

Module No. 5

Serve and Volley the Ball

What is this Module All About?

This module will help you know and experience the basic skills in volleyball. It will also give you a chance to participate in some drills and lead-up games in volleyball which will hone your skills in playing this team sport.

What Do You Expect To Learn?

At the end of this module you shall have:

- 1 explained the significance of team sports
- 2 traced the origin of volleyball
- 3 demonstrated the basic skills in volleyball
- 4 discussed the equipment, players and court used in volleyball
- 5 defined the terms used in volleyball
- 6 performed appropriate conditioning exercises
- 7 participated actively in volleyball lead-up games

How Do You Learn From This

This module is designed for easy comprehension. To learn from this module you should do the following:

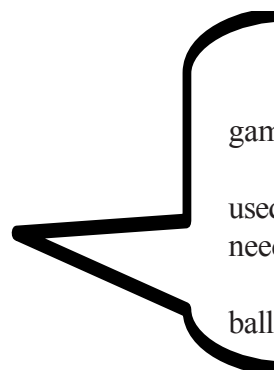
1. Answer the pre-test to find out how much you know about volleyball.
2. Check your answers by using the Key.
3. Read the module carefully and thoroughly.
4. Be sure to approach your teacher for help if you have any doubts.
5. Look for a volleyball court which is available in your school.



Read the contents of this

carefully to be discussed.

Check the back of this module?



What is volleyball?
Where did it originate?

What is the equipment used in volleyball?
What are the basic skills in volleyball?

How do you play volleyball?

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You will know the answers to all these questions after reading the module. But, before anything else, try to find out how familiar you are with the lessons in this module.

Take the Pretest.
Are you ready?



Pretest

Identify who or what is asked. Write your answers in your note pads.

- _____ 1. The man who first developed volleyball.
- _____ 2. The name given to volleyball when it was first introduced.
- _____ 3. It is a vertical side marker attached to the net directly above each side of the boundary line of the court.
- _____ 4. The shape of the court in volleyball.
- _____ 5. The number of players allowed to play inside the court at a time.
- _____ 6. The line where back row players are prohibited to spike and block.
- _____ 7. The direction of rotation of players after a rally.
- _____ 8. The kind of pass which is sometimes known as the dig or bump pass.
- _____ 9. The kind of pass used when in passing the ball.
- _____ 10. It is used in aggressive play against the opponents to keep them from returning the ball.

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Lesson -1 Volleyball as Team Sport

Volleyball is a team sport which is played in a court with a high net by two (2) teams with six (6) persons on each team court. It may be played by all male, all female, or mixed teams with net height adjustments for boys, girls or age-group differences; and using a variety of playing surfaces; wood, rubberized materials, and or grass.

The basic objective of the game is to keep the ball which is served over the net, from contacting the floor on your side and to return it so that it contacts the floor on the opponents' side before they can return it. The team that fails to return the ball within the specific limits, loses the chance to serve and gives a point to the team's opponent.

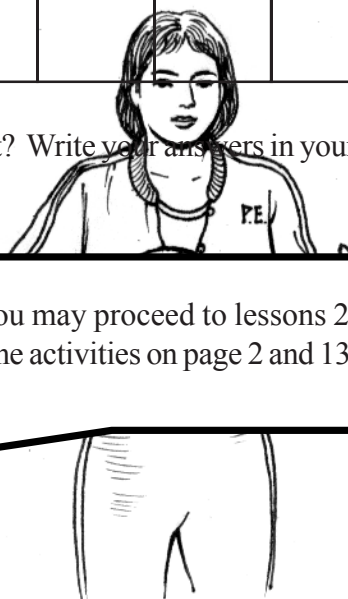
In the game volleyball, the cooperation of the members of the team is important.

Activity 1

1. Write the word volleyball on the blocks provided for. Do this activity in your notepads.

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2. Why is volleyball considered as a team sport? Write your answers in your notepads.



You may proceed to lessons 2, 3 and 4.
Then, do the activities on page 2 and 13.



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Lesson -2 The History of Volleyball

Volleyball was first developed by William G Morgan. After graduation from Springfield College in Massachusetts in 1895, William G. Morgan took a position as physical director of the Holyoke Young Men's Christian Association. The main activity was basketball, a relatively strenuous sport for the businessmen who used the facilities of the gymnasium. Some older men did not like it because of the roughness of the game.

