

VOLLEYBALL

Essential
FUNdamentals



PASSING

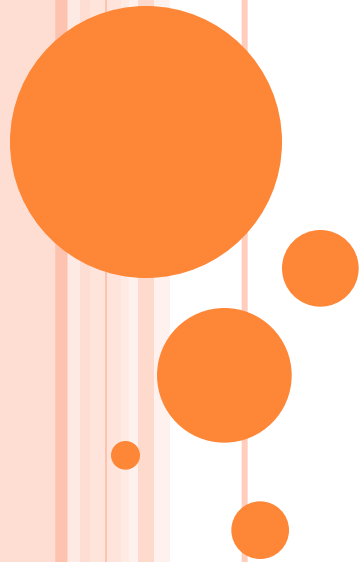
SETTING

SPIKING/ATTACKING

SERVING

INDIVIDUAL DEFENSE

PASSING



PASSING

More points are lost on a team's inability to deal effectively with the first ball over the net than at any other point of the game. Most experienced players value a teammate who can pass, as much as they do a good outside hitter or setter. The reason is simple. A good pass will transform your team from a defensive posture to an offensive attack. The most common and effective form of passing is the **FOREARM** pass. It's the easiest way to get the ball under control. The only way you can be called for a foul is if the ball rolls up your arms or comes to rest on your arms which will result in a held ball call.

The **FOREARM** pass is also known as the **BUMP** pass. To use it correctly you must join your hands together and allow the ball to strike the fleshy part of your forearms simultaneously. There are many ways of joining your hands. But the best way to learn yourself is to watch a few players and experiment. A common mistake is to allow the ball to strike your wrists or hands, often resulting in an unpredictable pass or a ball returned over the net, commonly called an **OVERPASS**. The best way to avoid this problem is to remind yourself to bend your wrists and hands down before impact to cushion the ball

In volleyball much is made of the ability to **SERVE** because of the personal fitness and deception that can be demonstrated; to **SET (SETTER)**, which is volleyball's answer to the quarterback position in football; to finish a rally with placement and power of the **SPIKE**.

Perhaps the least recognized and most critical element of volley ball is the **PASS**. In recreational volleyball it is the greatest moment of confusion because some players are concerned about returning the ball while others are just plain uncertain where the ball is going to go after the first touch.



WRAPPED FIST - Make a fist with your dominant hand and wrap it in the palm of your other hand, with both thumbs side by side and pointing at the floor.

CUPPED PALMS - Bring your hands together as if you were going to take a sip of water from your hands, and lay your thumbs across the top. Some players like to lock their fingers under their thumbs.



Pick the passing method that works best for you. Don't be concerned about which method is better than the other. It is really about personal choice and effective control. Whichever you choose, keep these 5 points in mind:

1. Keep the ball between your wrists and elbows in the fattest part of the forearm.
2. Press the wrists and hands down to hyperextend the arms.
3. Lock your elbows. This gives the ball the most area to hit, and helps control the direction of your pass.
4. Try to bend your knees before the ball gets to you so that you can both absorb the serve and redirect the pass.
5. Don't swing at the ball, but do try to shrug your shoulders toward your target at the moment of impact

