|  |  |
| --- | --- |
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| Module Title | Web Development |
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| Module Tutor Name | Mustafa Ghashim |
| ID Number | P438462 |
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*I confirm that this assignment is my own work.*

*Where I have referred to academic sources, I have provided in-text citations and included the sources in the final reference list.*

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# Introduction

We have created a specialized online platform that provides a range of services related to Volleyball. This online platform is for those who are eager to learn the basics of Volleyball or players aiming to refine their skills. With a passion for the sport and a commitment to education, we have curated a diverse range of resources to help you become a proficient volleyball player.

Every player has different learning needs, and we at Learn Volleyball are aware of this. We provide a range of educational resources as a result, such as in-depth manuals, captivating multimedia content, interactive tests, and useful exercises. You may quickly and easily browse through many topics and locate the information you require thanks to our user-friendly interface and straightforward navigation.

Come along on this thrilling adventure with us as we examine advanced volleyball methods, dive into the game's foundations, and discover winning strategies. Learn Volleyball is here to support you every step of the way, whether your goal is to play volleyball with friends and family or to compete at a professional level.

Together, let's get started and improve your volleyball skills!

# Research and Planning

## Research

### Effective Features

Clear Navigation: Websites with easy-to-use navigation menus make it simple for users to find what they're looking for. For example, the Learn Volleyball website has a clear navigation menu at the top, making it easy for users to access different pages. (BBC Sport, n.d.)

Responsive Design: Websites that adapt to different screen sizes provide a seamless user experience across devices. Responsive design ensures that content is easily accessible whether users are on desktop or mobile devices. (Nike Official Site, n.d.)

Engaging Multimedia: Incorporating multimedia elements such as videos, images, and interactive content enhances user engagement and understanding of the topic. For instance, the Learn Volleyball website includes informative videos and engaging images to complement textual content. (TED: Ideas Worth Spreading, n.d.)

Consistent Branding: Websites with consistent branding elements, such as colours, fonts, and logos, create a cohesive and professional appearance. Consistent branding helps build brand recognition and trust among users. (Apple n.d.)

## Ineffective Features

Cluttered Layout: Websites with cluttered layouts overwhelm users and make it difficult for them to focus on important information. Avoiding cluttered layouts ensures that content is presented in a clear and organized manner, improving user experience. (craigslist, n.d.)

Slow Loading Times: Websites with slow loading times frustrate users and increase bounce rates. Optimizing website performance through techniques such as image optimization and caching can improve loading times and user satisfaction. (HealthCare.gov n.d.)

## Planning

### 1st page

A close-up of a form

Description automatically generated

### 2nd Page

A group of black and white lines

Description automatically generated with medium confidence

### 3rd Page

A group of rectangular objects with text

Description automatically generated with medium confidence

### 4th Page

A volleyball technical drawing on a whiteboard

Description automatically generated with medium confidence

### 5th Page

A group of rectangular objects with text

Description automatically generated with medium confidence

### 6th Page

A group of chat boxes

Description automatically generated with medium confidence

## Site Map

The site map shows the hierarchical structure of the website, including the main pages (Home, About, Rules, Techniques, Drills, and Contact) and their respective subpages or sections. This structure will help ensure a logical and intuitive navigation experience for users.

A screenshot of a computer

Description automatically generated

# Design Philosophy

## Colours

The website's colours were picked to match the feel of volleyball, inspired by the Mikasa volleyball's colours. Blue and yellow, like those on the Mikasa ball, were chosen. Blue stands for trust and calmness, showing the seriousness of the sport. Yellow represents energy and positivity, reflecting the excitement of volleyball. These colours make the site look attractive and keep users interested. The blue background and yellow highlights make it easier for people with vision problems to read and use the site.

Layout  
The website layout is designed to be simple and user-friendly. It includes a clear header with the site title for easy recognition. The navigation bar is placed prominently at the top, making it easy for users to find and access different sections of the website. Content is organized neatly within a container, ensuring readability and focus on the main information. The footer provides contact information for users seeking further assistance, enhancing accessibility. (UX Glossary, n.d.)

## Font

The font used for the Learn Volleyball website is Arial, which is a commonly used sans-serif font known for being easy to read and clear. Arial helps make sure that text is easy to see on different devices and screen sizes, making the website accessible for all users. However, it's worth considering using a font like "Helvetica" instead to avoid any potential problems with compatibility and ensure that the website looks the same on different platforms.

## Media

Adding pictures and videos to the Learn Volleyball website makes it more interesting and keeps people engaged. The volleyball court background picture fits well with the website's theme and makes it look nice without making it too busy. The YouTube videos that are included give helpful tips on volleyball techniques, which makes the website more helpful and fun to use.

