



# WORKBOOK

www.agb.gymnaslo.cz



**Subject: P.E.**

**School year: ...../.....**

Volleyball	OUTCOMES
1 GRADE	Can select and accurately replicate a very good range of skills to outwit an opponent. Control of the ball is consistent and shots are performed fairly quickly in response to opposition pressure. Is able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their shot selection. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life.
2 GRADE	Good shot selection and shows accurate replication within game situations. Can effectively use ball positioning to outwits opponents. Can recognise & change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills have been used and suggest ways to improve further. Will understand how different types of exercise helps with health and fitness and can suggest ways of warming up and cooling down.
3 GRADE	Can use and replicate an excellent range of shots to outwit an opponent. Use of shot execution is excellent showing an obvious influence the game. An advanced level of skills/shot selection and consistent technique even under pressure. Is able to demonstrate a very good level of tactical awareness and can adapt and apply these to suit both defensive and attacking situations. Can analyse their own opponent's play using sound technical knowledge, and plan ways to improve team and individual performance. Can plan their own exercise and activity programme to suit their specific needs and carry it out.



4 GRADE	Can perform and replicate shots to a high level showing control, accuracy throughout. Has the ability to be an influence within a game and can respond to change effectively. Will outwit opponents with ease. Understands and evaluates performance and can see how skill, tactics, strategies and fitness affect overall team effectiveness. Able to create plans to improve performance and create fitness programmes for themselves and others.
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# Volleyball

## 1) BASIC RULES

Each team consists of six players.

### THE SERVE

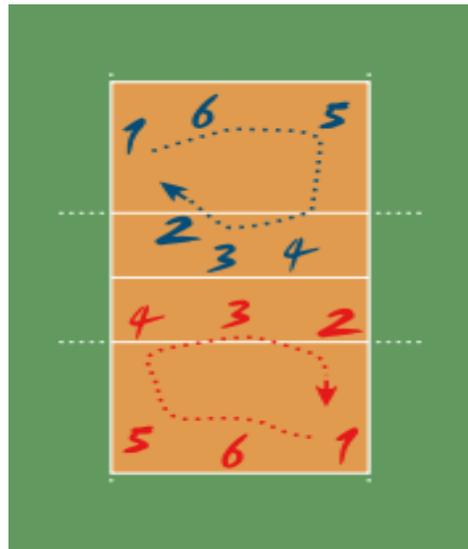
- ( A ) Server must serve from behind the restraining line ( end line ) until after contact.
- ( B ) Ball may be served underhand or overhand.
- ( C ) Ball must be clearly visible to opponents before serve.
- ( D ) Served ball may graze the net and drop to the other side for point.
- ( E ) First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- ( F ) Serve must be returned by a bump only. no setting or attacking a serve.

### SCORING

- A. Rally scoring will be used.
- B. There will be a point scored on every score of the ball.
- C. Offense will score on a defense miss or out of bounds hit.
- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. Game will be played to 25 pts.
- F. Must win by 2 points.

## ROTATION

- ( A ) Team will rotate each time they win the serve.
- ( B ) Players shall rotate in a clockwise manner.
- ( C ) There shall be 4-6 players on each side



Rotation [http://en.wikipedia.org/wiki/File:Volleyball\\_reception.jpg](http://en.wikipedia.org/wiki/File:Volleyball_reception.jpg)

## PLAYING THE GAME ( VOLLEY )

- ( A ) Maximum of three hits per side.
- ( B ) Player may not hit the ball twice in succession ( A block is not considered a hit ).
- ( C ) Ball may be played off the net during a volley and on serve.
- ( D ) A ball touching a boundary line is good.
- ( E ) A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- ( F ) 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.
- ( G ) A player must not block or attack a serve.
- ( H ) Switching positions will be allowed only between front line players. ( After the serve only ).

## BASIC VIOLATIONS

( A ) Stepping on or over the line on a serve.

( B ) Failure to serve the ball over the net successfully.

( C ) Hitting the ball illegally ( Carrying, Palming, Throwing, etc. ).

( D ) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

( E ) Reaching over the net, except under these conditions:

1 - When executing a follow-through.

2 - When blocking a ball which is in the opponents court but is being returned ( the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.