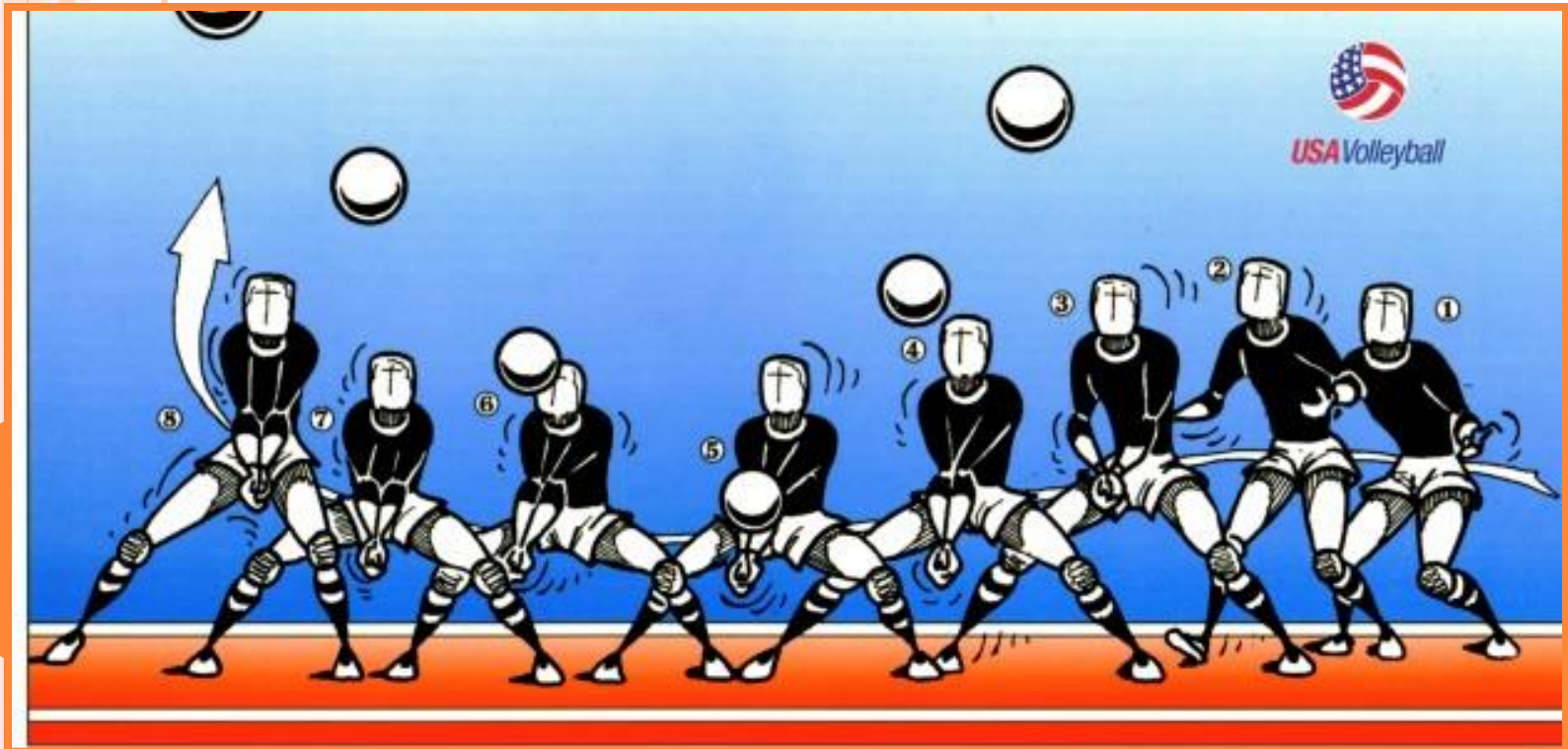
PASSING



PASSING

There are three main types of passing:
FOREARM OVERHEAD DIGGING

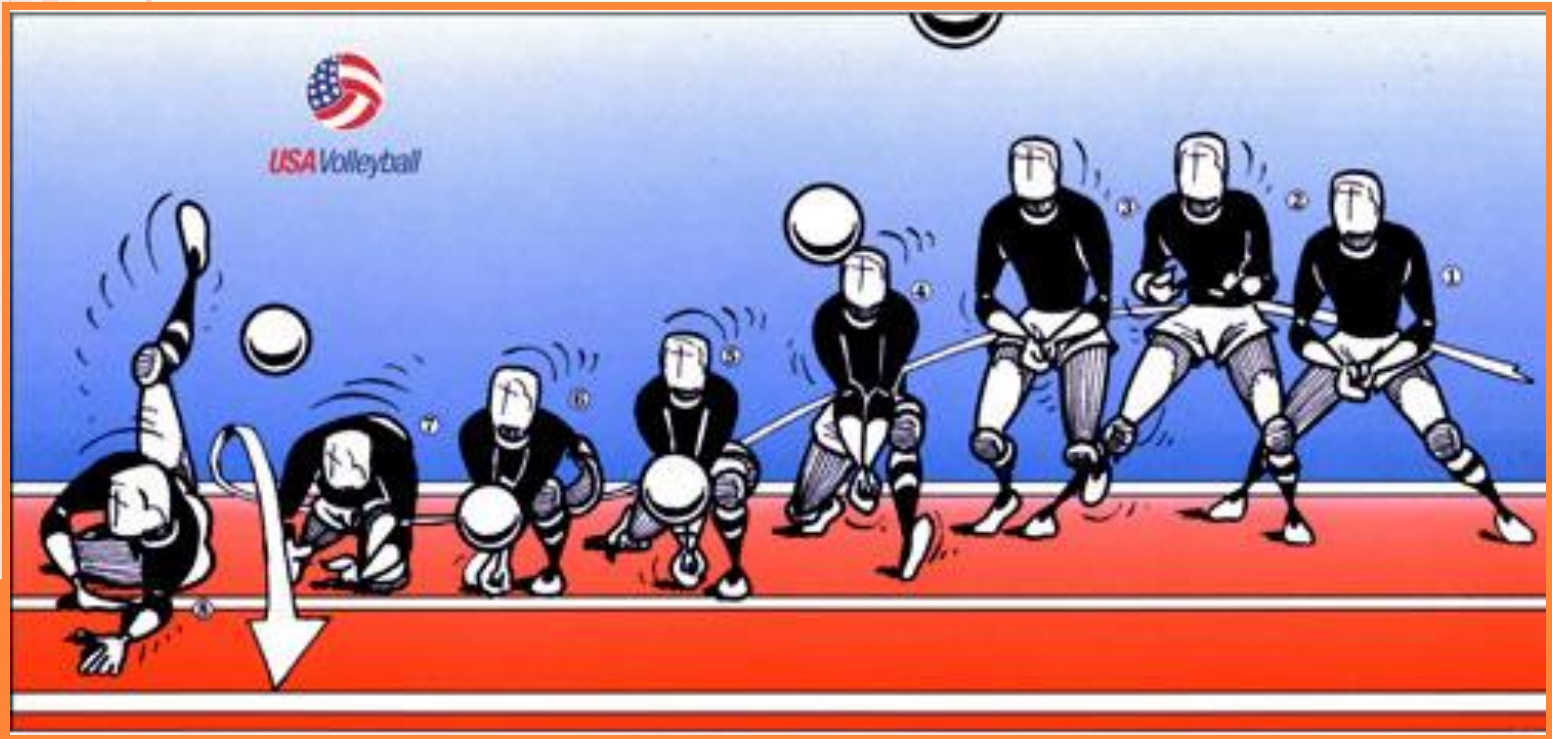
1. FOREARM



The **FOREARM** pass is the most common and tradition way to first contact the ball. To properly **FOREARM** pass you must center your body with the intended path of the ball, shift your weight forward, bend your knees and prepare your platform.

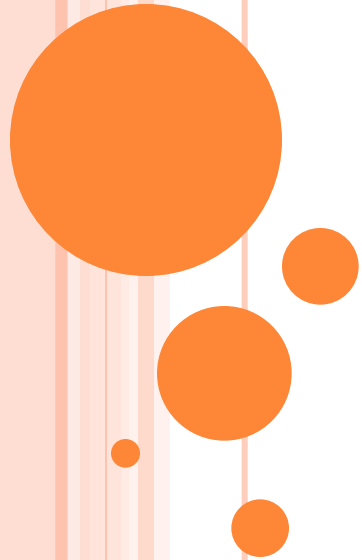


The **OVERHEAD** pass is more consistent and reliable for getting the ball to the intended target. A overhead pass is like a chest pass in basketball but above your head and shooting the ball away from you in an arc. You must remember to not hold the ball in your hands too long as this is a carry and you will *lose the point*. Also remember to still use your legs for this pass. Power comes from your quads so bend your knees and push with your arms and legs to send the ball flying!



A **DIG** is a forearm pass completed as a player dives to the side or front. **DIGGING** is not an ideal type of pass, but is necessary in higher level games of volleyball. To perform a **DIG** you need to get low and follow the path of the ball, *even if* that means you need to throw yourself on the ground to get to it. This type of pass is hard to control, but to keep the ball in play sometimes it is crucial to master the **DIG**. **DIGGING** is also a form of defense and is often necessary to keep the ball in play.

SETTING



SETTING

The **SETTER** runs the offense, and determines which hitter to **SET** up. Sometimes a team has two setters. The key to good **SETTING** is consistency. The basic premise of setting is to take a **BUMP** pass and convert it to a well placed ball that can be effectively hit by another player to the opponent's court. The proper technique for **SETTING** is to raise your hands about five inches above your head with your thumbs on the bottom and pointed toward your eyes. Your fingers should be loose and slightly cupped. Don't spread your hands any farther than necessary to receive the ball. As a guide, you will have a two to three inch gap between both of your thumbs and both of your forefingers.

