

Power Volleyball 1 Study Guide – Term Final

The History of Volleyball

The game of volleyball was first developed by William G. Morgan, over 100 years ago, who was a YMCA director in Holyoke, Massachusetts. It was created for a group of businessmen to play in their free time.

In the early years, rules and equipment were simple and varied. The game actually was an offshoot from basketball, playing with the same ball, allowing for dribbling and unlimited hits per side. Rule interpretations varied from teacher to teacher. The court size depended on available space and the number of players per team also varied. Players did not rotate and there were no restrictions on touching the net, reaching over it or running under it.

In the early 1920's, Mr. A. Provost Idell helped develop a more modern set of rules and regulations similar to what is played today. In 1928, the United States Volleyball Association (USVBA) was formed to administer and coordinate volleyball rules. Interest in the sport grew rapidly during World War I, when American troops were introduced to the game.

Team Transitions – Cycle of Actions

A key element of a team's success and level of play is their **"transitional"** play. A good player or team moves quickly from one transitional phase to the next. e.g. Moving from offense to defense.

OFFENSE – Team Attack

Offensive systems:

Volleyball offensive systems are either **"unspecialized"** at the lowest levels of play, or **"specialized"** at the higher levels.

Unspecialized System – All players are called upon to fill every playing role and position. All players pass, set, hit and block in each of the six rotational positions.

Specialized System – Each player has a specific playing roles and positions which they play in most of the time.

The front row specialized positions are:

Right Front (RF) – the primary setter and blocker on right front side of the court.

Middle Front (MF) – the attacker and main blocker from the middle front of the court.

Left Front (LF) – the attacker and blocker from the left front side of the court. Also called the **"outside"** or **"strong side"** hitter.

The back row specialized positions are:

Right Back (RB) – plays defense, passes, digs, serves and attacks from the right back side of the court.

Middle Back (MB) - plays defense, passes, digs, serves and attacks from the middle back side of the court.

Left Back (LB) - plays defense, passes, digs, serves and attacks from the left back side of the court.

Defensive Specialist – Switches in and out for the same front row player's position the entire game and may serve.

Libero – May not attack the ball above net height. May enter for any back row position throughout the game.

The **advantages** of a *Specialized system* is that players are assigned responsibilities the **FOCUS** on their playing strengths and abilities. **Players receive much more playing time in their specialized role or position, thus improving play, both individually and team wise.** It is also easier to learn one or two specialized positions/ responsibilities than all of them.

Specialized Offensive Systems:

The **first number** of the following system **indicates the number of designated hitters**, and the **second number** is the **number of setters** used. (There are three different offensive systems used)

4 – 2 Specialized Offense:

This is the simplest specialized system. Four players are assigned to hit and two players set. The front row setter is the main setter in this offense, primarily setting the two front row hitters. The setter sets from right front position to middle and left hitters.

Advanced Sets and Hits:

In more advanced levels of volleyball play, a variety of sets and hits are used. Successful running of these is dependent on consistent passing, adequate skills of the players, good communication and lots of practice.

There are **two factors** which vary a set and the resulting attack, **first**, the **height and speed** of the set and **second**, the **positions of the attack along the net**.

Types of Sets:

There are **basically five different types of set** – each is determined by the **height the set ball peaks at**. The sets also vary **WHERE** along the net they are set at. Usually a competitive team has a **“Communication System”** identifying the combination of these two factors. **When an attacker calls their set they are communicating three things to the setter, that they are ready to attack, where they want the ball placed along the net and how high.**

Front Row Sets:

- “9” Set- This is a regular height set, usually set to the right front hitter in the 9 slot.
- “5” Set- This is a regular height set usually set to the left front hitter in the 5 slot.
- “2” Set- This is a regular height set usually set to the middle front hitter in the 2 slot.
- “1” Set- This is a quick set approximately 1 foot above the net in the 1 slot usually to the middle front hitter.

Set Positions Along the Net:

5			2	1	0			9
NET								

***The net is divided into 9 equal areas or slots. Each is a meter wide. The setter stands in Slot 0. The most common areas used are 5, 2 and 1.**

Back Row Sets for Back Court Attacks:

Usually the court area behind the 10 foot line and end line divided into three sections – these are usually designated by colors- such as **BLUE** (Left Back Set) – **WHITE** (Middle Back Set) – **RED** (Right Back Set). Back row players can attack the ball in these areas assuming their feet are behind the 10 foot line on takeoff.

			NET
			10 Foot Line
Blue	White	Red	
LB	MB	RB	

Starting Rotation Line-up Strategies: (Specialized System Play):

Team line-ups will vary according to the offensive system being used. Team and opponent's strengths and weaknesses are also taken into consideration. Regardless of stating sports, specialized positions will be **diagonally opposite each other** and the **Lefts** will **start ahead** of the **Rights** in the rotation and the **Middles** will **follow** the **Rights** in the rotation. This way four out of the six times a team rotates the Left Front and Middle Front are in their approach sports ready to attack.

An example of a starting line-up using a 4-2 offense is given below:

LF	MF	RF	NET
RB	MB	LB	

Players must be in their **“rotational”** (serving order) positions on the service. After the ball has been contacted when **serving**, the players **immediately** move to their **“specialized”** positions. When **receiving the serve**, the first play is played out of the teams specialized positions, once the ball goes over the net the players move to their **“specialized”** positions.