## Navigation UI

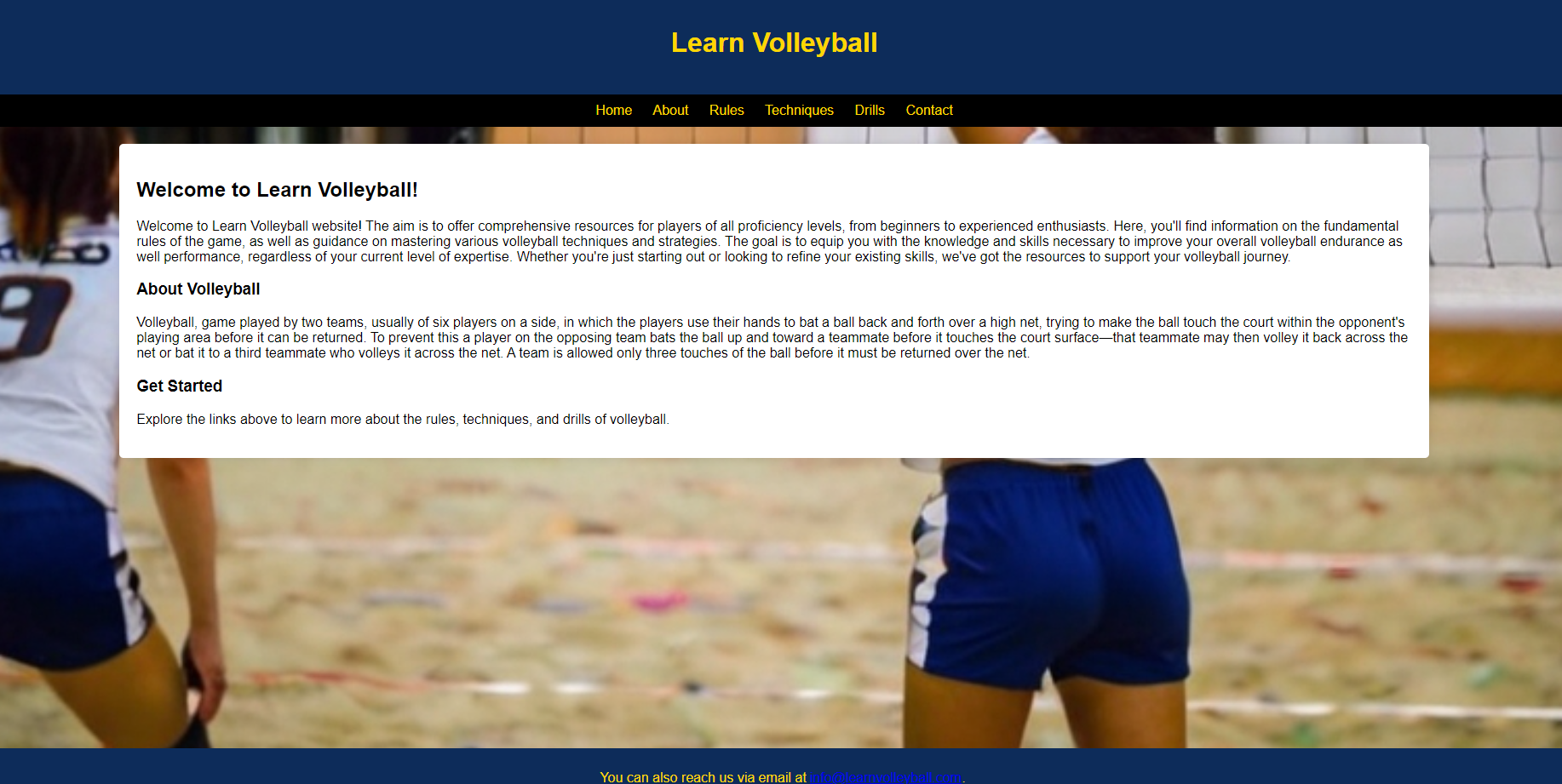
The menu at the top of the page helps people move around the website easily. The links are clear and easy to understand, so users can find what they need without any problems. Having a "Home" link in the menu means people can go back to the main page whenever they want, which makes it even easier to use the website. (How to Meet WCAG, n.d.)

## Technology

The website is built using HTML, CSS, and JavaScript. These technologies were chosen for their compatibility with different browsers and devices, ensuring a seamless user experience. JavaScript is used for interactivity, such as navigation menus or potentially dynamic content loading, enhancing usability without sacrificing accessibility. The script.js file likely contains custom JavaScript code for any interactive elements on the page, ensuring they adhere to accessibility standards. (Introduction to HTML, n.d.)

# Testing

Testing is super important when you're making a website. It helps find and fix any problems before the website goes live. Here are some things to think about when testing a website:



Functionality Testing: This means checking if all the buttons, links, and forms on the website work like they're supposed to. You want to make sure people can click around and do what they need to without any issues.

The home page will open as soon as we select the "home" option in the navigation bar. The remaining pages will also appear once we pick the appropriate ones.

