

VOLLEYBALL STUDY GUIDE (8TH GRADE)

Skills

Overhead Set

- Get body under the ball
- Look through window with arms straight
- Push ball up into the air and make contact with fingertips

Forearm Pass

- Get body under ball
- Make arms flat and level
- Give with the ball and use leg power to send ball into air

Underhand Serve

- Hold ball with non-dominant hand
- Make a flat fist or use an open hand to hit the ball with
- Swing arm straight through when contacting the ball and aim at top of the net

Overhand Hit

- Hit ball when it is above head
- Use an open hand and contact ball with palm
- Use the same motion as throwing a baseball
- Use same motion to spike the ball but aim downward
- Can use same hit to overhand serve

Rules

- Team rotation goes in a clockwise motion
- If the ball hits the boundary line, it is considered in play
- If the ball hits the net during the serve and goes over, it is good
- Your body may not make contact with the net
- No double hits
- The ball may be played off of the net during play
- Say your score first, then the other team's score
- Your team scores a point when the ball hits in-bounds on the other team's court or the other team commits a foul or hits the ball out-of-bounds
- Rally scoring – your team does not have to be serving to score a point
- You must be standing out-of-bounds to serve the ball
- A carry is a foul in which the ball looks like it is thrown rather than hit, and possession of the ball goes to the other team
- You may only have a maximum of 3 hits per side before the ball must go over the net