

VOLLEYBALL STUDY GUIDE: 2009

GENERAL INFORMATION:

- * The game of volleyball is played by two teams of **six players** each.
- * Teams may **contact the ball three (3) times** on their side of the net before returning it to the opponent across the net.
- * A player may not contact the ball two times in a row.
- * Players may pass the ball by using an OVERHEAD PASS, which is known as a SET.
OR
- * Players may pass the ball by using a FOREARM PASS, which is known as a BUMP.
- * If a ball lands on the line in volleyball, it is in bounds and considered good. "Lines are good!"

SERVICE

- * The **right back player is the server**. This player serves until his or her team makes a mistake. When the serving team makes a mistake, the other team gets the ball and 1 point. This is known as a **SIDE OUT**.
- * Teams rotate the serve on each side out. The **right front** player is **always the next one to serve**.

RALLY SCORING

- ***Points are scored on every serve!** Whenever a team makes a mistake, the opponent wins 1 point.
- ***IT DOES NOT MATTER WHO IS SERVING.**
- A serve that hits the net and goes over is good.
- If a serve doesn't make it over the net, the other team wins the ball and a point.

ANGLE OF REBOUND

ANGLE OF REBOUND: The **angle of rebound** is when a ball will **rebound** at an angle that is **equal** to that at which it **contacts** a surface.

When you pass the ball, the **angle of rebound** determines where the ball will fly.

1. If you raise your arms up to **shoulder height** when contacting the ball, it will go up **to the ceiling**.
2. If you pass the ball with **hands pointing at the floor**, the ball will go straight ahead or **to the floor**.
3. When you pass the ball and raise your **arms to a 45 degree angle**, the ball will probably fly up and **over the net**.