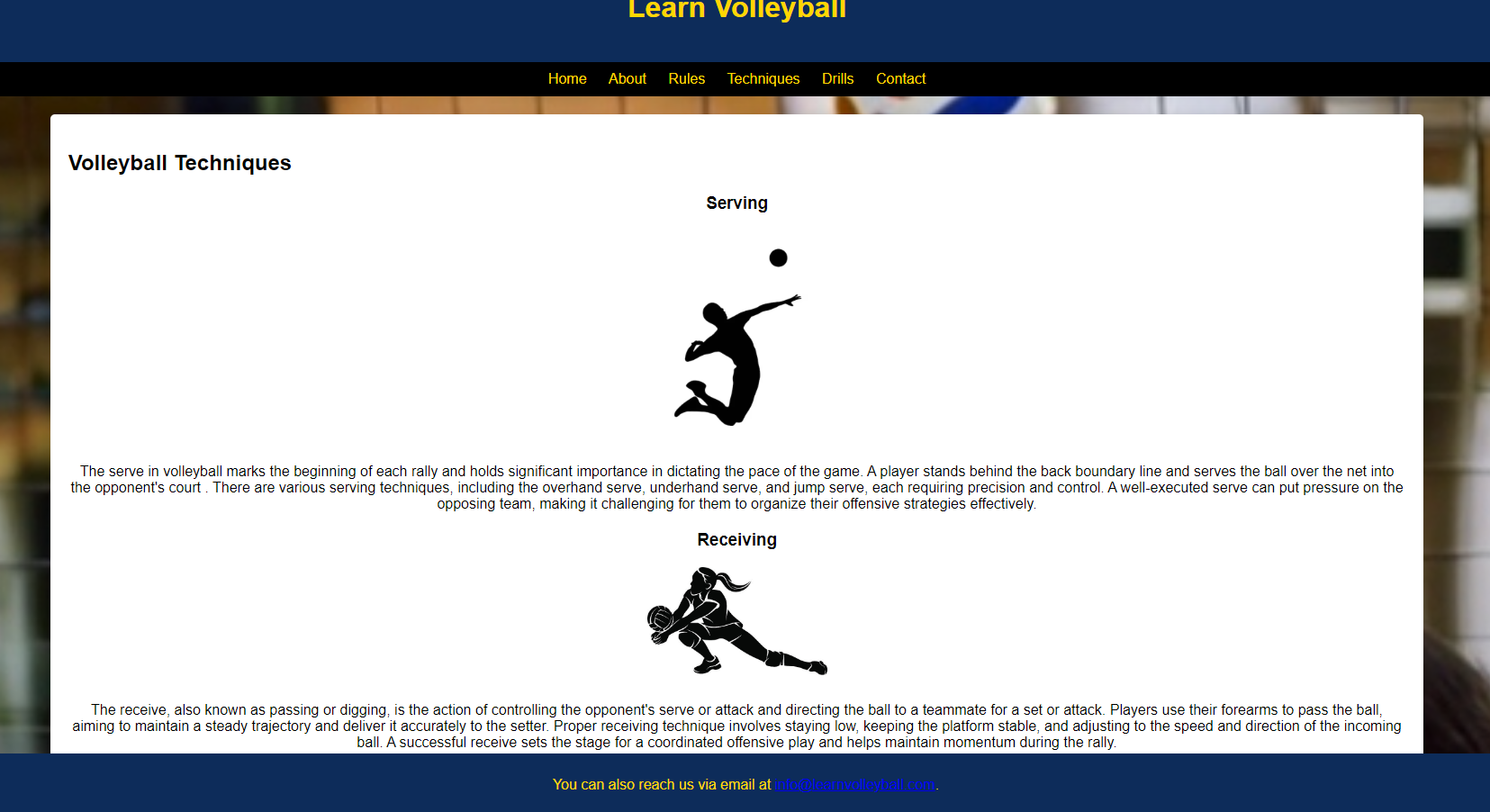
Compatibility Testing: This is about making sure the website looks and works okay on different devices and web browsers. It should work well on computers, phones, and tablets, and on browsers like Chrome, Firefox, and Safari.

Performance Testing: This checks how fast the website loads and responds. Nobody likes waiting forever for a website to load, so you want to make sure it's quick and snappy.

Usability Testing: This is all about how easy it is for people to use the website. You want to see if it's easy for them to find what they need and navigate around without getting confused.

Security Testing: This is important for keeping people's information safe. You want to make sure the website has strong security measures in place to protect against things like hacking or data breaches.

By doing all these tests, you can make sure your website is in good shape and ready for people to use. It's like checking all the parts of a car before taking it for a drive to make sure everything works smoothly.



Here if these images are clicked you are taken to a YouTube link where you can learn about serving, receiving, setting and hitting.

