

Serving



The server holds the ball in the left hand and contacts with the right to serve underhand.

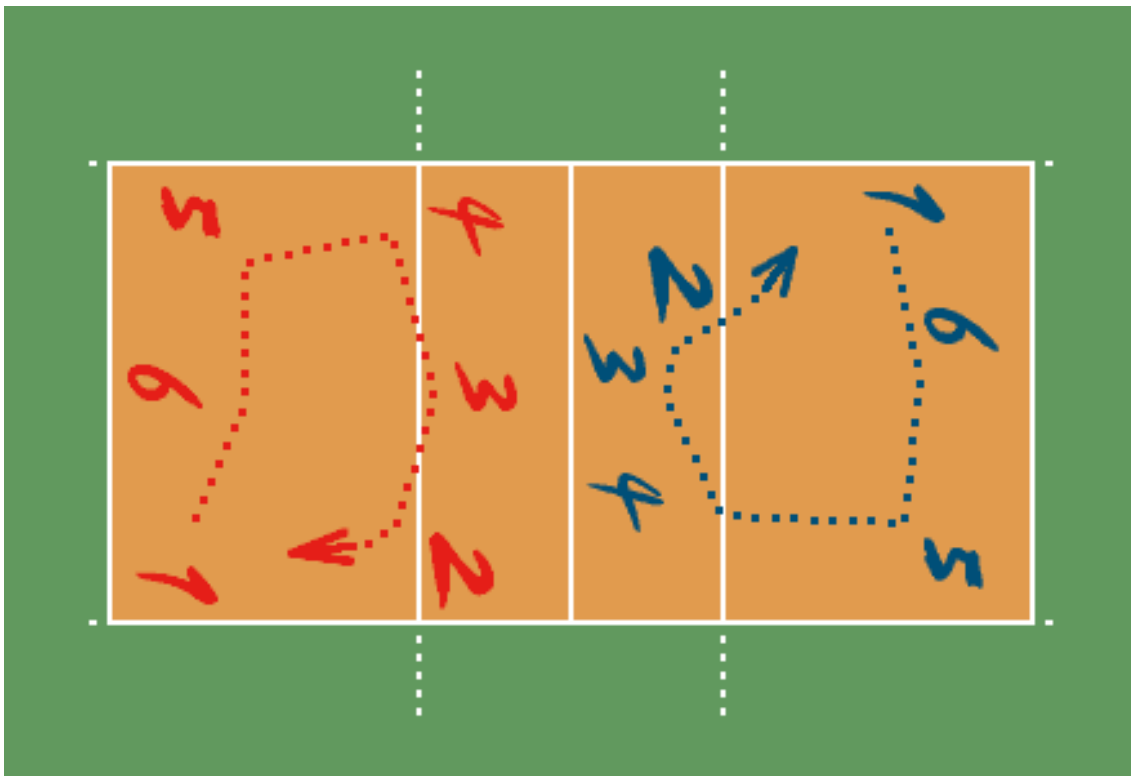
Each play starts off with a serve. The server steps behind the line at the very back of the court, called the end line, and has freedom to serve from wherever he or she pleases as long as the foot does not touch or cross the line. If the server's foot crosses the end line, it is considered a foot fault, and results in a side-out—a change in possession—of the ball.

Rules

In volleyball, there are six people on the court at one time for each team. Usually three people are in the front row, and three are in the back row.

A team can only have three contacts with the ball.

No player can ever make contact with the ball twice in succession, and the ball cannot be caught or carried over the net.



Scoring

Depending on the level of competition, most matches are now played as the best three out of five games to 25 points. Teams must win by at least two points for games to end. Points keep going until one team wins with a margin of victory of two points even if the score is greater than 25.