



VOLLEYBALL

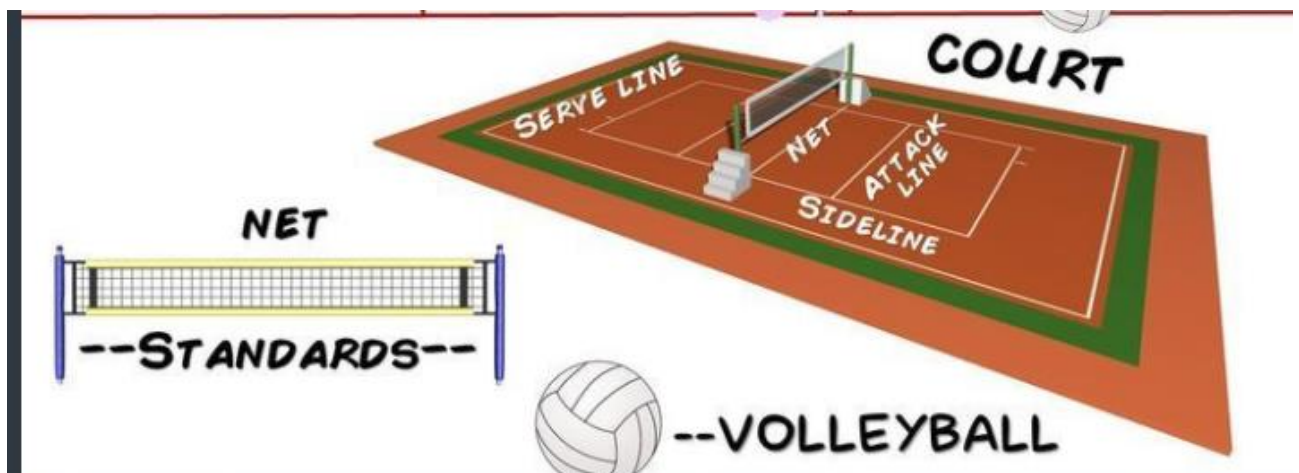
- Volleyball began in the United States (Massachusetts).

William G. Morgan is credited with inventing the game. It was designed to be an alternative to basketball, considered too vigorous.

Volleyball was first called “mintonette”, it combines elements from baseball, handball, basketball and tennis. While watching the game, someone commented that since the players were volleying the ball back and forth over the net, the name “volleyball” might be a more fitting name.

- On July 7th, 1896 at Springfield College, the first game of volleyball was played.
- In 1922, the first YMCA national championships were held in Brooklyn, New York.
- In 1928, many felt that tournaments and rules were needed. At that time the United States Volleyball Association was formed.
- In 1964, Volleyball became an Olympic sport in Tokyo, Japan.

- Volleyball is played on a court that measures 29 feet, 6 inches wide, and 59 feet long. The net height is 7 feet, 11 5/8 inches for men and 7 feet, 4 1/8 inches for women. A team consists of 12 players, with six being on the court at one time. Volleyball positions on a team consist of 3 front



row players (offensive play) and 3 back row players (defensive play). The different positions on a team are passer, digger, spiker, blocker, server, and setter.



VOLLEYBALL EQUIPMENT



Volleyball Knee Pad



Volleyball Elbow Pad

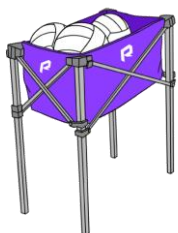


Volleyball Bag



Volleyball Jersey

d	v	s	k	f	i	X	e	k	q	e	p	n	q	t	b	g	e	w
v	o	l	l	e	y	B	a	l	j	e	r	s	e	y	t	k	m	
q	l	v	c	b	u	l	t	q	f	m	n	v	h	p	j	n	f	x
x	l	h	g	u	d	B	k	f	g	v	d	q	o	t	x	k	i	k
m	e	s	w	f	c	X	n	u	w	z	t	v	r	h	g	w	n	q
h	y	v	f	s	h	O	e	s	j	c	k	v	t	p	c	u	g	k
q	b	n	m	q	y	S	e	b	t	d	z	b	s	y	k	j	e	n
x	a	f	s	j	k	M	p	g	y	m	y	a	f	e	d	p	r	h
v	l	h	x	y	s	T	a	i	h	o	w	e	x	h	k	m	t	q
e	l	b	o	w	p	A	d	w	a	b	q	d	a	t	m	s	a	j
u	b	j	t	y	u	R	f	x	q	d	k	b	g	h	s	j	p	f
y	a	z	c	r	z	Y	x	b	o	u	i	r	s	j	w	q	f	e
j	g	v	o	l	l	E	y	b	a	l	l	c	a	r	t	v	p	f