In 1896 at a YMCA Conference at Springfield College, Mr. Morgan publicized a new game. A net 6 feet 6 inches was stretched across the gymnasium. The main object of this new game was to hit the ball back and forth over the net with the hands. The game was started with a serve. The server was allowed three "outs" after which the opposite team was permitted to serve. To constitute an out, the ball had to land out-of-bounds or hit the floor on a second bounce. The game was introduced as "Mintonette" but after watching the game, a faculty member of Springfield College, Dr. Alfred T. Halstead, recommended that the name be changed to volleyball. Shortly after the game's invention, Mr. Morgan drew up specifications for a special ball.

By 1912, several rule changes had been made. Volleyball became very popular with schools, colleges, playgrounds and the armed forces. In 1929, the International Volleyball Association was formed.

The game volleyball was introduced in the Pan American Games in 1910. This sport became an Olympic sport in 1964 during the Tokyo Olympic



Games in 1910. This sport became

Lesson 3 - The Equipment Used in Volleyball and the Playing Area

Volleyball is an inexpensive activity. The player's equipment is minimal, requiring only rubber-soled shoes and possibly knee pads (individual preference) for hard playing surfaces.

The Ball

The ball is made of leather, 25 to 27 inches in circumference and weighs 260-280 grams, white color was used for sometime until recently, the combination of white, blue and yellow colors was introduced.



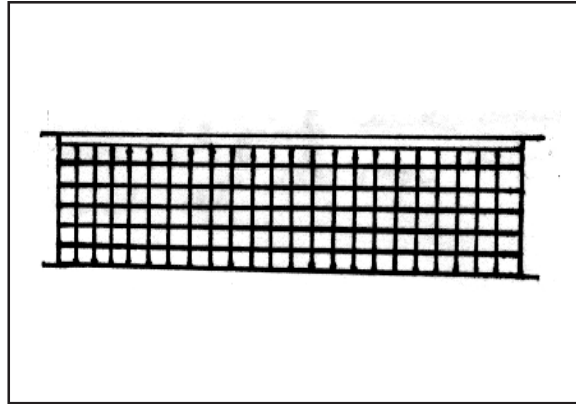
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The Net

The net is slightly longer than the width of the court, 32 feet is a common length, 36 inches in width from top to bottom made up of nylon cord. The net is made of heavy thread so that repeated contact of the ball on the net will not destroy the mesh.

Nets should extend at least one foot on each side of the court (32 feet), have 4-inch-square mesh openings and a flexible cord or cable running through a 2-inch-wide white band at the top.



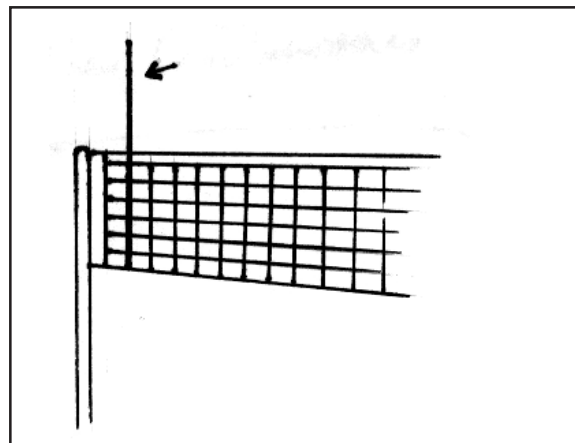
The Posts or Net Supports

Two posts or net supports are needed in this game. The net supports should be located at least 19 ½ inches outside the sideline. They should be anchored securely enough to allow the net to be safely stretched tight without any sag below the required height. Supports with easily adjustable settings assist in quickly varying net height.



The Antennas

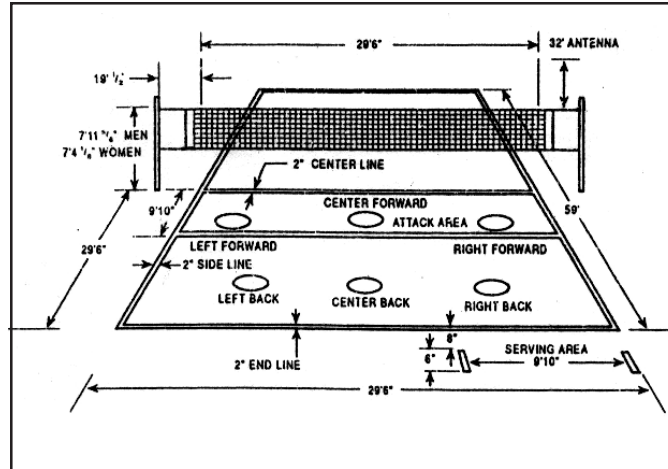
The antennae is a vertical side marker attached to the net directly above each side of the boundary line of the court. The antennae extend upward from the net directly above the sideline to assist in determining whether the ball crossed the net within the court. It measures one (1) meter above the net. A ball contacting the antennae is out of play.



