

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