## Test Table

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Test No.** | **Action** | **Inputs** | **Expected Output** | **Actual Output** | **Test Browser** | **Test Result** | **Test Comments** |
| 1 | Launch application | Mouse click homepage link | Homepage opened | Homepage opened | Chrome | Pass | - |
| 2 | Enter correct Email & Password and hit submit button | Email: [test@example.com](mailto:test@example.com), Password: \*\*\*\*\*\*\*\*\* | Submit successful | Submit successful | Chrome | Pass | - |
| 3 | Enter incorrect Email & Password and hit submit button | Email: [invalid@example.com](mailto:invalid@example.com), Password: \*\*\*\*\*\*\*\*\* | Error message displayed | Error message displayed | Firefox | Pass | - |
| 4 | Navigate to About page | Mouse click About link | About page opened | About page opened | Safari | Pass | - |
| 5 | Submit empty contact form | Name: "", Email: "", Message: "" | Error message displayed | Error message displayed | Edge | Pass | - |
| 6 | Submit filled contact form | Name: John Doe, Email: [john@example.com](mailto:john@example.com), Message: Test message | Success message displayed | Success message displayed | Chrome | Pass | - |
| 7 | Test responsiveness on mobile device | Access website on iPhone X | Website layout adjusts correctly | Website layout adjusts correctly | iPhone X | Pass | - |

# Reflection

Creating a website about volleyball was fun but tough too. I love volleyball and making websites, so I was excited to start. But I faced some big challenges along the way.

First, I needed a lot of info about volleyball to make the website good for both newbies and pros. I already knew some stuff, but I had to dig deep. I looked at lots of websites, talked to players and coaches, and studied official rules. This made me learn a lot and made sure the website had the right info.

Next, making the website look nice and easy to use was tricky. I had to make it pretty but still easy to click around. I tried different colors, fonts, and layouts to make it look good. Also, I had to make sure it worked well on phones and computers. It took some testing, but I used tools to make sure it looked good on any screen.

Then, I wanted to add cool stuff like forms and menus that worked well. I had to learn about coding forms and using JavaScript to make them smooth. It was tough, but it made the website more fun and useful.

I had to keep going even when things got hard. Whenever I hit a problem, I kept trying different things until I found a solution. And I kept on asking my course tutor whenever i had a question. Their feedback helped me make the website better.

In the end, making the volleyball website was awesome. I got to mix my love for volleyball with my web skills. Even though it was tough, I'm proud of what I made. I can't wait to share it with other volleyball fans. This project made me better at web stuff and made me love volleyball even more.

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# Appendix-Code listing of website

## Appendix A: Home page

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<link rel="stylesheet" href="style.css">

<title>Learn Volleyball</title>

</head>

<body>

<header>

<h1>Learn Volleyball</h1>

</header>

<nav>

<a href="main.html">Home</a>

<a href="about.html">About</a>

<a href="rules.html">Rules</a>

<a href="techniques.html">Techniques</a>

<a href="drills.html">Drills</a>

<a href="contact.html">Contact</a>

</nav>

<div class="container">

<h2>Welcome to Learn Volleyball!</h2>

<p>Welcome to Learn Volleyball website! The aim is to offer comprehensive resources for players

of all proficiency levels, from beginners to experienced enthusiasts. Here, you'll find information on the

fundamental rules of the game, as well as guidance on mastering various volleyball techniques and strategies.

The goal is to equip you with the knowledge and skills necessary to improve your overall volleyball endurance as well performance,

regardless of your current level of expertise. Whether you're just starting out or looking to refine your existing skills,

we've got the resources to support your volleyball journey.

</p>

<h3>About Volleyball</h3>

<p>Volleyball, game played by two teams, usually of six players on a side,

in which the players use their hands to bat a ball back and forth over a high net,

trying to make the ball touch the court within the opponent's playing area before it can be returned.

To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches

the court surface—that teammate may then volley it back across the net or bat it to a third teammate who

volleys it across the net. A team is allowed only three touches of the ball before it must be returned over the net.</p>

<h3>Get Started</h3>

<p>Explore the links above to learn more about the rules, techniques, and drills of volleyball.</p>

</div>

<footer>

<p>You can also reach us via email at <a [href="mailto:info@learnvolleyball.com">info@learnvolleyball.com</a>.</p](mailto:href=%22mailto:info@learnvolleyball.com%22%3einfo@learnvolleyball.com%3c/a%3e.%3c/p)>

</footer>

<script src="script.js"></script>

</body>

</html>

## Appendix B: About

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<link rel="stylesheet" href="style.css">