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The Court

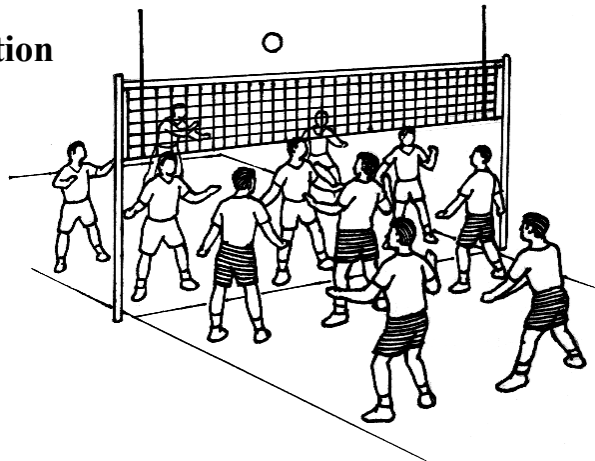
The court is a rectangle measuring nine meters wide and nine (9) meters long. It is bounded by two lines, two inches wide. The court is divided into equal halves separated by a center line and net. A line three (3) meters parallel from the center line is called attack line. This line indicates the area where back row players are prohibited to spike and block.



Lesson 4 - The Players and Rotation

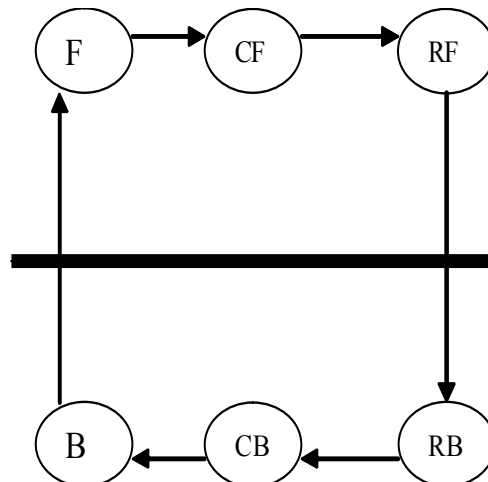
A team is made up of twelve (12) players but only six (6) players are allowed to play inside the playing court.

There are three front row and three back row players.



Net

When the ball is not on play, the players must remain in the proper rotation order, which establishes the sequential service order. Proper rotation order (6 on 6) establishes three front row and three back row players. The back row players may not legally enter the front court attack area to block or attack the ball over the net. When the ball is dead, players may not overlap with a player who is in an adjacent position. "Adjacent" refers to the player in the corresponding position on the opposite row. (Example: center back (CB) with center front (CF), plus the teammates next to that player on the same row. (Example: center (CB) with both left back (LB) and right back (RB) players.) The players all rotate one position clockwise following a rally.



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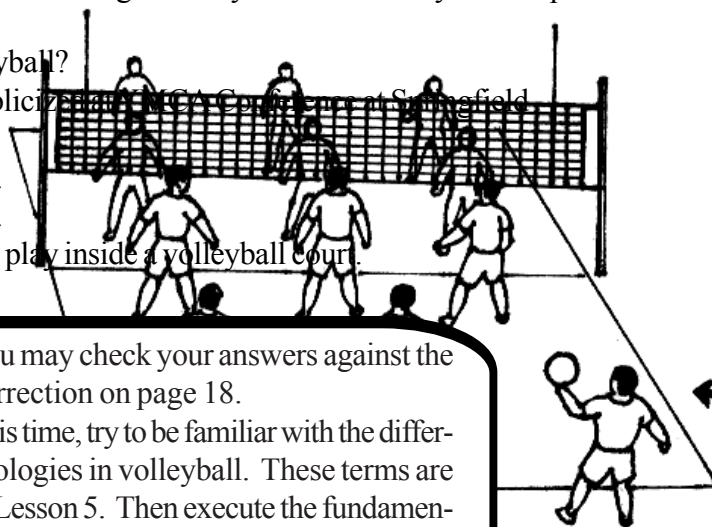
The Server

The player who rotates to the right back position serves, or if at the start of the game is the first server. The serve is initiated from anywhere behind the end line of the court. The objective is to serve the ball across the net into the opponent's court. After the ball is served, players can cover any section of the court.

