

NAME _____

Block _____

VOLLEYBALL STUDY GUIDE

Volleyball skills, key concepts, and terminology:

Set	Bump	Underhand pass	Spike	Dig
Hit	Forearm pass	Overhead pass	Block	Fencer stance
Approach	Floater	Forearm platform	Serve	Shoulder shrug
Defense	Stay low	Thumbs together	Offense	High Elbow

The following boxes contain graphics of different volleyball skills.

Match the above skills, key concepts, and terminology with the following diagrams. Add your own key concepts or coaching cues. When and why are the different volleyball skills used?

Skill: _____

Key Points:

- 1.
- 2.
- 3.

4.

Coaching Cues:

*

*

*

*

*

Notes: “Dig” is a

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Skill _____

Key Points:

- 1.
- 2.
- 3.
- 4.

Coaching cues:

- *
- *
- *

Skill _____

Key Points:

- 1.
- 2.
- 3.

Coaching Cue:

- *

Note: sets are

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Skill _____

Key Points:

- 1.
- 2.
- 3.

- 4.

Coaching Cues:

- *
- *

Skill _____

Key Points:

- 1.
- 2.
- 3.

Coaching cues:

- Stance:** *
- *
 - *
 - *

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THE GAME

Volleyball is a six (6) person team sport played on a court (30' X60') divided by a net (7'4" in height for girls and 8' for boys). Each team tries to cause the opposing team to be unable to return the ball over the net.

RALLY SCORING

Both the SERVING team and the RECEIVING team can score a point. A team must have 25 points and be at least 2 points ahead of their opponents to win the game.

SERVICE

The game begins by a serve (service) taken behind the baseline. The server may not step on or over the baseline (foot fault) until the ball is hit. A served ball that hits the net and lands in the opposing team's court is legal.

THE RULES

- All players must rotate one position in a clockwise direction before their team receives the serve
- All players must maintain their position until the ball is served
- Back row players can only spike (attack) from behind the 10 foot line
- Back row players can not block the ball
- Each side is allowed three clean hits (blocks do not count as a hit)
- A player can not hit the ball twice in succession
- "Liners" are considered within bounds
- It is illegal for a player to touch the net
- It is illegal to step over the center line
- It is illegal to block a serve
- Follow through is legal on a hit as long as the hitter does not touch the net

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GOOD TEAM STRATEGY

- Spread your best players throughout the lineup
- Aim for lines and corners when serving and during game play
- Look for holes in the opposing team lineup
- If possible, the back row should receive the serve
- The back row receiver should direct the ball to the right front area of the court for the “set”
- Slow down a fast ball by slightly relaxing the arm platform on contact
- Speed up a slow ball by assuming a more rigid platform with the arms
- Angle the arm platform 45 degrees to send the ball forward
- Angle the platform 90 degrees to allow a nearby teammate to get under the ball
- Use good teamwork (3 hits) to set up your attack and improve your chances of scoring

THE COURT

ROTATION

Paddle #

PICKLEBALL STUDY GUIDE

Description

Pickleball is a net game that is played on a badminton court. Two (singles) or four (doubles) people can play.

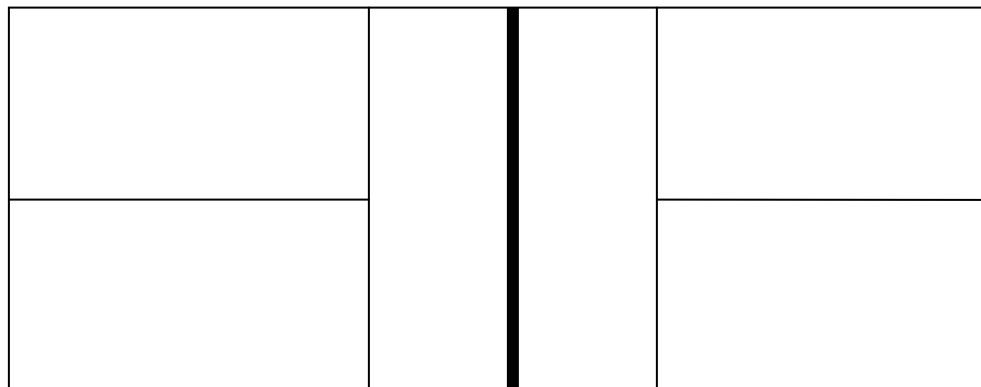
Etiquette/Court manners

- If there is a disagreement about whether the ball was clearly in or out, _____
- _____.
- Throwing equipment in anger is unsportsmanlike conduct. Control your temper.
- Give your opponent time to get _____ **before** serving the ball.
- Return stray balls to other courts, but not while a point is being played.
- Do not walk through other people's courts at any time.
- Know the rules of the game and observe them.

Game Play

- Rally the ball to determine _____ or _____.
- Net balls that land on the opposing team's court during a rally are _____.
- Lines are _____.

The Court: in the space below, label the pickleball court diagram. Include line names, the non-volley zone, and the service areas.



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The Serve

- Player in the right service court always serves _____.
- Server must keep _____ behind the yellow baseline.
- Server must announce the score saying his/ her team's score first.
- The serve is an _____.
- Server _____ with his/her partner every time they _____.
- Server must contact the ball in the air; it _____ bounce.
- The serve is made _____ and should land between the non-volley line and the _____. Lines are legal.
- The only time a serve is taken over (a _____) is when the ball hits the net and lands in the diagonal service court.
- The server shall continue to serve until his/her team makes a fault.

DOUBLES SERVING with RALLY SCORING

- Pickleball is played to _____ points but a team must win by _____ points.
 - The score must always be announced _____ serving. Say server's score _____.
 - Only one team member gets to serve before the ball is turned over to the _____ team.
 - Begin the game by serving from the _____ service court. The score is _____.
 - _____ is an even number in Pickleball.
 - Server and partner switch (_____) service courts when they _____ the rally.
 - Only the _____ team rotates courts when they score a rally/point.
 - A server will continue to serve until the serving team _____ the rally.
 - Your team's score is _____ (0,2,4,6,8 etc.) when serving from the _____ service court.
 - Your team's score is _____ (1,3,5,7,9 etc.) when serving from the _____ service court.
 - An _____ serve results in the loss of the serve (side out) and the _____ team scores a _____.
- Server is only allowed one service attempt unless he/she has a
 1. **Let** -the point is replayed because of outside interference or the ball _____ the net and lands in the _____ service court
 2. **Let** - both server and receiver _____ the serving rules at the _____ time

Double Bounce Rule

Describe the double bounce rule:

Each team must play their first shot off the bounce. The receiving team must let the serve bounce and the serving team must let the return of serve bounce before playing it.