<title>About Learn Volleyball</title>

</head>

<body>

<!-- Header Section -->

<header>

<h1>Learn Volleyball</h1>

</header>

<!-- Navigation Section -->

<nav>

<a href="main.html">Home</a>

<a href="about.html">About</a>

<a href="rules.html">Rules</a>

<a href="techniques.html">Techniques</a>

<a href="drills.html">Drills</a>

<a href="contact.html">Contact</a>

</nav>

<!-- Main Content Section -->

<div class="container">

<h2>About Learn Volleyball</h2>

<p>Welcome to Learn Volleyball, your ultimate resource for everything related to volleyball! Whether you're a beginner looking to learn the basics or an experienced player seeking to improve your skills, we've got you covered.</p>

<h3>Our Mission</h3>

<p>Our mission is to provide comprehensive and easy-to-understand information about volleyball, including rules, techniques, drills, and more. We aim to inspire and empower individuals to enjoy and excel in this exciting sport.</p>

<h3>What We Offer</h3>

<ul>

<li>Detailed explanations of volleyball rules and regulations</li>

<li>Tips and techniques for improving your volleyball skills</li>

<li>Engaging drills and practice routines for players of all levels</li>

<li>Updates on upcoming volleyball events, tournaments, and news</li>

</div>

<!-- Footer Section -->

<footer>

<p>You can also reach us via email at <a [href="mailto:info@learnvolleyball.com">info@learnvolleyball.com</a>.</p](mailto:href=%22mailto:info@learnvolleyball.com%22%3einfo@learnvolleyball.com%3c/a%3e.%3c/p)>

</footer>

<script src="script.js"></script>

</body>

</html>

## Appendix C: Rules

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<link rel="stylesheet" href="style.css">

<title>Volleyball Rules</title>

</head>

<body>

<!-- Header Section -->

<header>

<h1>Learn Volleyball</h1>

</header>

<!-- Navigation Section -->

<nav>

<a href="main.html">Home</a>

<a href="about.html">About</a>

<a href="rules.html">Rules</a>

<a href="techniques.html">Techniques</a>

<a href="drills.html">Drills</a>

<a href="contact.html">Contact</a>

</nav>

<!-- Main Content Section -->

<div class="container">

<h2>Volleyball Rules</h2>

<p>Volleyball is a team sport played by two teams of six players each. The objective of the game is to score points by grounding the ball on the opponent's court within the boundaries of the net.</p>

<h3>Basic Rules:</h3>

<ol>

<li>Each team can hit the ball up to three times to return it to the opponent's court.</li>

<li>A player cannot hit the ball twice in a row, except when blocking a shot.</li>

<li>The ball must be hit over the net and into the opponent's court within three touches or fewer.</li>

<li>Points are scored when the ball lands on the opponent's court, either by hitting the ground or if the opponent fails to return it.</li>

</ol>

<h3>Scoring:</h3>

<p>A point is scored by the serving team when the opposing team commits a fault or fails to return the ball over the net. The first team to reach 25 points with a two-point advantage wins the set. Matches are typically played as the best of five sets.</p>

<h3>Fouls and Violations:</h3>

<p>Common fouls in volleyball include illegal touching of the ball, stepping over the centerline, and net violations. These result in the opposing team being awarded a point.</p>

<h3>Conclusion:</h3>

<p>Understanding the rules of volleyball is essential for players and fans alike. By following these rules, players can enjoy a fair and competitive game while spectators can appreciate the skill and strategy involved.</p>

</div>

<!-- Footer Section -->

<footer>

<p>You can also reach us via email at <a [href="mailto:info@learnvolleyball.com">info@learnvolleyball.com</a>.</p](mailto:href=%22mailto:info@learnvolleyball.com%22%3einfo@learnvolleyball.com%3c/a%3e.%3c/p)>

</footer>

<script src="script.js"></script>

</body>

</html>

## Appendix D: Techniques

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<link rel="stylesheet" href="style.css">

<title>Volleyball Techniques</title>

</head>

<body>

<!-- Header Section -->

<header>

<h1>Learn Volleyball</h1>

</header>

<!-- Navigation Section -->

<nav>

<a href="main.html">Home</a>

<a href="about.html">About</a>

<a href="rules.html">Rules</a>

<a href="techniques.html">Techniques</a>

<a href="drills.html">Drills</a>

<a href="contact.html">Contact</a>

</nav>

<!-- Main Content Section -->

<div class="container">

<h2>Volleyball Techniques</h2>

<div class="technique">

<h3>Serving</h3>

<a href="https://www.youtube.com/watch?v=g5sX0LCitgs&ab\_channel=GetThePancake-VolleyballCoachingTips"><img src="Serving.png" alt="Serving"></a>

<p>The serve in volleyball marks the beginning of each rally and holds significant importance in dictating the pace of the game.

A player stands behind the back boundary line and serves the ball over the net into the opponent's court

. There are various serving techniques, including the overhand serve, underhand serve, and jump serve, each requiring precision and control.