Serve-Receive Formations:

Serve receive systems vary according to the number of players involved with passing the served ball. There are four primary formations; 5 person, 4 person, 3 person and 2 person serve receives.

5 Person-W: The primary setter usually is not involved in the service receptions, allowing readiness to set the ball. This is the serve-receive formation used in PVB1. The advantages of this formation is players have smaller passing area responsibilities and that there is good coverage for both deep and short serves. The disadvantage is this reception has many “seams” and requires player to be effective passers.

DEFENSE

Base Defense Formation Positions:

Players move to these positions every time the ball is sent over the net to defend their court from the other teams attack.

LF	MF	RF	NET
LB		RB	
	MB		

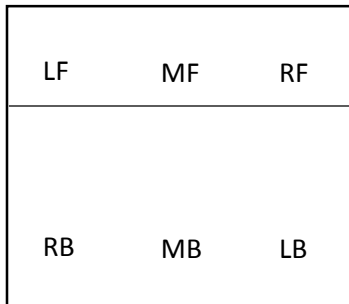
Volleyball Terms:

1. **Ace-** A serve which lands in the opponent's court without being touched or is touched but unable to be kept in play by the receiving team.
2. **Back Court-** Area on the court behind the 10 foot line; the end line and sidelines.
3. **Back Court Attack-** An attack by one of the back row players – legal as long as the hitter's feet are behind the 10 foot line on takeoff. There are three back court hitting areas, usually designated by colors: Red, White and Blue.
4. **Block-** A defensive play by one or more players who attempt to intercept the ball preventing the attacked ball from crossing the net.
5. **Defensive Coverage-** Covering the court around the blockers in case the attack gets through.
6. **Dig-** An underhand or overhead defensive play of an attacked ball.
7. **Double Foul-** Rule violations committed at the same time by opposing players. The serve is re-served.
8. **Drive-** Attacking the ball with a spiking action while the feet remain on the ground.
9. **Foot Fault-** Server steps on or over the end line as the ball is contacted.
10. **Forearm Pass (Bump)-** A skill in which the ball is contacted underhand, rebounding from the player's forearm
11. **Front Court-** The area of the court in front of the 10 foot line.
12. **Foul-** Violation of a rule.
13. **Illegal Hit-** Lifting, carrying or hitting the ball with prolonged contact.
14. **Legal Hit-** Ball that is given immediate impetus with any part of the body above the waist.
15. **Offensive Coverage-** Covering the court around a hitter in case their attack is blocked.
16. **Overhead Pass/Set-** Using the finger pads of both hands to direct the volleyball in a desired direction.
17. **Rally scoring-** A scoring system that awards a point and side-out to a team every time a fault is committed by the opposing team.
18. **Serve-** Skill which initiates play. The right back player serves the ball.
19. **Serve receive-** A phase of play in which a team attempts to pass a served ball and set up their offensive attack.
19. **Service Rotation-** Act of shifting positions in a clockwise direction to serve.
20. **Spike/Attack –** An attack in which a player jumps and the ball is forcibly hit into the opponent's court with a one-hand overhand motion.
21. **Switching-** The movement of players from their serving order to specialized positions.
22. **Tip-** A fingertip attack on the ball which directs the ball into the opponent's court.
23. **Transition-** Moving from one game phase to another; (i.e. offense to defense)

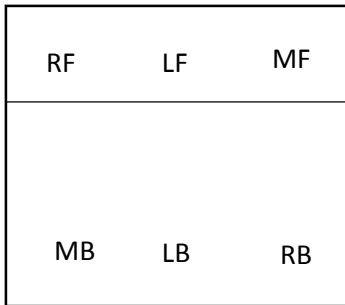
Power Volleyball I

5 Person Serve Receive Formation

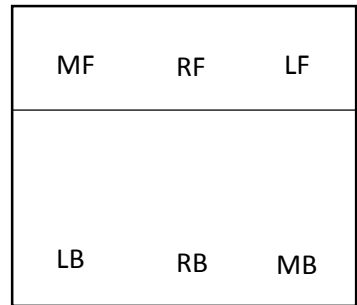
Rotations 1 and 4



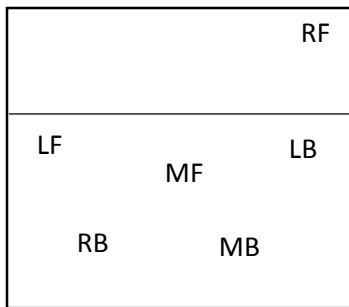
Rotations 2 and 5



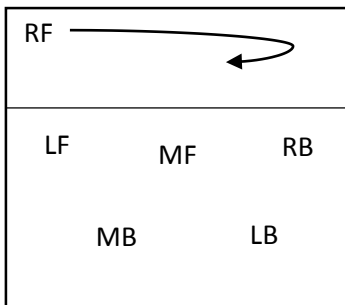
Rotations 3 and 6



Rotations 1 and 4



Rotations 2 and 5



Rotations 3 and 6