Here are a few points to keep in mind about **SETTING**:

1. Get the ball.
2. Face your target (except when deliberately making a **BACK** set).
3. Bend your elbows and your knees.
4. Look at the ball through the opening between your hands.
5. Bring both hands into contact with the ball simultaneously.
6. Don't let the ball touch your palms. This is called a **PUSH** and is a violation. If the ball comes to rest in your hand, or you strike the ball unevenly with either hand, you will be in violation.
7. Receive the ball over your head and let it snap out of your finger pads. Keep your hands above your face or you will be whistled.



Volleyball Techniques for **SETTING** consists of the following steps:

1. Get to the target. The second ball is always the **SETTERS**. Seeing as though they know this ahead of time, **SETTERS** should be lined up properly and ready to move to the target.

2. Be ready to move from the target. If possible, take your first step directly to where the ball is being **PASSED**.

3. Beat the ball to the spot. **SETTERS** should try anticipating where the ball is going to be **PASSED**. By paying attention to how tough the **SERVE** is and watching the way their passer is handling the ball, they may get a good read on the **PASS**.

4. Stop and **SET**. Everything done up until now dictates how well the **SETTER** is able to stop and **SET**.



The better judgment the **SETTER** has, the better job they will do in moving straight to where the ball is going.

If they leave too early or they make a bad judgment, they will step in the wrong direction and not make it there as quickly.

There are **SIX** basic types of **SETS**:

ONE SET: SET a foot or two over the net and hit while the ball is still rising. This is the quickest of **SETS** and is usually for the middle hitter.

TWO SET: SET two to four feet above the net and is also quick. Again, this ball is usually for the middle hitter.