A well-executed serve can put pressure on the opposing team, making it challenging for them to organize their offensive strategies effectively.</p>

</div>

<div class="technique">

<h3>Receiving</h3>

<a href="https://www.youtube.com/watch?v=v77BEawqIWE&ab\_channel=SIKANAEnglish"><img src="receiving.jpg" alt="Receiving"></a>

<p>The receive, also known as passing or digging, is the action of controlling the opponent's serve or attack and directing the ball to a teammate for a set or attack.

Players use their forearms to pass the ball, aiming to maintain a steady trajectory and deliver it accurately to the setter.

Proper receiving technique involves staying low, keeping the platform stable, and adjusting to the speed and direction of the incoming ball.

A successful receive sets the stage for a coordinated offensive play and helps maintain momentum during the rally.</p>

</div>

<div class="technique">

<h3>Setting</h3>

<a href="https://www.youtube.com/watch?v=VH0LiQH5D5U&ab\_channel=CoachArtie"><img src="setting.png" alt="Setting"></a>

<p>The set is a crucial skill in volleyball, often performed by a specialized player known as the setter.

After receiving the ball from a pass or dig, the setter uses their hands to precisely direct the ball to a teammate for an offensive attack.

The set requires not only accurate hand positioning and timing but also keen awareness of the court and the movement of teammates and opponents.

A well-set ball enables the hitter to execute a powerful attack, increasing the team's chances of scoring points.</p>

</div>

<div class="technique">

<h3>Hitting</h3>

<a href="https://www.youtube.com/watch?v=WBiSJFZYuqA"><img src="Hitting.png" alt="Hitting"></a>

<p>The hit, also referred to as the spike or attack, is the offensive action where a player forcefully strikes

the ball into the opponent's court to score points. Hitting requires a combination of athleticism, timing,

and technique. Players approach the ball with a series of steps, jump into the air, and execute a powerful

swing to send the ball downward at high velocity. The objective of the hit is to bypass the opposing team's

defense and place the ball in an area where it's difficult to return, ultimately securing points for the attacking team.

</p>

</div>

</div>

<!-- Footer Section -->

<footer>

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</footer>

<script src="script.js"></script>

</body>

</html>

## Appendix E: Drills

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<link rel="stylesheet" href="style.css">

<title>Volleyball Techniques</title>

</head>

<body>

<!-- Header Section -->

<header>

<h1>Learn Volleyball</h1>

</header>

<!-- Navigation Section -->

<nav>

<a href="main.html">Home</a>

<a href="about.html">About</a>

<a href="rules.html">Rules</a>

<a href="techniques.html">Techniques</a>

<a href="drills.html">Drills</a>

<a href="contact.html">Contact</a>

</nav>

<!-- Main Content Section -->

<div class="container">

<h2>Volleyball Techniques</h2>

<div class="technique">

<h3>Serving</h3>

<a href="https://www.youtube.com/watch?v=g5sX0LCitgs&ab\_channel=GetThePancake-VolleyballCoachingTips"><img src="Serving.png" alt="Serving"></a>

<p>The serve in volleyball marks the beginning of each rally and holds significant importance in dictating the pace of the game.

A player stands behind the back boundary line and serves the ball over the net into the opponent's court

. There are various serving techniques, including the overhand serve, underhand serve, and jump serve, each requiring precision and control.

A well-executed serve can put pressure on the opposing team, making it challenging for them to organize their offensive strategies effectively.</p>

</div>

<div class="technique">

<h3>Receiving</h3>

<a href="https://www.youtube.com/watch?v=v77BEawqIWE&ab\_channel=SIKANAEnglish"><img src="receiving.jpg" alt="Receiving"></a>

<p>The receive, also known as passing or digging, is the action of controlling the opponent's serve or attack and directing the ball to a teammate for a set or attack.

Players use their forearms to pass the ball, aiming to maintain a steady trajectory and deliver it accurately to the setter.

Proper receiving technique involves staying low, keeping the platform stable, and adjusting to the speed and direction of the incoming ball.

A successful receive sets the stage for a coordinated offensive play and helps maintain momentum during the rally.</p>

</div>

<div class="technique">

<h3>Setting</h3>

<a href="https://www.youtube.com/watch?v=VH0LiQH5D5U&ab\_channel=CoachArtie"><img src="setting.png" alt="Setting"></a>

<p>The set is a crucial skill in volleyball, often performed by a specialized player known as the setter.

After receiving the ball from a pass or dig, the setter uses their hands to precisely direct the ball to a teammate for an offensive attack.

The set requires not only accurate hand positioning and timing but also keen awareness of the court and the movement of teammates and opponents.

A well-set ball enables the hitter to execute a powerful attack, increasing the team's chances of scoring points.</p>

</div>

<div class="technique">

<h3>Hitting</h3>

<a href="https://www.youtube.com/watch?v=WBiSJFZYuqA"><img src="Hitting.png" alt="Hitting"></a>

<p>The hit, also referred to as the spike or attack, is the offensive action where a player forcefully strikes

the ball into the opponent's court to score points. Hitting requires a combination of athleticism, timing,

and technique. Players approach the ball with a series of steps, jump into the air, and execute a powerful

swing to send the ball downward at high velocity. The objective of the hit is to bypass the opposing team's

defense and place the ball in an area where it's difficult to return, ultimately securing points for the attacking team.