( F ) Reaches under the net ( if it interferes with the ball or opposing player ).

( G ) Failure to serve in the correct order.

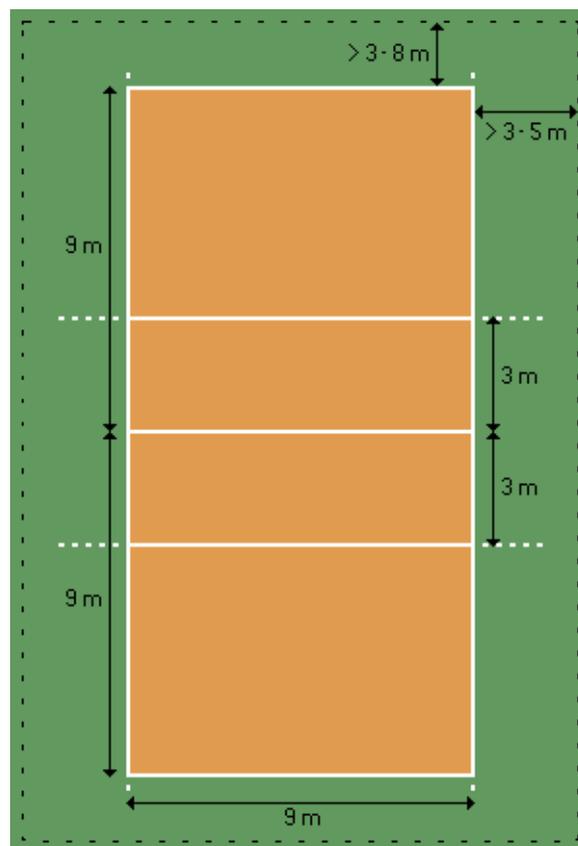
( H ) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

## 2) THE COURT and THE EQUIPMENT

### PLAYING AREA

Both indoor and outdoor courts are 18 m x 9m. Indoor courts also include an attack area designated by a line 3 m back from the center line.

Lines on the court are 5cm .



Court ([http://en.wikipedia.org/wiki/File:Volleyball\\_reception.jpg](http://en.wikipedia.org/wiki/File:Volleyball_reception.jpg))

### NET HEIGHT

Net height for men, co-ed mixed 6 is 2.43 meters.

Net height for women is 2.24 meters.

### BALL

The ball must be spherical, made of leather or synthetic leather, have a circumference of 65–67 cm, a weight of 260–280 g and an inside pressure of 0.30–0.325 kg/cm<sup>2</sup>.



Ball(<http://www.volleyball-training-ground.com>)

### 3) Techniques



Forearm pass and jump set ([http://en.wikipedia.org/wiki/File:Volleyball\\_reception.jpg](http://en.wikipedia.org/wiki/File:Volleyball_reception.jpg))



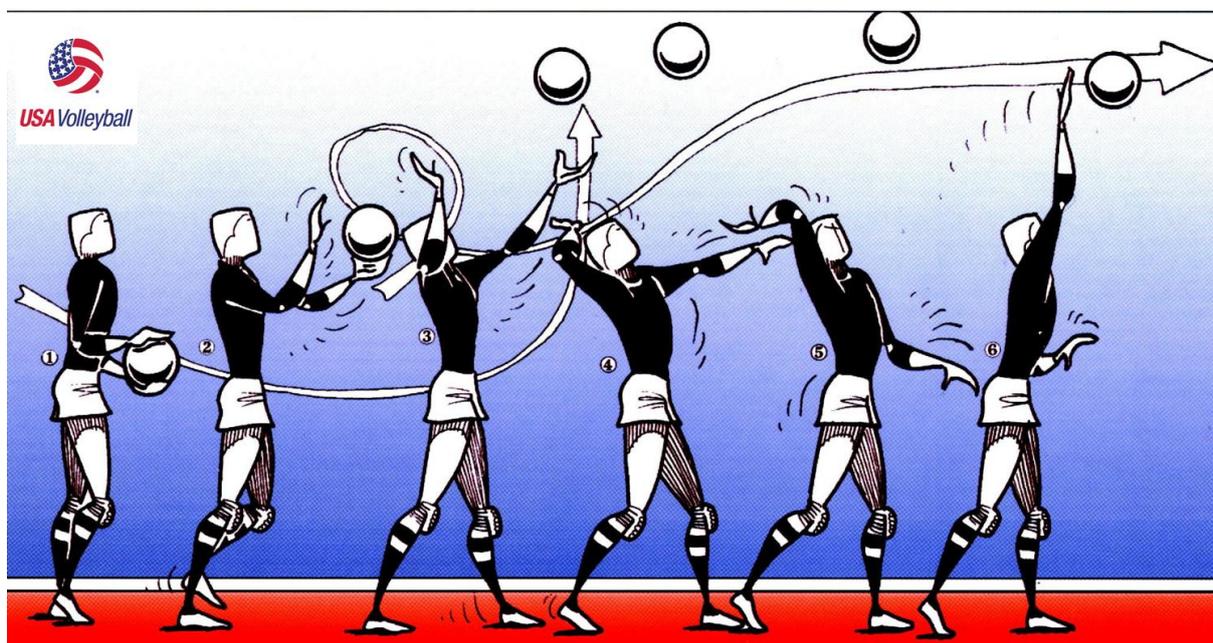
Smash with block (<http://vseosportu.unas.cz/volejbal.php>)



