

6TH VOLLEYBALL STUDY GUIDE

Important parts of the **overhead pass (set)**.

- use your finger pads
- use when the ball is higher than your head
- elbows out
- form an open triangle with your fingers spread out
- bend and extend your legs, arms and hands - do not let your wrists flap

Important parts of the **forearm pass**.

- arms straight forming a flat surface
- hands together
- arms at a 45 angle like a slide
- reach for the ball - do not swing your arms/shrug shoulders
- use your knees bend and straighten legs

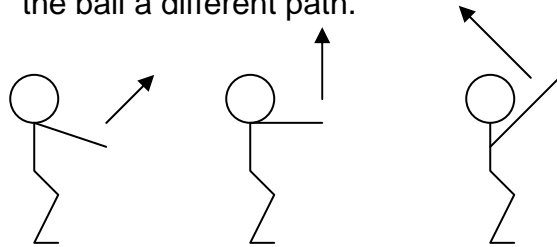
Important parts of the **overhand serve**.

- Toss the ball 1-2 feet above head
- Toss in front of striking shoulder
- use an open hand to hit ball
- step with opposition
- make contact at extended arm level
- follow through
- Same motion as used in the TENNIS SERVE

Biomechanical principles important in volleyball -

Rebound - the angle at which the ball will travel after it hits your arms

- Using different angles with your arms during the forearm pass will give the ball a different path.



Important **rules** of volleyball

- the position formation is called the "W" formation
- rally scoring means either team can score when winning the volley
- only 3 hits per side
- a player cannot hit the ball 2 times in a row
- the serve can touch the net and be played
- the games is 21 points (rally scoring), you must be ahead by 2 points to win
- a ball hitting a line is in bounds