</p>

</div>

</div>

<!-- Footer Section -->

<footer>

<p>You can also reach us via email at <a [href="mailto:info@learnvolleyball.com">info@learnvolleyball.com</a>.</p](mailto:href=%22mailto:info@learnvolleyball.com%22%3einfo@learnvolleyball.com%3c/a%3e.%3c/p)>

</footer>

<script src="script.js"></script>

</body>

</html>

## Appendix F: Contact

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<link rel="stylesheet" href="style.css">

<title>Contact Learn Volleyball</title>

</head>

<body>

<!-- Header Section -->

<header>

<h1>Learn Volleyball</h1>

</header>

<!-- Navigation Section -->

<nav>

<a href="main.html">Home</a>

<a href="about.html">About</a>

<a href="rules.html">Rules</a>

<a href="techniques.html">Techniques</a>

<a href="drills.html">Drills</a>

<a href="contact.html">Contact</a>

</nav>

<!-- Main Content Section -->

<div class="container">

<h2>Contact Learn Volleyball</h2>

<p>If you have any questions, suggestions, or feedback, please feel free to contact us using the form below:</p>

<form action="#" method="post">

<label for="name">Name:</label>

<input type="text" id="name" name="name" required>

<label for="email">Email:</label>

<input type="email" id="email" name="email" required>

<label for="message">Message:</label>

<textarea id="message" name="message" rows="4" required></textarea>

<input type="submit" value="Submit">

</form>

</div>

<!-- Footer Section -->

<footer>

<p>You can also reach us via email at <a [href="mailto:info@learnvolleyball.com">info@learnvolleyball.com</a>.</p](mailto:href=%22mailto:info@learnvolleyball.com%22%3einfo@learnvolleyball.com%3c/a%3e.%3c/p)>

</footer>

<script src="script.js"></script>

</body>

</html>

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

background-image: url('volleyball1.jpg'); /\* Specify the correct path to your image \*/

background-size: cover;

background-position: center;

}

header {

background-color: #0D2C5A;

color: #FFD700;

padding: 20px;

text-align: center;

}

header h1 {

transition: color 0.5s ease; /\* Add transition effect \*/

}

header h1:hover {

color: #fff; /\* Change color on hover \*/

}

nav {

background-color: #000000;

padding: 10px;

text-align: center;

}

nav a {

color: #FFD700;

text-decoration: none;

margin: 0 10px;

transition: color 0.5s ease;

}

nav a:hover {

color: #0D2C5A;

}

nav a {

color: #FFD700;

text-decoration: none;

margin: 0 10px;

}

nav a:hover {

text-decoration: underline;

}

.container {

width: 80%;

margin: 20px auto;

padding: 20px;

background-color: rgba(255, 255, 255, 0.8);

border-radius: 5px;

box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);

}

footer {

background-color: #0D2C5A;

color: #FFD700;

text-align: center;

padding: 10px;

position: fixed;

bottom: 0;

width: 100%;

}

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

background-image: url('volleyball1.jpg'); /\* Specify the correct path to your image \*/

background-size: cover;

background-position: center;

}

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

}

.container {

width: 80%;

margin: 20px auto;

padding: 20px;

background-color: #fff;

border-radius: 5px;

box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);

}

/\* Header styles \*/

header {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

padding: 20px;

text-align: center;

}

/\* Navigation styles \*/

nav {

background-color: #000000;

padding: 10px;

text-align: center;

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

transition: color 0.5s ease; /\* Add transition effect for color change \*/

}

nav a:hover {

color: #0D2C5A; /\* MIKASA blue \*/

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

}

nav a:hover {

text-decoration: underline;

}

/\* Footer styles \*/

footer {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

text-align: center;

padding: 10px;

position: fixed;

bottom: 0;

width: 100%;

}

/\* CSS styles from main page \*/

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

background-image: url('volleyball1.jpg'); /\* Specify the correct path to your image \*/

background-size: cover;

background-position: center;

}

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

}

.container {

width: 80%;

margin: 20px auto;

padding: 20px;

background-color: #fff;

border-radius: 5px;

box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);

}

/\* Header styles \*/

header {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

padding: 20px;

text-align: center;

}

/\* Navigation styles \*/

nav {

background-color: #000000;

padding: 10px;

text-align: center;

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

transition: color 0.5s ease; /\* Add transition effect for color change \*/

}

nav a:hover {

color: #0D2C5A; /\* MIKASA blue \*/

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

}

nav a:hover {

text-decoration: underline;

}

/\* Footer styles \*/

footer {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

text-align: center;

padding: 10px;

position: fixed;

bottom: 0;

width: 100%;