Serve (<http://volleyball.about.com>)

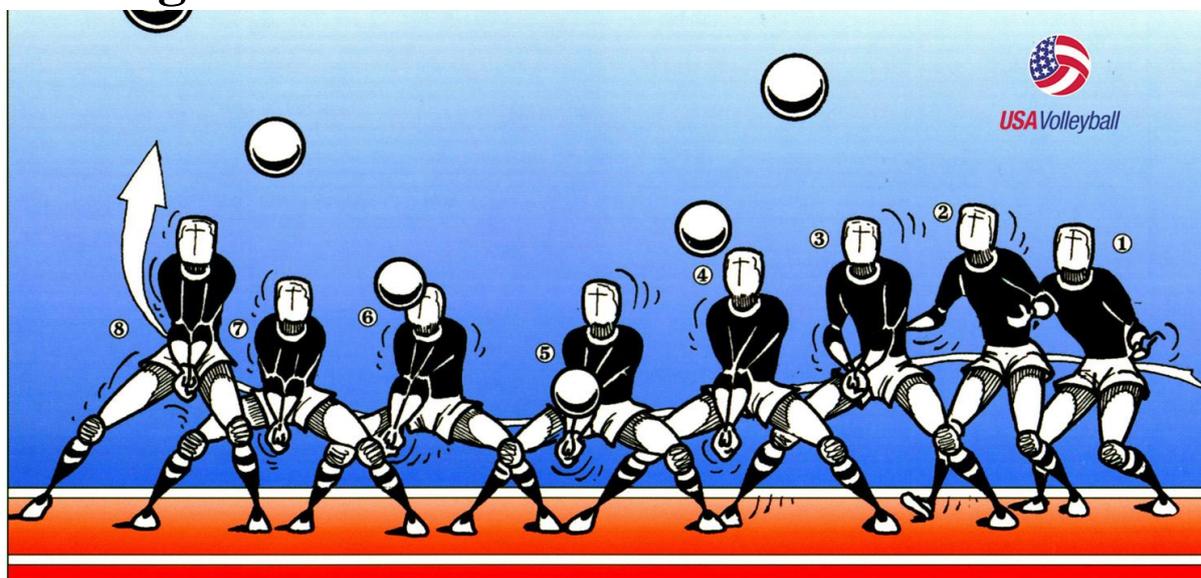
## How to do it properly?

### Serving



Serve(<http://students.depaul.edu/>)

### Passing



Pass(<http://students.depaul.edu/>)

## Setting



Set(<http://students.depaul.edu/>)

## Spiking



Spike(<http://students.depaul.edu/>)

## 4) THE PLAYERS

There are 5 positions filled on every volleyball team at the elite level. Setter, Outside Hitter/Left Side Hitter, Middle Hitter, Opposite Hitter/Right Side Hitter and Libero/Defensive Specialist. Each of these positions plays a specific, key role in winning a volleyball match.