THREE SET: Also **SET** low and fast (about 4-6 feet above the net and delivered midway between the setter and the sideline). This ball is for either the middle or outside hitter.

FOUR SET: A low **SET** (1-2 feet above the net) for the outside hitter that is delivered near the sideline and over the net. Sometimes called a **“SHOOT SET”**.

FIVE SET: A high **BACKSET** near the sideline.

SIX SET: (Fist Hand Signal) A high outside **SET** to either sideline. Finally, there is a time when the **SETTER** gets to try to score. This is called a **SETTER'S DUMP** and is executed when the **SETTER** comes to the net, but instead of passing, pushes the ball over the net in a tip play.

SPIKING/ATTACKING



SPIKING/ATTACKING

Volleyball techniques for executing an **ATTACK** hit include:

Approaching quick. To jump high, you've got to move fast. Really focus on stepping quickly (especially the last couple) in order to maximize your jump height.

Swing your arms back. By swinging your arms back you will take advantage of elastic energy and your nervous system's stretch reflex which can add inches to your vertical.

Bring both your arms up. By bringing both your arms up you will continue with the momentum of going up which will help maximizing your height. Also, you will be in a better body position to hit.

Contact the ball in front of your hitting shoulder. It's best to contact the ball at the same spot every time you hit. This develops a consistent armswing

Put top-spin on the ball. Being able to put top-spin on the ball when you hit allows you to have better angles when hitting, thus more court to hit into.

This is often called "snapping the wrist" when contacting the **ball**.

Volleyball Techniques of a hitter's footwork (jumping from the correct spot) have a big influence on you hitting the ball in your sweet spot.

SPIKING/ATTACKING

Develop consistent footwork. Volleyball Techniques for the approach consist of 3 or 4 foot steps. The 3 step approach would be, left-right-left for right handed attackers, right-left-right for left handed attackers. Before training players to develop a consistent 4 step approach or 3 step approach, it may be best to first work on just the last two steps.



Your last two steps are the ones that matter the most. First concentrate on learning the last two before working on 3 or 4 step approaches.

SPIKING/ATTACKING

If there is a moment of **TRUTH** in Volleyball, it is the perfectly hit **SPIKE**. The **SPIKE** combines power, speed and athleticism to provide the excitement that is uniquely Volleyball. The **SPIKE** is used to either put the ball down in a portion of the court where the opposition is not, or to strike the ball so hard that the defenders are unable to deal with it effectively. Front row players can attack the ball from anywhere on the court. Back row players can only attack from behind the three meter line.



TECHNIQUES to master for **HITTERS** are:

CROSS COURT SHOT: This ball must be hit extremely hard while aiming for space on the floor between the front row players and the back row player that is diagonally positioned farthest from the hitter.

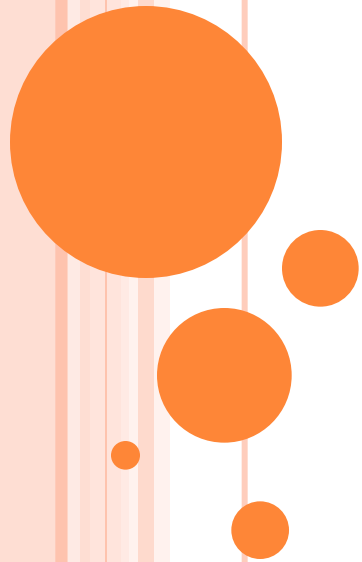
TIP OR DINK SHOT: The most important aspect of this shot is hitting with a wrist that does not break. Just push or roll the ball with the fingertips over the outstretched hands of the blocker(s). Be sure to face the direction of the DINK or a PUSH or CARRY may be called.

LINE SHOT: The simplest way to describe this shot is to imagine a left outside hitter who is right-handed receiving a SET from her right side, rotating her body as she drops her left shoulder and aiming the ball for the left sideline.

Soft Top Spin Shot: Commonly called a “ROLL SHOT” or off speed attack, this ball is contacted a little softer and on the lower portion of the ball. The player's hand then rolls over the top of the ball. This action creates top spin which causes the ball to drop quickly, usually just behind the front line players.

HITTING combines various elements of technique. Your approach to the net, speed, planting of feet, jumping, timing, body position and distance from the net are among factors that contribute to the success of your hit. If you're experiencing difficulty in any aspect of your hit, or repeatedly making an error, ask a qualified instructor to study your form and make suggestions.