Activity 2

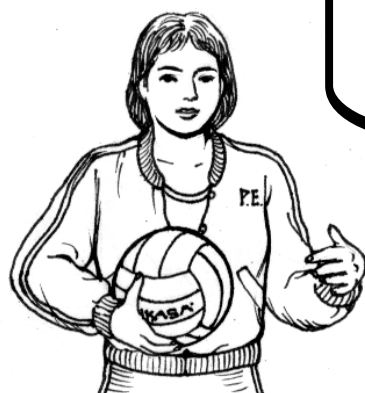
After reading Lessons 2, 3 and 4, can you identify the following? Write your answers on your notepad.

- _____ 1. The person who developed volleyball?
- _____ 2. The year when volleyball was publicized at Springfield College.
- _____ 3. The equipment used in volleyball.
- _____ 4. The shape of the volleyball court.
- _____ 5. The number of players allowed to play inside a volleyball court.



You may check your answers against the Key to Correction on page 18.

This time, try to be familiar with the different terminologies in volleyball. These terms are defined in Lesson 5. Then execute the fundamental skills and techniques in volleyball. Study each skill carefully and perform it.



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Lesson 5 - Terminologies

The terms in volleyball have been defined to make it easy for you to understand. Here they are.

- ATTACK** - any method used to return the ball across the net in an attempt to put the opponents at a disadvantage.
- BLOCK** - the process of intercepting the ball just before or as it crosses the net. A block is executed by any front row player.
- DIG** - an emergency pass, usually used to defend a hard driven attack.
- DINK** - a soft shot off the fingertips, used to lob the ball over the block.
- DRIVE** - an attack contacted in the center that attempts to hit the ball off the blocker's hands.
- FAULT** - an infraction of the rules.
- FOREARM PASS** - a pass made off the forearms.
- FRONT COURT** - the playing area in which it is legal to block or attack.
- KILL** - an attack that cannot be returned directly as a result of that attack.
- LOB** - a soft attack that is contacted in the back bottom quarter of the ball, causing it to take an upward trajectory.
- OVERHEAD PASS** - a pass made by contacting the ball above the head with the finger pads.
- POINT** - a point is scored when the receiving team fails to return the ball legally to the opponent's court.
- ROTATION** - the shifting of the players clockwise upon gaining the ball from the opponents.
- SERVE** - the method of putting the ball in play over the net by striking it with the hand.
- SET** - the placement of the ball near the net to facilitate attacking.
- SETTER** - the player assigned to set the ball.
- SPIKE** - a ball hit with topspin and a strong downward force into the opponents' court.
- SPIKER** - the player assigned to attack the ball.
- TOPSPIN** - imparting of a forward spin to the ball during the serve, spike or spike roll.

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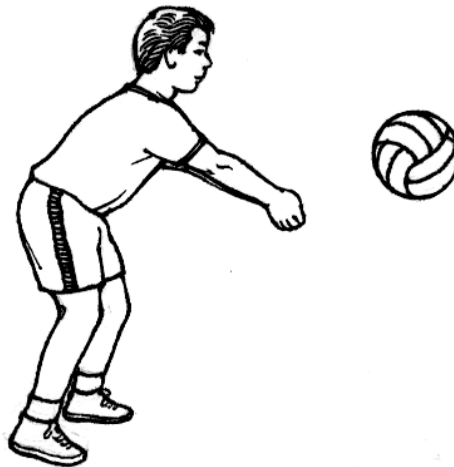
Lesson 6 - Fundamental Skills and Techniques

Volleyball comprises five basic skills: forearm pass, overhand pass, serve attack and block. Each skill uses a variety of techniques that players need as they progress from beginning to advanced levels of competition.