}

/\* CSS styles from main page \*/

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

background-image: url('volleyball1.jpg'); /\* Specify the correct path to your image \*/

background-size: cover;

background-position: center;

}

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

}

.container {

width: 80%;

margin: 20px auto;

padding: 20px;

background-color: #fff;

border-radius: 5px;

box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);

}

.drill {

margin-bottom: 20px;

}

.drill h3 {

color: black; /\* Change text color to black \*/

}

/\* Header styles \*/

header {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

padding: 20px;

text-align: center;

}

/\* Navigation styles \*/

nav {

background-color: #000000;

padding: 10px;

text-align: center;

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

transition: color 0.5s ease; /\* Add transition effect for color change \*/

}

nav a:hover {

color: #0D2C5A; /\* MIKASA blue \*/

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

}

nav a:hover {

text-decoration: underline;

}

/\* Footer styles \*/

footer {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

text-align: center;

padding: 10px;

position: fixed;

bottom: 0;

width: 100%;

}

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

background-image: url('volleyball1.jpg'); /\* Specify the correct path to your image \*/

background-size: cover;

background-position: center;

}

.container {

width: 80%;

margin: 20px auto;

padding: 20px;

background-color: #fff;

border-radius: 5px;

box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);

}

.technique {

margin-bottom: 20px;

text-align: center; /\* Center align technique content \*/

}

.technique h3 {

color: black; /\* Change text color to black \*/

}

.technique img {

max-width: 200px; /\* Limit maximum width of images \*/

height: auto; /\* Maintain aspect ratio \*/

border-radius: 5px; /\* Add border-radius for rounded corners \*/

margin-bottom: 10px; /\* Add some space below each image \*/

}

/\* Header styles \*/

header {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

padding: 20px;

text-align: center;

}

/\* Navigation styles \*/

nav {

background-color: #000000;

padding: 10px;

text-align: center;

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

transition: color 0.5s ease; /\* Add transition effect for color change \*/

}

nav a:hover {

color: #0D2C5A; /\* MIKASA blue \*/

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

}

nav a:hover {

text-decoration: underline;

}

/\* Footer styles \*/

footer {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

text-align: center;

padding: 10px;

position: fixed;

bottom: 0;

width: 100%;

}

/\* CSS styles from main page \*/

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

background-image: url('volleyball1.jpg'); /\* Specify the correct path to your image \*/

background-size: cover;

background-position: center;

}

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f0f0f0;

}

.container {

width: 80%;

margin: 20px auto;

padding: 20px;

background-color: #fff;

border-radius: 5px;

box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);

}

form {

margin-bottom: 20px;

}

label {

display: block;

margin-bottom: 10px;

}

input, textarea {

width: 100%;

padding: 10px;

margin-bottom: 10px;

border: 1px solid #ccc;

border-radius: 5px;

}

input[type="submit"] {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

border: none;

cursor: pointer;

}

input[type="submit"]:hover {

background-color: #0e3a29; /\* Darker blue on hover \*/

}

/\* Header styles \*/

header {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

padding: 20px;

text-align: center;

}

/\* Navigation styles \*/

nav {

background-color: #000000;

padding: 10px;

text-align: center;

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

transition: color 0.5s ease; /\* Add transition effect for color change \*/

}

nav a:hover {

color: #0D2C5A; /\* MIKASA blue \*/

}

nav a {

color: #FFD700; /\* MIKASA yellow \*/

text-decoration: none;

margin: 0 10px;

}

nav a:hover {

text-decoration: underline;

}

/\* Footer styles \*/

footer {

background-color: #0D2C5A; /\* MIKASA blue \*/

color: #FFD700; /\* MIKASA yellow \*/

text-align: center;

padding: 10px;

position: fixed;

bottom: 0;

width: 100%;

}

document.addEventListener('DOMContentLoaded', function() {

const form = document.querySelector('form');

form.addEventListener('submit', function(event) {

event.preventDefault(); // Prevent form submission

// Validate form fields

const name = document.getElementById('name').value;

const email = document.getElementById('email').value;

const message = document.getElementById('message').value;

if (name.trim() === '' || email.trim() === '' || message.trim() === '') {

alert('Please fill out all fields');

return;

}

// Validate email format

const emailRegex = /^[^\s@]+@[^\s@]+\.[^\s@]+$/;

if (!emailRegex.test(email)) {

alert('Please enter a valid email address');

return;

}

// If all validations pass, submit the form

form.submit();

});

});

document.addEventListener('DOMContentLoaded', function() {

const footer = document.querySelector('footer');

footer.addEventListener('mouseover', function() {

this.style.backgroundColor = '#FFA500'; // Change background color on hover

});

footer.addEventListener('mouseout', function() {

this.style.backgroundColor = '#0D2C5A'; // Restore original background color

});

});