**A)Setters** have the task for orchestrating the offense of the team. They aim for second touch and their main responsibility is to place the ball in the air where the attackers can place the ball into the opponents' court for a point. They have to be able to operate with the hitters, manage the tempo of their side of the court and choose the right attackers to set. Setters need to have swift and skillful appraisal and tactical accuracy, and must be quick at moving around the court.

**B)Liberos** are defensive players who are responsible for receiving the attack or serve. They are usually the players on the court with the quickest reaction time and best passing skills. Libero means 'free' as they have the ability to substitute for any other player on the court during each play. They do not necessarily need to be tall, as they never play at the net, which allows shorter players with strong passing and defensive skills to excel in the position and play an important role in the team's success. A player designated as a libero for a match may not play other roles during that match. Liberos wear a different color jersey than their teammates.

**C)Middle blockers** or **Middle hitters** are players that can perform very fast attacks that usually take place near the setter. They are specialized in blocking, since they must attempt to stop equally fast plays from their opponents and then quickly set up a double block at the sides of the court. In non-beginners play, every team will have two middle hitters.

**D)Outside hitters** or **Left side hitters** attack from near the left antenna. The outside hitter is usually the most consistent hitter on the team and gets the most sets. Inaccurate first passes usually result in a set to the outside hitter rather than middle or opposite. Since most sets to the outside are high, the outside hitter may take a longer approach, always starting from outside the court sideline. In non-beginners play, there are again two outside hitters on every team in every match.



## 5) FORMATIONS

- A) System without specialization players
- B) System with two setters (4-2) is a basic formation used only in beginners' play.
- C) System with a setter (5-1) is by far the most common formation in high-level play.

### 4-2

formation has four hitters and two setters. The setters usually set from the middle front or right front position. The team will therefore have two front-row attackers at all times. In the international 4-2, the setters set from the right front position. The international 4-2 translates more easily into other forms of offense.

The setters line up opposite each other in the rotation. The typical lineup has two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions, so that the setter is always in middle front. Alternatively, the setter moves into the right front and has both a middle and an outside attacker; the disadvantage here lies in the lack of an offside hitter, allowing one of the other team's blockers to "cheat in" on a middle block.

The clear disadvantage to this offensive formation is that there are only two attackers, leaving a team with fewer offensive weapons.

Another aspect is to see the setter as an attacking force, albeit a weakened force, because when the setter is in the front court they are able to 'tip' or 'dump', so when the ball is close to the net on the second touch, the setter may opt to hit the ball over with one hand. This means that the blocker who would otherwise not have to block the setter is engaged and may allow one of the hitters to have an easier attack.

### 5-1

The 5-1 formation has only one player who assumes setting responsibilities regardless of his or her position in the rotation. The team will therefore have three front-row attackers when the setter is in the back row, and only two when the setter is in the front row, for a total of five possible attackers.

The player opposite the setter in a 5-1 rotation is called the *opposite hitter*. In general, opposite hitters do not pass; they stand behind their teammates when the opponent is serving. The opposite hitter may be used as a third attack option (back-row attack) when the setter is in the front row: this is the normal option used to increase the attack capabilities of modern volleyball teams. Normally the opposite hitter is the most technical skilled hitter of the team. Back-row attacks generally come from the back-right position, known as zone 1, but are increasingly performed from back-center in high-level play.



The big advantage of this system is that the setter always has 3 hitters to vary sets with. If the setter does this well, the opponent's middle blocker may not have enough time to block with the outside blocker, increasing the chance for the attacking team to make a point.

There is another advantage, the same as that of a 4-2 formation: when the setter is a front-row player, he or she is allowed to jump and "dump" the ball onto the opponent's side. This too can confuse the opponent's blocking players: the setter can jump and dump or can set to one of the hitters. A good setter knows this and thus won't only jump to dump or to set for a quick hit, but when setting outside as well to confuse the opponent.

The 5-1 offense is actually a mix of 6-2 and 4-2: when the setter is in the front row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 6-2.

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#### Sources

[www.wikipedia.org](http://www.wikipedia.org)

<http://students.depaul.edu/>

<http://vseosportu.unas.cz>

<http://encycl.opentopia.com>

