**Volley Ball**

A net separates the two teams of six players in the team sport of volleyball. Under set rules, each side attempts to score points by putting the ball on the court of the other team. Since Tokyo 1964, it has been a part of the official Olympic Summer Games schedule. Beach volleyball was added to the schedule for the 1996 Summer Olympics in Atlanta.

**History:** The word "Mindonette," which comes from the game of badminton, was invented by William G. Morgan, a YMCA physical education director in Holyoke, Massachusetts (USA), in December 1895. The game is meant to be played indoors and can be played by any number of participants. Some of the features of the game were borrowed from handball, baseball, and tennis. Basketball, another indoor activity that was becoming popular in the region, was created just four years prior, ten miles (sixteen kilometers) away in Springfield, Massachusetts. For senior YMCA members, Minette was intended to be a less aggressive indoor sport than basketball, although it still required some physical exertion.

**Rules of the game:** The rules of volleyball govern the play of the game and ensure fair competition among teams. Here are the basic rules of volleyball:

1. ***Team Composition****:* Volleyball is played between two teams, each consisting of six players on the court at a time.
2. ***Scoring****:* Points are scored when the ball hits the ground within the opponent's court boundaries or when the opposing team commits a fault. A rally scoring system is used, meaning a point is scored on every serve, regardless of which team served.
3. ***Starting Play****:* The game begins with a serve from behind the back boundary line. The serving team rotates clockwise each time they win a rally and gain the right to serve.
4. ***Service:*** The ball must be served over the net to the opposing team's court using an overhand or underhand motion. The server must stand behind the back boundary line until making contact with the ball.
5. ***Playing the Ball****:* Teams have three touches to return the ball over the net (except during a block). The most common sequence is bump (forearm pass), set (overhead pass), and spike (attacking hit).
6. ***Ball In Play****:* The ball must pass over the net within three touches and must not touch the ground or any player outside the boundaries during play.
7. ***Net Violations****:* Players are not allowed to touch the net while the ball is in play. Additionally, players cannot reach over the net to block or attack the ball unless it has crossed the net entirely.
8. ***Rotation****:* Players rotate positions clockwise each time their team wins the serve. Rotation ensures equal distribution of players' positions throughout the game.
9. ***Substitutions****:* Substitutions are allowed during deadball situations and must be made through the designated substitution zone.
10. ***Winning a Set****:* A set is won by the first team to reach 25 points, with a minimum two-point advantage. If the score reaches 24-24, play continues until one team gains a two-point lead.
11. ***Winning the Match****:* A match is typically played as the best of three or five sets. The team that wins the majority of the sets wins the match.

The International Volleyball Federation (FIVB) and other national governing organizations have established these as the basic volleyball regulations. Fair play and a competitive but pleasurable volleyball experience are ensured by comprehension and adherence to these regulations.

**Players of the game:** Two teams of six players each normally compete in volleyball matches on the same court. The typical format for both indoor and beach volleyball is called "six-a-side" or "six-player" volleyball. Three positions at the net (front row) and three positions at the rear of the court (back row) are assigned to each team.

In beach volleyball, there is also a two-player format, where each team consists of only two players. The dynamics of the game change in two-player beach volleyball, as each player has to cover more area on the court, and there are specific rule differences, such as each player having to serve and block. While the standard formats involve six or two players per team, variations like "four-a-side" or "nine-a-side" volleyball can be played for recreational or modified versions of the game, but the official and widely recognized format is six players per team.

***Here are five popular volleyball players who have made significant impacts in the sport:***

1***. Karch Kiraly:*** Karch Kiraly is widely regarded as one of the greatest volleyball players of all time. He excelled both indoors and on the beach, winning Olympic gold medals in both disciplines. Kiraly's exceptional skills and leadership have left an indelible mark on the sport.

***2. Misty May-Treanor:*** Misty May-Treanor is a legendary beach volleyball player known for her dominant performances alongside her partner Kerri Walsh Jennings. Together, they won three consecutive Olympic gold medals in beach volleyball (2004, 2008, and 2012) and numerous other championships.

***3. Kerri Walsh Jennings:*** Kerri Walsh Jennings is another iconic beach volleyball player, renowned for her formidable skills and competitive spirit. With Misty May-Treanor, she formed one of the most successful partnerships in beach volleyball history, capturing multiple Olympic gold medals and World Championships.

***4. Giba (Gilberto Amauri de Godoy Filho):*** Giba is a Brazilian volleyball player who achieved great success during his career. As a member of the Brazilian national team, Giba won numerous Olympic medals, including gold in 2004 and 2008, and multiple World Championships. He is celebrated for his athleticism and dynamic playing style.