The ball handling skills: the forearm pass and the overhand pass constitute at least two-thirds of the ball contact during play. The serve often dominates play and is considered as a crucial skill because there are times when a team dominates through good service only. The attack adds offense and power to the game but can only be utilized when the ball handling skills become accurate and consistent. The block is used only when the opposing team consistently attacks the ball from a point near or above the net, forcefully driving it downward into one's court.

The Forearm Pass

The forearm pass also called “pass”, “bump” or “dig” is the most frequently used ball handling skill utilized to pass the serve, play balls below the waist, hard-driven balls and contact balls located far from player.

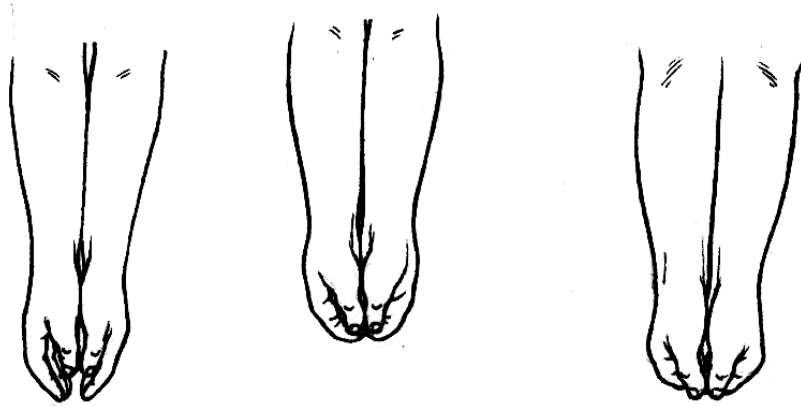


Learning Hints

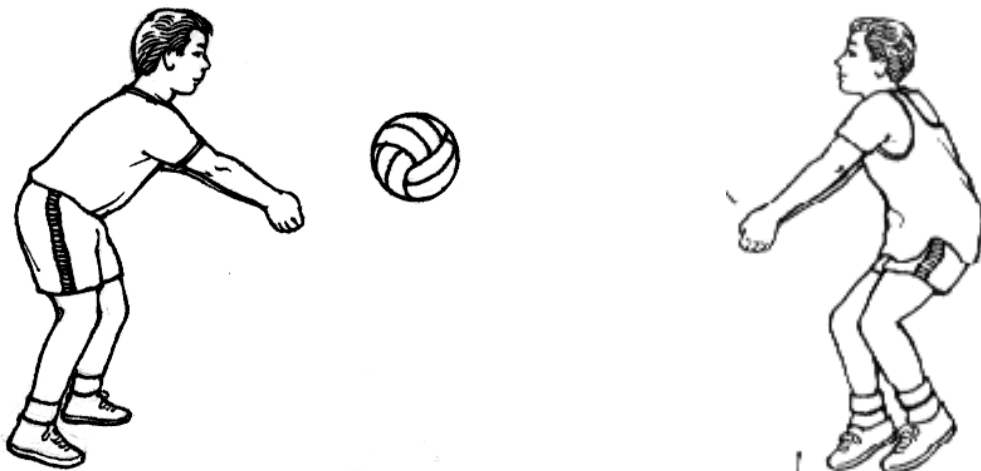
- Assume a stride position, feet are shoulder width apart with the body weight forward on the inside front half of each foot with the heels slightly off the ground.
- Keep the knees flexed approximately 90 degrees inside the feet and in front of the toes.
- Keep the upper body in a front-leaning position with waist flexed approximately 90 degrees and the shoulders in front of the knees
- Connect the hands by pressing the pads of both thumbs together with the base of the thumbs even and level. Keep the grip relaxed with the hands extended downward.

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The different ways of clasping the hands together are shown in the illustrations below.



- Reach out your arm in front of your body and rotate elbows inward together thus exposing the fleshy part of the forearm. The arms are parallel with the thigh of the leading leg.
- Contact the ball on the fleshy part of the forearm approximately 2 to 6 inches above the wrist. The trajectory angle of the rebound is dependent upon the angle of the forearms. Focus the eyes on the ball until the contact and the rebound.
- Provide force



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Overhand Pass

The overhand pass is used for accurately passing any ball above the head to a teammate and for the setting technique of passing the ball to an attacker with specific height, trajectory and placement

- Assume a stride position with the feet almost shoulder width apart, the body weight is forward on the inside front half of each foot with the heels slightly raised.
- Flex the knees in front of the toes with the upper body in a front leaning position with the waist flexed approximately 90 degrees and the shoulders in front of the knees.
- Raise both arms with the elbows flexed at approximately chin height and the hands are equally positioned six (6) inches above the forehead with the wrist flexed back.
- Spread fingers and hands into the shape of the approaching ball, thumbs pointing toward the nose and wrist flexed back.
- Contact the ball on the inside edge of the first digital areas of the thumbs, index, middle and ring fingers and allow the ball to almost slide through, with the hands on the side.