SERVING



SERVING

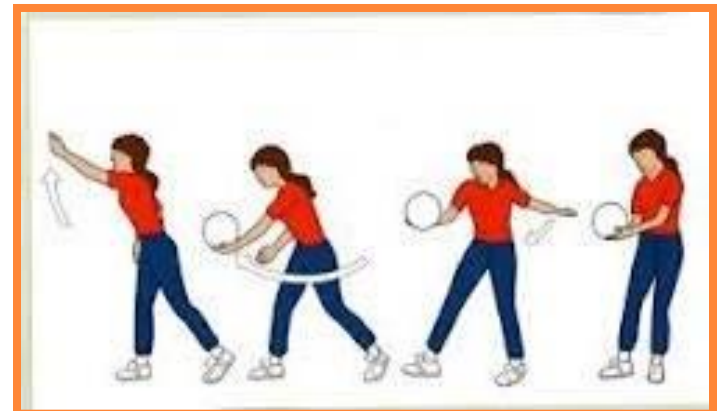
A **SERVE** from behind the end boundary of the court starts play. The **SERVE** must go-over the net in the first **SERVE** attempt.

2 TYPES:

OVERHAND



UNDERHAND



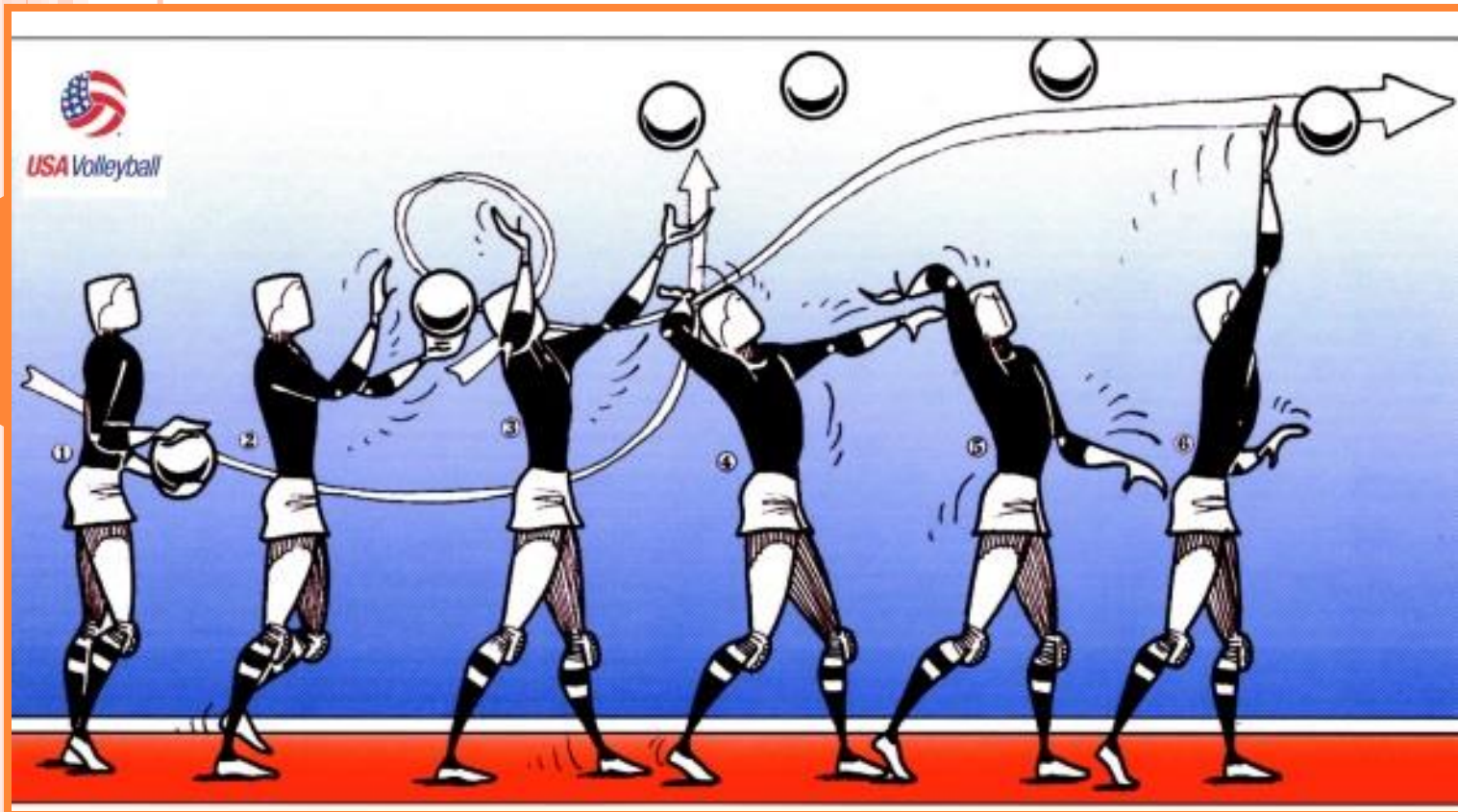
UNDERHAND

If you are right handed, place the ball on your palm of the left hand hold the ball toward the right side of your body. Left foot ahead of your right foot and both knees slightly bends. Swing your right hand back and behind you. Then swing it forward, straighten your arm and hit the ball with the heel of your hand. After hitting the ball, swing your arm upward and forward in the direction you want the ball to go. This is follow through. Left handed just the opposite.



