

**Cyril Hanz B. Sumalinog**

**BSIT 3 – MTh 3:00 – 4:00 PM**

### **Brief History of Volleyball**

The game of volleyball, originally called “mintonette,” was invented in 1895 by William G. Morgan after the invention of basketball only four years before. Morgan, a graduate of the Springfield College of the YMCA, designed the game to be a combination of basketball, baseball, tennis, and handball.

### **Skills needed in Volleyball:**

- **Serving** - The serve is the first contact in a volleyball game, and it's an important opportunity to gain an advantage over the opposing team. It is a skill that every player must master as it's the first move that can give your team momentum and shut down your opponent's momentum.
- **Passing** - Also known as the bump, is used to receive the ball from the opposing team's serve or hit. The goal of passing is to keep the ball in play and set up an offensive play. To pass effectively, the player should get in position, keep their arms straight and feet parallel, extend their knees forward, and make contact with the ball using their forearms.
- **Setting** - Setting or overhead passing is the most important step in an offensive play as it determines which player gets to spike or attack. This is normally done by the team's setter and is the second step in the pass-set-spike sequence.
- **Attacking** - Attacking, also known as hitting, is the final step in the pass-set-spike sequence and is used to score points. There are a variety of different ways to attack a ball, but the most common and consistently effective way to do so is by spiking. Spiking is a combination of jumping with powerful arm swings in order to smash the ball onto the opponent's side of the court.
- **Blocking** - Blocking is a defensive skill used to stop the opposing team's attack and can also be used to potentially score points. Blockers must focus on stopping the opposing

team's offensive attacks, while also paying attention to the opposing setter so that they can better predict the opposing team's attack strategy. It is important for blockers to be able to react to an attack quickly and be in position before the attack is completed.

- **Digging** - Digging is a defensive skill used to save the ball from hitting the ground. It is often done when the ball does not come directly at the player, and a standard underhand pass would be impossible or extremely difficult to get. To get into a digging position, the player must sink their hips low to the floor with their heels slightly raised in order to be light on their feet.

### **Volleyball equipment:**

- Volleyball balls
- Volleyball shorts
- Volleyball t-shirts
- Volleyball shoes
- Volleyball braces, sleeves and pads
- Volleyball court
- Volleyball net and poles
- Volleyball penalty cards

### **Volleyball attire**

Women wear tight tops with spandex bike shorts. Men often wear tank tops with basketball-style shorts that go just above the knee pads, and lightweight athletic shoes with rubber or synthetic soles are worn by players—composite soles.

## The players

There are only six players on the court at any given time: three in the front row and three in the back row. Each serve earns points for the rally's winning team (rally-point scoring). Team members are not permitted to hit the ball twice in a row (a block is not considered a hit).

- **Setter** - The setter is the main contributor to the offense of the volleyball team. One of the requirements of the setter is having a delicate touch to set the ball perfectly for one of the attacking players.
- **Outside Hitter** - The outside hitter is also known as the left-side hitter and is the lead attacker in the offensive strategy. To be a successful outsider hitter, you must be able to jump high, be quick on your feet, and be ready to adapt to different situations.
- **Opposite Hitter** - Also known as the right-side hitter, these players need to be a perfect balance of both offense and defense. They will also get many opportunities to hit the volleyball, so similar to the outside hitter, jumping ability is vital. The main difference that sets the opposite hitter apart is their defensive responsibility.
- **Middle Blocker** - The middle blocker, sometimes known as the middle hitter, is the tallest player on the volleyball team. Their main role for the team is being the first line of defense against the opposing team's hits. The middle blocker needs to read the other team's attackers to quickly raise his or her arms above the net in a blocking attempt.
- **Libero** - The libero can become confusing for non-volleyball players. They can only play on the back row of the court, and because of this, are the ideal person to receive a hit from the opposite team.
- **Defensive Specialist** - The thing that sets the defensive specialist apart from other volleyball positions is their ability to substitute out any player on the court. This will count against the team's total of 12 substitutions. The defensive specialist traditionally focuses on ball control and passing and works well with the libero.

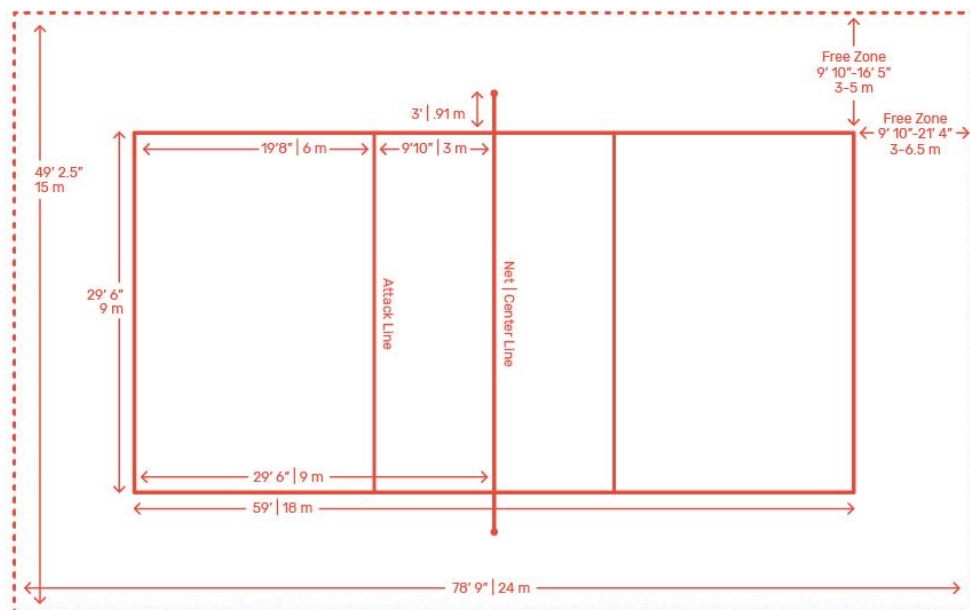
## The officiating official

**Physical Demands.** Volleyball is generally officiated by two referees and two line judges. The first referee in volleyball is positioned on an elevated platform at the side of the net opposite the officials' table.

## Volleyball Court and Dimensions

The official volleyball court dimensions measure 29 feet 6 inches wide by 59 feet long. This is a total area of 1,743 square feet. In addition to the playing area, your court design must include a safe zone around the perimeter.

### Dimensions.com | Volleyball Court



## Terminologies

- Dig: Passing a spiked or rapidly hit ball.
- Dink: A legal pushing of the ball over the blockers.
- Double Hit: When a player makes contact with the ball twice in a row. This is considered an illegal hit.
- Floater: A non-spinning serve, it can sometimes have erratic movement during flight.