Serve

The serve has an expected success rate that is 80 to 90 percent higher than the other skills because the server tosses the ball to himself rather than receiving the ball from another player. Equally important is the fact that the serve is the first opportunity a team has to put the opponent at a disadvantage.

The most commonly used service are the underhand serve, the overhand serve and the side arm serve.

To make an underhand serve

- Stand facing the net with the left foot slightly forward and the weight on the right foot.
- Hold the ball with the left hand with the left arm across and a little in front of the body and the ball resting on the pads of the left fingers
- Step left foot forward, transferring the weight to the front foot and at the same time, bring



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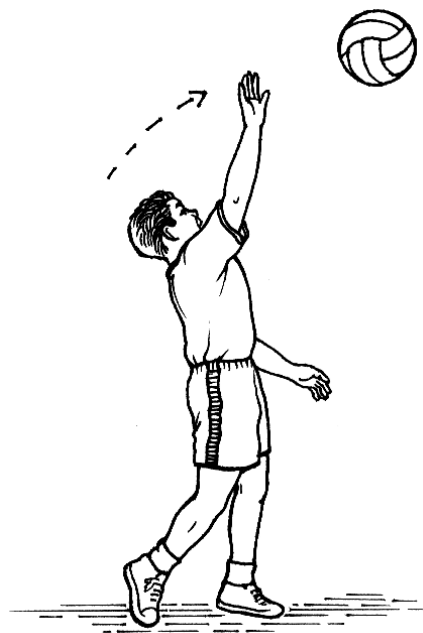
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- the right arm back in a preparatory motion.
- Swing the right hand forward and contact the ball, just below the center. The ball can be hit with an open hand or with the fist either facing forward or sideward.
- Follow through with the arm to ensure a smooth serve.

Note: These directions are for a right-handed serve.
For the left-handed serve, reverse the position and movements.

Overhand Serve

- Stand with the left foot in front and the left side of the body turned somewhat toward the net with the weight on both feet.
- Hold the ball in the left hand directly in front of the face.
- Toss the ball straight up shifting the weight to the back foot. The height of the toss is a matter of choice, but from 3 to 5 ft. is suggested.
- Contact the ball with the open palm or with the fist above the shoulder as the ball drops thus shifting the weight to the forward foot which can take a short step forward.



Note: An effective serve is one that has no spin—a floater. The directions are for a right-handed serve.
For the left-handed serve, reverse the position and movements.

Sidearm Serve

Like the overhead serve, the sidearm serve is powerful and difficult to receive. This serve goes over the net into a downward trajectory.

- Take a forward stride position behind the endline with the left side toward the net.
- Hold the ball with the left hand in front of the body and over or slightly ahead of the left foot.
- Bring the right arm which should be fully extended to approximately shoulder level and shift weight to the rear foot.



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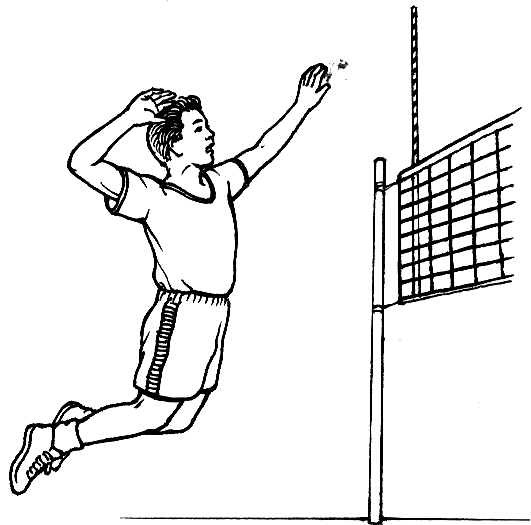
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- Move the right arm forward to make contact with the ball with either the heel of the hand or a closed fist.
- Follow through in the direction in which the ball is to travel.