OVERHAND

Toss the ball in front of your **SERVING** shoulder.
Keep your elbow high and back.
Contact the middle of the ball with the middle of your hand.
Follow through on your armswing.



THE FLOATER: This ball flight has no stabilizing spin and will dart more like a knuckle ball in baseball. The secret is to simply hit the ball in the center – in relation to its line of flight – so very little or no spin occurs. **FLOATERS** work equally well with the underhand serve or overhand. The movement of the ball is very unpredictable to the opposing players.

THE TOP SPIN: This ball flight results when the ball is struck on top using wrist snap and moves very quickly over the net. The beauty of this shot is that it drops suddenly, leaving little time for an opponent to react.

THE JUMP SERVE: This ball flight requires a higher toss and a, literal, **JUMP** in the air. Apply contact with the ball just as in the **TOP SPIN SERVE**, and the results can be even more devastating given the added force of the **JUMP**. However, this is the hardest **SERVE** to master, and without sufficient **TOP SPIN**, the ball will likely end up way out of bounds. It is safest to aim this **SERVE** at the middle of the court.

THE CURVE: This ball flight can be most effective outdoors in windy conditions. Approach the shot just like a **TOP SPIN SERVE** until the moment of impact and then hit the ball left or right of center. The ball will **CURVE** in the direction in which it is hit.

INDIVIDUAL DEFENSE

DIGGING



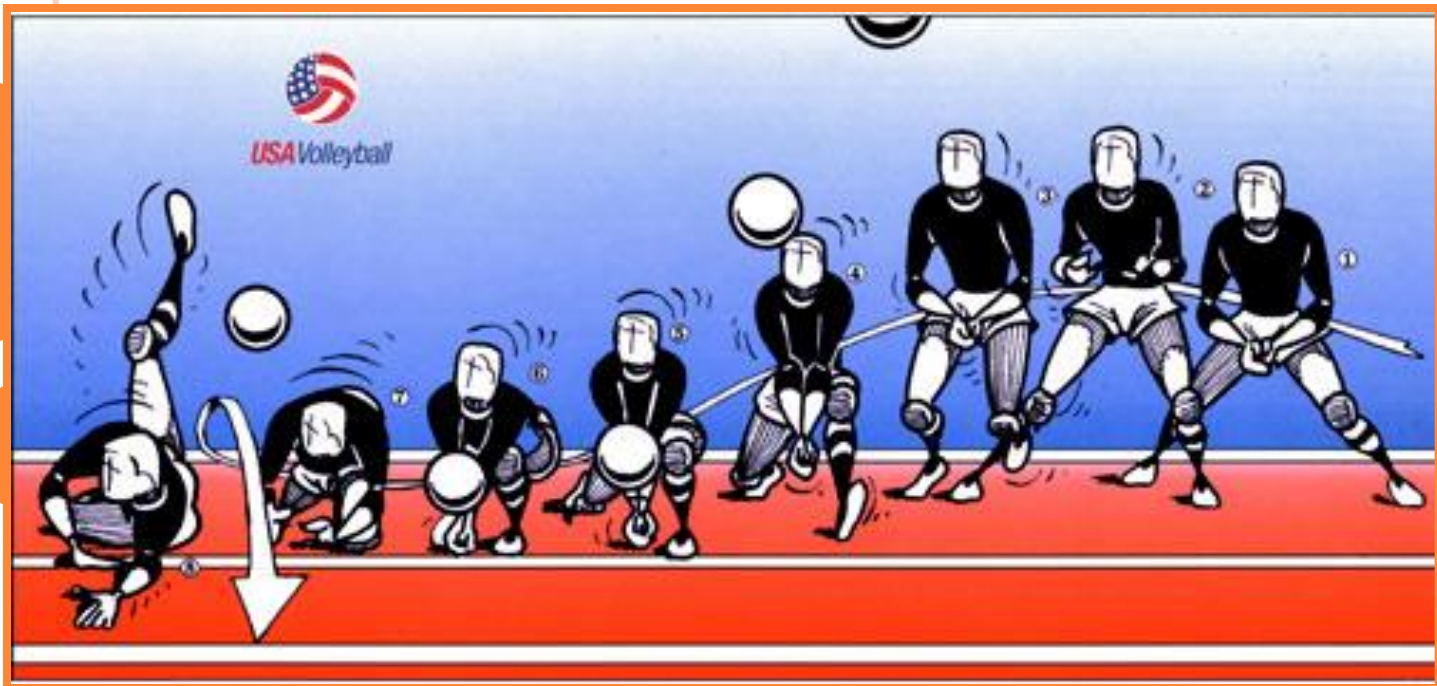
BLOCKING



INDIVIDUAL DEFENSE

DIGGING

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INDIVIDUAL DEFENSE

DIGGING

The proper technique for a **DIG** is similar to a **BUMP PASS**, but your knees are bent much more and your weight is more forward to be able to extend yourself to the floor if necessary to retrieve the ball. Sprawling, rolling and diving are extremely important techniques used to **DIG** a ball. Proper execution, leg placement, timing of floor contact and returning to your feet are considerations. Watch others, ask for instruction and practice these skills often in non-game conditions to avoid injury to yourself or others.