***5. Lang Ping:*** Lang Ping, also known as the "Iron Hammer," is a Chinese volleyball player and coach. She achieved legendary status as both a player and coach, leading the Chinese women's volleyball team to victory in the 1984 Los Angeles Olympics as a player and guiding the team to Olympic gold as a coach in 2016. Lang Ping's contributions have significantly influenced the development of volleyball in China and worldwide.

**The Strategy of the game:** Playing strategically is essential to succeeding on the volleyball court. To obtain an advantage over their rivals, teams concentrate on a few crucial components. The basis for offensive plays is a solid serve reception, and deft positioning allows the ball to be distributed precisely to attacking teammates. To take advantage of the opponent's deficiencies, effective offensive methods combine quick sets, high sets, and back-row attacks. On defense, well-executed blocking and quick digging are meant to stymie the opposition's attack and prolong rallies. To take advantage of scoring opportunities, teams must be able to transition quickly from defense to attack. To facilitate coordinated movements, play calls, and encouragement, communication among teams is essential. Scouting opponents also enables teams to recognize trends and patterns, which allows them to make adjustments. Scouting rivals also enables teams to spot trends and patterns, which allows them to modify their tactics. Teams need to be able to adjust to shifting momentum and shifting game scenarios, therefore adaptability is essential. Volleyball teams can maximize their performance and aim for victory on the field by implementing these strategic components into their match.

**Popular tournament:** One of the most prestigious and popular tournaments in volleyball is the FIVB Volleyball World Championship. Held every four years for both men and women, the World Championship brings together the best national teams from around the globe to compete for the title of world champion. With thrilling matches, intense rivalries, and unparalleled athleticism, the World Championship captivates volleyball enthusiasts worldwide. Another highly anticipated event is the Olympic Games volleyball tournament, where national teams vie for gold, silver, and bronze medals on the world's biggest stage. The FIVB Volleyball Nations League (VNL) has also gained significant popularity since its inception, featuring elite teams competing in a round-robin format leading to a final tournament. These tournaments showcase the pinnacle of volleyball excellence, celebrating teamwork, skill, and sportsmanship while captivating audiences with electrifying performances and unforgettable moments on the court.

**How many countries play the game:** Volleyball is one of the most popular team sports in the world, being practiced in many different nations. Amateur and professional players alike find it appealing, and leagues, clubs, and tournaments are arranged in almost every continent. Among the nations with long-standing volleyball traditions are Brazil, the US, Italy, Russia, China, and Japan. These countries have produced elite national teams that have excelled in international tournaments like the World Cup, FIVB World Championships, and Olympic Games. Furthermore, volleyball's popularity and accessibility have made it widely accepted in communities, schools, and leisure programs around the world, creating a thriving and diversified volleyball community on a global scale.

**Important Facts**: Here are some important facts about volleyball:

***1. Origin:*** Volleyball was invented in 1895 by William G. Morgan, a YMCA instructor in Massachusetts, USA. It was initially called "mignonette" before being renamed volleyball due to the nature of the game, which involved volleying a ball back and forth over a net.

***2. Olympic Sport:*** Volleyball made its Olympic debut at the 1964 Tokyo Games for men and the 1964 Tokyo Games for women. It has since become one of the most popular Olympic sports, attracting millions of viewers worldwide during the Olympic Games.

***3. Two Main Variants:*** Volleyball is played in two main variants: indoor volleyball and beach volleyball. Indoor volleyball is played on a hard court, while beach volleyball is played on sand. Both variants have their unique rules and strategies.

***4. Six Players:*** In both indoor and beach volleyball, each team typically consists of six players on the court at a time.

***5. Rally Scoring:*** Volleyball uses a rally scoring system, meaning a point is scored on every serve, regardless of which team served. The first team to reach a certain number of points wins the set.

***6. Libero Position:*** In indoor volleyball, there is a specialized defensive player known as the libero. The libero wears a different colored jersey and has specific rules regarding substitutions and playing actions.

***7. Net Height:*** The net height in men's volleyball is higher than in women's volleyball. In men's volleyball, the net height is set at 2.43 meters (7 feet 11 5/8 inches), while in women's volleyball, it is set at 2.24 meters (7 feet 4 1/8 inches).

***8. International Federation:*** The International Volleyball Federation (FIVB) governs the sport of volleyball worldwide. It oversees international competitions, sets rules and regulations, and promotes the growth and development of volleyball globally.

***9. Popularity:*** Volleyball is one of the most popular team sports in the world, played by millions of people of all ages and skill levels. It is enjoyed in schools, clubs, recreational leagues, and professional competitions across the globe.

***10. Skills and Strategy:*** Volleyball requires a combination of skills, including serving, passing, setting, attacking, blocking, and defense. Successful teams employ strategic gameplay, communication, and teamwork to outmaneuver their opponents and win matches.

**I am tired!**