

Here's a structured volleyball chapter with **chapter-wise content breakdown**, **summaries**, and **15 MCQs** with answer key:

Chapter: Volleyball

Chapter-wise Content

1. **Introduction to Volleyball**

- Definition, origin (invented by William G. Morgan in 1895), and evolution.
- Governing bodies (FIVB, national federations).

2. **Equipment & Court Specifications**

- Court dimensions (18m x 9m), net height (men: 2.43m, women: 2.24m).
- Ball specifications (circumference: 65?67 cm, weight: 260?280 grams).

3. **Rules & Gameplay**

- Scoring system (rally scoring).
- Rotation order, positions (libero, setters, hitters), substitutions.
- Violations (double touch, lift, net touch).

4. **Basic Skills & Techniques**

- Serving (underhand, overhand, jump serve).
- Passing (forearm bump), setting, spiking, blocking, digging.

5. **Formations & Strategies**

- Offensive/defensive formations (4-2, 5-1, 6-2).
- Common tactics (quick attacks, dinks, line/cross-court shots).

6. **Volleyball Worldwide**

- Major tournaments (Olympics, World Championships, FIVB League).
- Growth of beach volleyball and para-volleyball.

Summaries

Summary of Introduction:

Volleyball was created in Massachusetts in 1895 as a hybrid of tennis and basketball. The FIVB, founded in 1947, governs international play, including Olympic competitions.

Summary of Rules:

Matches are best-of-five sets (first to 25 points, 15 for the fifth set). Teams rotate clockwise after winning a rally on the opponent's serve. Only the serving team scores points under the rally system.

Summary of Skills:

Six core skills dominate gameplay: serving starts the rally, passing controls the ball, setting positions attackers, spiking scores points, blocking defends, and digging prevents spikes from hitting the floor.

15 MCQs with Answers

1. **What is the standard height of a volleyball net for men?**

- a) 2.24m
- b) 2.43m
- c) 2.10m
- d) 2.35m

****Answer:**** b) 2.43m

2. **Who invented volleyball?

- a) James Naismith
- b) William G. Morgan
- c) Pierre de Coubertin
- d) Karch Kiraly

****Answer:**** b) William G. Morgan

3. **How many players are on the court per team?

- a) 5
- b) 6
- c) 7
- d) 4

****Answer:**** b) 6

4. **What does FIVB stand for?

- a) Federation of International Volleyball
- b) Fédération Internationale de Volleyball
- c) Formal International Volleyball Board

d) Federation of Indoor Volleyball

****Answer:**** b) Fédération Internationale de Volleyball

5. ****Which player wears a contrasting jersey and specializes in defense?****

a) Setter

b) Libero

c) Middle Blocker

d) Outside Hitter

****Answer:**** b) Libero

6. ****A team must win by ____ points in a set (except the fifth set).****

a) 1

b) 2

c) 3

d) 4

****Answer:**** b) 2

7. ****What violation occurs if a player hits the ball twice consecutively?****

a) Net touch

b) Double touch

c) Lift

d) Foot fault

****Answer:**** b) Double touch

8. ****Which tournament occurs every four years, alongside the Olympics?****

a) FIVB Volleyball Nations League

b) World Grand Prix

c) World Championship

d) Continental Cup

****Answer:** c) World Championship**

9. ****Which serve involves jumping and hitting with power?****

a) Underhand serve

b) Float serve

c) Jump serve

d) Skyball serve

****Answer:** c) Jump serve**

10. ****A standard volleyball court is ____ meters long.****

a) 15m

b) 18m

c) 20m

d) 12m

****Answer:** b) 18m**

11. ****How many touches are allowed before returning the ball?****

a) 2

b) 3

c) 4

d) 5

****Answer:** b) 3**

12. ****Which technique is used to defend against a spike?****

a) Setting

- b) Digging
- c) Serving
- d) Spiking

****Answer:** b) Digging**

13. ****In a 5-1 formation, how many setters are on the court?****

- a) 1
- b) 2
- c) 5
- d) 3

****Answer:** a) 1**

14. ****A "tool" or "wipe" refers to:****

- a) Scoring off the block
- b) A foot fault
- c) A libero substitution
- d) An illegal serve

****Answer:** a) Scoring off the block**

15. ****What is the weight range of a volleyball?****

- a) 200?220 grams
- b) 240?260 grams
- c) 260?280 grams
- d) 280?300 grams

****Answer:** c) 260?280 grams**

Let me know if you'd like a deeper dive into any section! ?