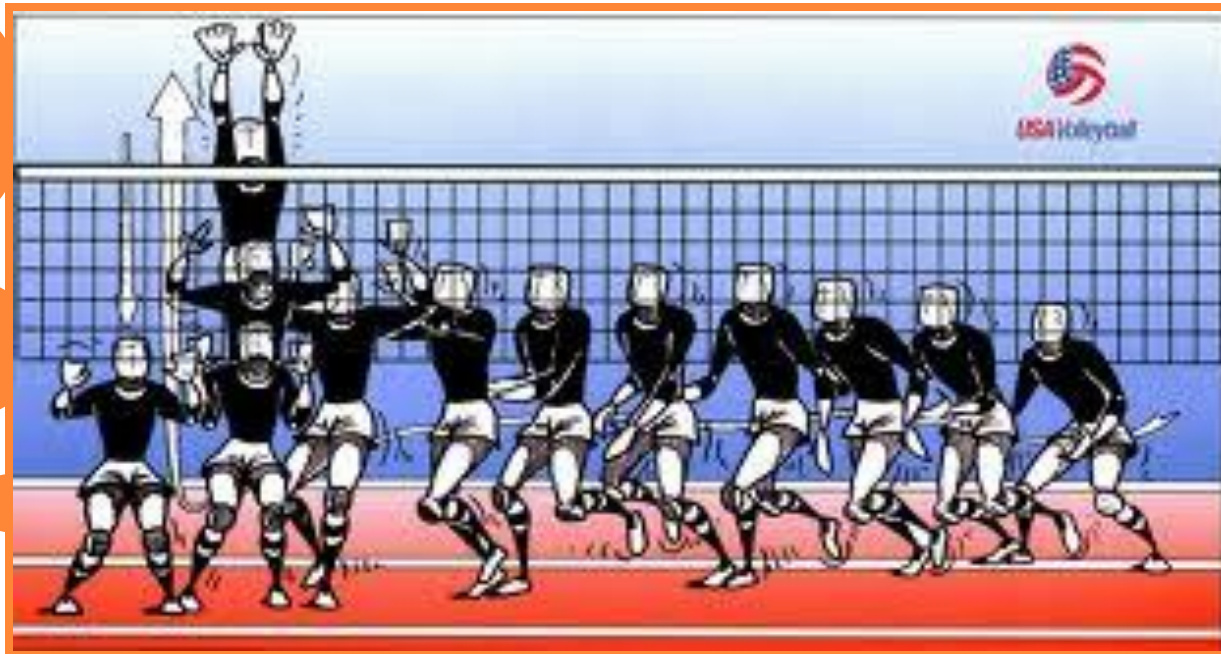


INDIVIDUAL DEFENSE

BLOCKING

The surest way to cripple your opponent's **ATTACK** is to take away a hitter's **SPIKE**. And the surest way to do that is with a well coordinated **BLOCKING** scheme.

BLOCKERS don't need to take a running start, but must stay close to the net and leap up. If you require a running start to jump, you probably don't belong in the **BLOCK**. Stand with your hands and fingers held fully extended above the shoulders. Focus on the hitter in front of you and slide into the paths of the descending ball at the point where it will cross the net.



INDIVIDUAL DEFENSE

BLOCKING

Your jump should occur just slightly after the hitter's. Knees must be bent before takeoff to jump straight up. As you jump, fully extend your arms and hands. Spread your fingers, but keep them rigid, and bend your wrists as you rise above the net so that your hands break the plane of the net. If you keep your arms just a few inches apart, you will avoid letting a ball go through them.

If you are a shorter player forced to **BLOCK**, bend your wrists back instead of forward and don't try to penetrate the net after the **BLOCK** which should put the ball in good position for either you or another teammate to play it. This is called a **SOFT BLOCK**.



INDIVIDUAL DEFENSE

BLOCKING



BLOCKS don't count as hits so you can legally play them. The **DOUBLE BLOCK** usually relies on the middle hitter and one of the outside hitter to obstruct as much hitting space as possible. The outside hitter must establish the position of the **BLOCK**, and the middle hitter moves to the position and closes the **BLOCK**. The middle hitter gets close enough to insure that the ball cannot get between the blocker's bodies or outstretched arms. If positioned correctly, the blockers prevent the **CROSS-COURT SHOT** and the **LINE SHOT**.

The **TRIPLE BLOCK** is used occasionally and requires all three front row players to participate. No back line players may come up to **BLOCK**.



