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**ROLL NOLL:40**

**Subject: IT TOOL BLOG WRITTING**

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## **Volleyball**



Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

\* It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was introduced to the programme at the Atlanta 1996. The adapted version of volleyball at the Summer Paralympic Games is sitting volleyball.

The **complete set of rules** is extensive but play essentially proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court.

The receiving team must not let the ball be grounded within their court. The team may touch the ball up to three times (one player cannot double touch the ball) to return the ball to the other side of the court, but individual players may not touch the ball twice consecutively.<sup>[3]</sup> Typically, the first two touches are used to set up for an attack. An attack is an attempt to direct the ball back over the net in such a way that the team receiving the ball is unable to pass the ball and continue the rally, thus,

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losing the point. The team that wins the rally is awarded a point and serves the ball to start the next rally. A few of the most common faults include:

**volleyball consists of three as follows**

**1. PASS :**

**2.SET:**

**3.SPIKE:**

**Pass:**

**Also called reception, the pass is the attempt by a team to properly handle the opponent's serve or any form of attack. Proper handling includes not only preventing the ball from touching the court but also making it reach the position where the setter is standing quickly and precisely.**

The skill of passing involves fundamentally two specific techniques: underarm pass, or bump, where the ball touches the inside part of the joined forearms or platform, at waistline; and overhand pass, where it is handled with the fingertips, like a set, above the head.

Either are acceptable in professional and beach volleyball; however, there are much tighter regulations on the overhand pass in beach volleyball. When a player passes a ball to their setter, it's ideal that the ball does not have a lot of spin to make it easier for the setter.

**Set:**

The set is usually the second contact that a team makes with the ball.

The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court.

The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will actually attack the ball.

**Attack (spike):**

The attack, also known as the *spike*, is usually the third contact a team makes with the ball.

The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended.

A player makes a series of steps (the "approach"), jumps, and swings at the ball.