Attack

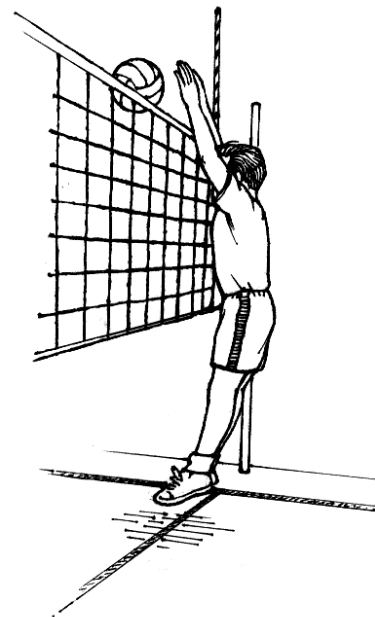
The attack is used in aggressive play against the opponents to keep them from returning the ball or making a transition to return it aggressively.

- Move quickly to the desired place when the setter takes an action for the set.
- Swing both arms backward and bended knees to gain height in jumping.
- Jump as high as you can and hit the ball forcibly downward with a snap of the wrist.
- Swing the arms downward for follow through after the contact.



To be able to block, do these steps:

- Stand in stride position with the shoulders parallel with the net, about 6 to 12 inches far with the knees slightly flexed for quick movement.
- Position the hands between the net and the body at shoulder height with fingers spread and palms facing the net.
- Flex the knees to a near 100-degree angle and jump off from the floor and thrust the arms straight upward parallel with the net.
- As the hands clear net height, gently push them across as far as possible, being careful not to touch the net. Position the outside hand slightly toward the court to deflect the ball inward.
- Pike slightly at the waist for balance and power.
- Withdraw hand gently upon descending and return them in front of the body.
- Bend the knees upon floor contact to absorb shock and for balance. Pivot away from the net, following the direction of the ball.



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Activity 3

1. Were you able to execute the different fundamental skills in volleyball?
2. Please check the skills which you think you were able to do with “good” performance?

_____ Forearm Pass
_____ Overhand Pass
_____ Underhand Serve
_____ Overhand Serve
_____ Sidearm Serve
_____ Attack
_____ Block

3. Do you think you need time to practice the above-mentioned skills? Why?

Activity 4

1. Look for a partner and practice the forearm pass. Try to pass the ball back and forth for at least twenty times.
2. Practice the overhand pass with your

Activity 5

1. Go to a volleyball court and practice the
2. Follow the steps in blocking on page 13. Practice this skill with a partner on the opposite court.



How well did you do the different fundamental skills?
How about using these skills in drills and lead-up games?

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Drills

In all drills, the principles of body mechanics must be observed in order to maintain control of the ball. The body must be balanced, in good alignment and have a wide enough stance to permit freedom of movement.

Overhand Pass

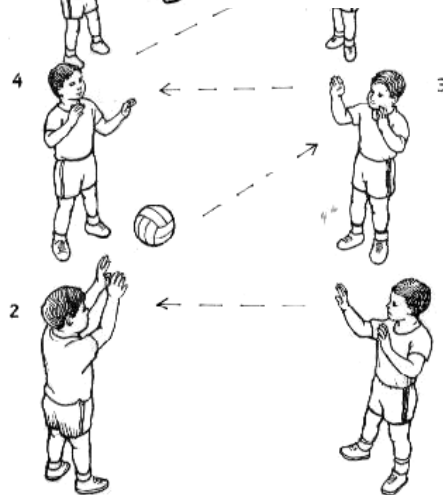
1. Circle Pass

- Players form a circle with player O in the center.
- Player O passes the ball to each player who must return the ball to the center player
- Players take turns in playing center position



2. Zigzag Pass

- Stand in zigzag formation as shown in the illustration.
- Let player number 1 pass the ball to player 2, and so on down the line until it reaches player 6.
- Let player 6 reverse the activity sending the ball back to player 1 on up the line.
- Repeat this activity as many times as desired.