VOLLEYBALL WEB SITES

[USA VOLLEYBALL](http://usavolleyball.org) – usavolleyball.org - Find information on the USA National Teams, Youth and Junior High Performance and programming information, regional office links, coaching and officiating tips, the FAQ list, beach, disabled, youth volleyball and more. This is also where USA Volleyball's Coaching Accreditation Program is based, including their annual schedule of courses, and we urge you to take your current experience and expand it through a USA CAP course.

[FIVB \(Federation International de Volleyball\)](http://fivb.org) – fivb.org - Ever expanding information on what is happening in the 217 member National Federations around the world, in both indoor and the beach game. The site for the World Championships, World League, Grand Prix and World Beach Volleyball Series. Updated information and press releases.

[American Volleyball Coaches Association](http://avca.org) – avca.org - Home page for the AVCA, something every volleyball group should have at least one member in. Please give serious consideration to joining this association, it is one of the best resources you can find in sport, not just volleyball. [Dejanews](http://dejanews.com) – Web site that stores newsgroup articles and that are searchable by keyword. If you are new to the Internet in the past 3 years, go over to this site and search for your interest in volleyball and see what was covered before you came online.

[Volleyball Worldwide](http://volleyball.org) – volleyball.org - One of the first 1,000 web sites on Yahoo. It is the grandfather of all places to get information and the links to other volleyball sites.

[Highway 61](http://highway61.com), [Dogpile](http://dogpile.com), and [Northern Lights](http://northernlights.com) – Sites that search ALL sites on the net, web site newsgroups, FTP sites and more. Searchable by keyword.

www.BestVolleyballDrills.com

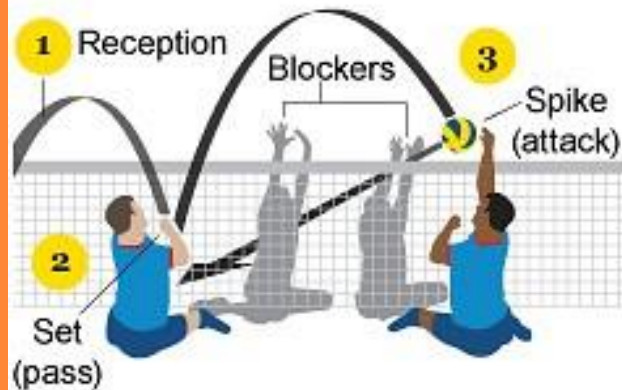
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SITTING VOLLEYBALL



Sitting Volleyball

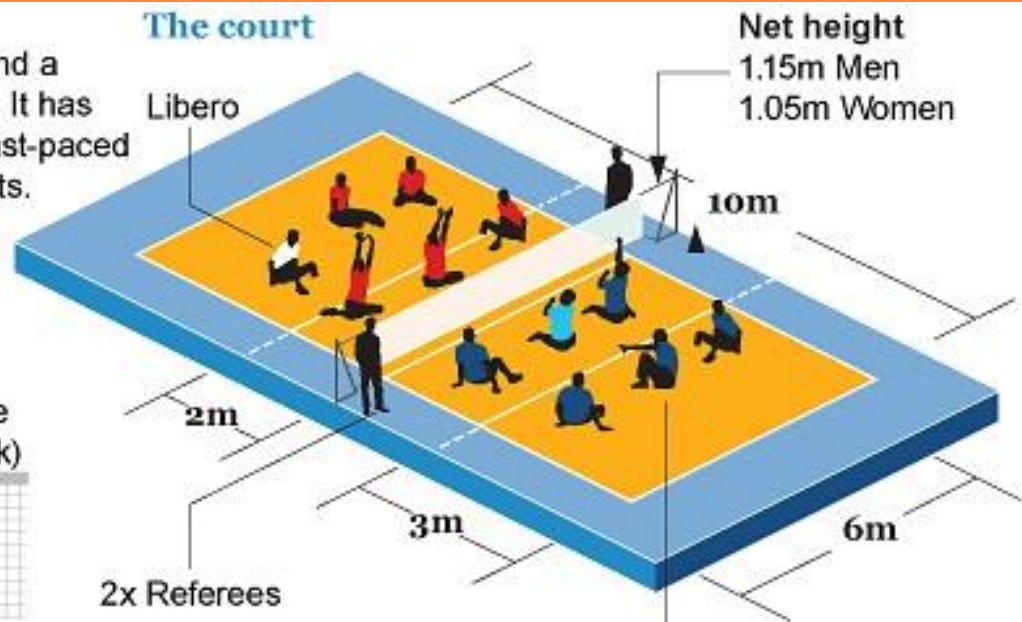
A combination of volleyball and a German game called Sitzbal. It has grown into one of the most fast-paced and exciting Paralympic sports. It is now played by athletes around the world



Pattern of play

Each team is allowed three touches of the ball before it must cross over the net. The key attacking move is the set and spike

The court



Libero

A specialist defensive player, who may not play attacking shots. They wear a different colour shirt to the rest of the team

Team formation

Is two rows of 3 players, at each serving opportunity the players rotate one position