

## **VOLLEYBALL REVIEW SHEET**

### **SKILLS:**

#### **1. BASIC READY POSITION**

- Knees and hips are bent
- Feet shoulder width apart
- On the balls of your feet

#### **2. VOLLEY / SET / OVERHEAD PASS**

- Hands in the form of drinking a 2L bottle
- Fingers spread wide apart “BIG HANDS”
- Hands make triangle shape
- Thumbs down towards the eyes
- Absorb the ball and extend the elbows to follow through
- Contact made on fingerpads

#### **3. BUMP / FOREARM PASS**

- Thumbs together
- Hand position: hand overlapping hand OR hand around fist (NO LINKED FINGERS)
- Lock elbows to create flat platform
- Shoulder shrug and extend the legs to follow through
- Contact made on forearms

#### **4. UNDERHAND SERVE**

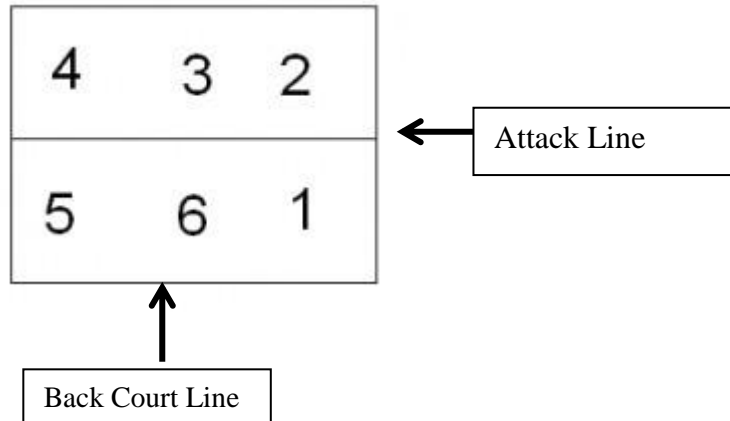
- Hold ball at waist height
- Contact ball on heel of hand (thick palm part)
- Swing arm in a pendulum motion
- Step and face toward the intended target
- Contact middle of the ball with the heel of your hand and fingers

#### **5. OVERHAND SERVE**

- Toss ball approx. 1 foot above eyes
- Face the direction you want the ball to go
- Step forward with opposite foot to swinging hand
- Hand in antler position at the side of your head
- High five the ball at its highest point

### 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.



### GAME INFORMATION

- A 5-1 team system has 5 attackers and 1 setter
- A block does NOT count as a contact
- Each team has 3 contacts per side
- Sets are played to 25 points and must win by two points, with the exception of a final set.
- A ball that hits the boundary line will be called IN
- Players rotate clockwise on the court
- Players have 5 seconds to serve the ball
- The purpose of the attack line is for proper approach and timing, also separates front and back court
- Ideal contact order is: bump, volley, spike