Volleyball Study guide

Passing-

* Hands clasped,
* DO NOT interlock fingers
* Meaty part of the forearms up
* Thumbs pointed down,
* Elbows in
* Shrug shoulders
* Lift with entire body NOT arms
* Don’t bend arms

Setting

* Contact above forehead
* Finger pads NOT just tips
* Push ball up
* Small motion up
* On release of ball thumbs should be pointed up

Serving

* Rally scoring
* Stay behind service line
* Back right serves
* Same server serves until they lose the point
* Rotate when you get the ball BACK
* Rotate in a CLOCKWISE movement
* One serve no redo

Game Play

* Three touches per side.
* Pass, set, hit.
* Ball hits net and goes over it is still in play.
* Body touches net ends in a turn over and point for opponent
* Hands must be clinched when passing or it is a lift- loss of possession and point for other team
* Can’t hit twice in a row
* Roll ball under net
* Ball on the line is an in ball
* Announce score before serve