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Set the Ball and Run

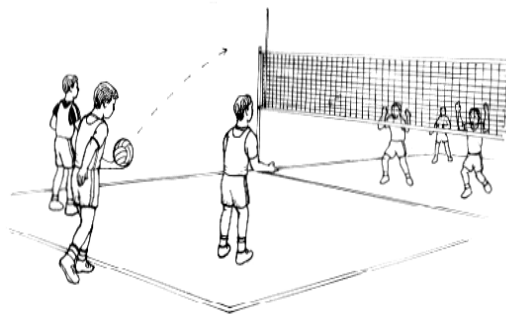
- Players form a circle with player O in the center
- Player O sets the ball straight into the air and moves back quickly so player 1 can come in and set the ball up high for player 2 to run in and so on. Note: This is a good drill to height and control.

Note: This is a good drill for height and control.



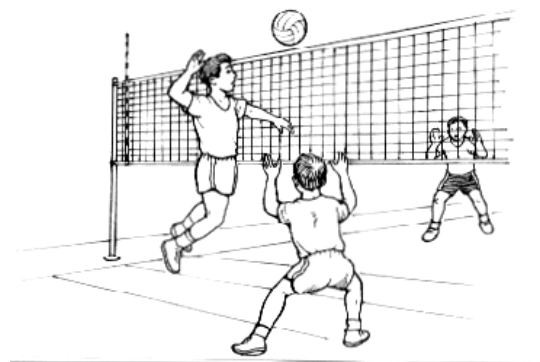
Serve and Receive

- Have 2-3 players stand behind the end lines on one side of the court.
- Let one of the players serve the ball over the net using the different serves.
- Let the players at the other side of the court receive the ball and pass them forward to the co-players of the server.
- After five serves, the server and other players rotate position. Then, the players at the other end of the court exchange role with the servers.



Spike and Block

- Have 2-3 players in each court.
- Player 2 comes in for the spike.
- The players on the other side retrieve the ball.
- After some skill is attained in the spike, let player 1 of the other court come in and block.
- Rotate positions.



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Did you enjoy the drills and the lead-up games? Which one did you enjoy most?

Look for some friends and neighbors and let them join you in doing the drills and lead-up games.

Let's Summarize

Volleyball is a team sport which is played in a court with a high net by two (2) teams with six (6) persons in each team court. The basic objective of the game is to keep the ball which is served over the net, from contacting the floor on your side and to return it so that it contacts the floor on the opponents' side before they can return it.

The game was developed by William G. Morgan. It was introduced as "mintonette" but later called volleyball.

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Post Test

I. Match the given statement in column A with the words/names/ year in column B. Write the letter of your answer on the blank provided before each number. Do this in your notepads.

- | | |
|-------------------------------|--|
| _____ 1. attack | a. It is a process of intercepting the ball over the net. |
| _____ 2. block | b. It is used in aggressive play against the opponents to keep them from returning the ball. |
| _____ 3. antennae | c. The original name of volleyball |
| _____ 4. 1910 | d. The man who invented volleyball |
| _____ 5. 1929 | e. The vertical side marker attached to the net directly above each side of the boundary line of the court |
| _____ 6. forearm pass | f. The college where volleyball was publicized at YMCA Conference |
| _____ 7. Mintonette | g. The year the United States Volleyball Association was formed |
| _____ 8. Overhead Pass | h. The year the game volleyball was introduced in the Philippines by YMCA |
| _____ 9. Serve | i. It is sometimes called a “bump” or a “dig pass” |
| _____ 10. Springfield College | j. It is used for accurately passing any ball above the head. |
| | k. The method of putting the ball in play over the net by striking it with the hand. |

II. Practicum

1. Given five (5) chances to serve the ball from the service area, how many times can you serve the ball successfully? Use the criteria below in rating yourself:

5	-	100%
4	-	90%
3	-	80%
2	-	70%
1	-	60%
0	-	50%

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Key to Correction

Pre Test

1. William Morgan
2. Mintonette
3. Antennae
4. Rectangular or rectangle
5. Six players
6. Attack line or center line
7. clockwise
8. forearm pass
9. overhead pass
10. Spike or attack

Activity 1

1.

v	o	l	l	e	y	b	a	l	l
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2. Volleyball is considered as team sports because it is played by a team of six players.

Activity 2

1. William Morgan
2. 1896
3. volleyball ball
4. rectangular
5. six players

Post Test

1. b
2. a
3. e
4. h
5. g
6. I
7. c
8. j
9. k
10. f

II. Practicum

5 successful serves	-	100%
4 successful serves	-	90%
3 successful serves	-	80%
2 successful serves	-	70%
1 successful serve	-	60%
unsuccessful serve	-	50%