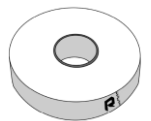
Volleyball Cart



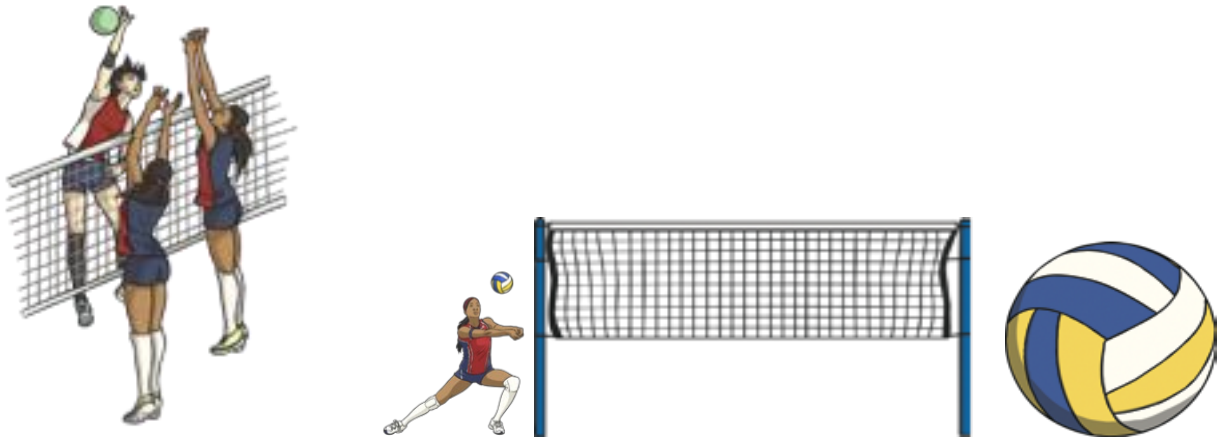
Volleyball Shorts



Volleyball Shoes



Volleyball Finger Tape



How to Play Volleyball

A volleyball game consists of two teams of six players each, separated by a net.

There is a maximum of three contacts with the ball per side.

Players may not hit the ball twice in succession (a block is not considered a hit). They can't touch the net. Heldball is a fault.

It is legal to contact the ball with any part of a player's body.

The objective is to score points by sending the ball over the net, grounding it into the opponent's court.

A ball landing on the boundary line is considered « in ».

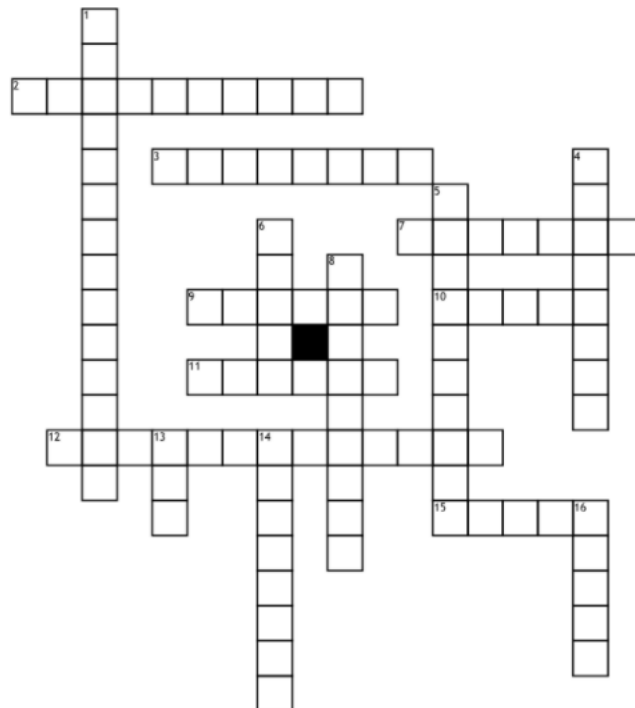
Volleyball matches are made up of sets, typically three or five sets. There are two ways of serving: underhand or overhand serve.

The time for serving after the referee's whistle is 8 seconds.

Three-set matches are two sets to 25 points and a third set to 15 points. Each set must be won by two points. The first team to win two sets is the winner of the match.



Volleyball - Crossword Puzzle



Across

2. Was designed to be an alternative to the game of basketball.
 3. A ball landing on the _____ line is considered "in".
 7. If the game goes all the way up to 5 sets, how much points is needed to win?
 9. In order to start the game after the whistle blows the ball has to be _____.
 10. A player playing the ball is at fault when they _____ the net.

11. Main responsibility is to set up the ball for players; the play maker.
 12. Where was volleyball invented?
 15. The amount of time you must serve within before the referee's blows the whistle.
Down
 1. Who invented volleyball?
 4. Two ways of serving are underhand serve and _____ serve.
 5. What was volleyball initially named as?

6. The _____ team to win 25 points with a two point lead wins the set.
 8. The players at the front court are used for offensive play while the back court is used for _____ play.
 13. Number of positions.
 14. A fault, where as for example, scooping, lifting, or carrying. (Two words)
 16. Maximum number of contact a team can have with the ball.

