

Skill Acquisition



Fundamental Movement Skills

Volleyball Skills:

The Set Shot

The set shot is a delicate attacking shot that is an important part of the pass-set-spike sequence required for a successful attack.



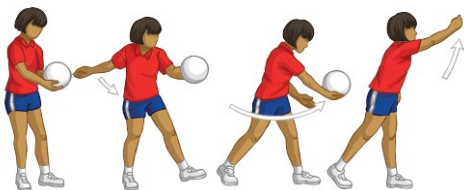
The Dig Shot

The dig shot requires players to get low and to stop the ball touching the ground. When completed successfully the shot provides accurate and consistent passing, which is essential to create a multiple attack.



The Serve

A volleyball serve can be hit either overarm or underarm. A player is allowed to travel with the ball and jump whilst serving, and providing it reaches the opponent's court, it is deemed legal. Unlike some sports, the ball is even allowed to touch the net.



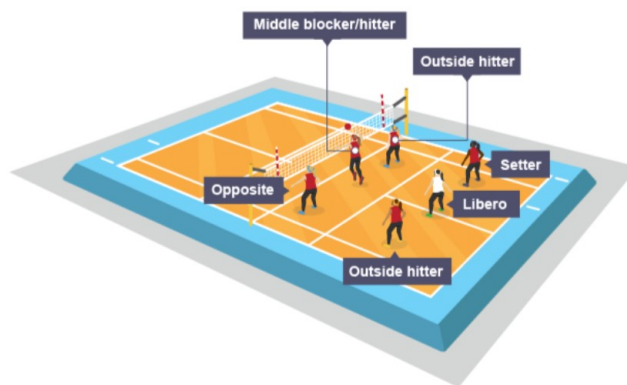
Teamwork and Leadership



Cooperation

Volleyball is a game played between two teams of six players, separated by a net. Each team attempts to score points by pushing a ball over the net and landing it in the opposing team's court. After every point, the team rotate one position clockwise.

Court:



Performance Analysis



Technical Vocabulary

Volleyball Rules:

In competitive adult matches all games are played to a best of five sets. Volleyball is very different to most sports as the first four sets are played to 25 points, but if the match goes to a fifth set this game is only played to 15 points. In order to win a set, a team must win by two clear points, and as there is no ceiling to a game it could theoretically go on forever!

- An official volleyball court is 18 m x 9 m.
- To start a point, the server can serve from anywhere behind the end line, either overarm or underarm, into the opposing team's side of the court.
- The opposing team is allowed a maximum of three touches on their side of the court before sending the ball back over the net.
- A player is not allowed to touch the ball twice in a row. However, they could hit the ball on the first and third contact.
- The ball must be hit - not caught.
- In side-out scoring, the serving team scores a point when the opponents fail to return the ball over the net, hit the ball out of bounds or commit an infraction.
- Whichever team wins the point then goes on to serve. Every time a team wins the serve from the other team, the players rotate their position on court clockwise so that everyone gets a chance to serve.



Self-reflection

How successful is your team?

How can you improve your performance?

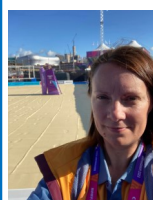
Healthy Active Lifestyle



Inspirational people

<https://www.volleyballengland.org/>

This website is useful to find out what events are happening nationally.



Commonwealth Games 2022—Birmingham

Mrs Hennessey volunteered at the Beach Volleyball at Smithfield. She helped to set up the nets, rake the sand and look after the competitors. This was an amazing experience and she would recommend for everyone to volunteer their time to help out and experience sporting events up close.

The Bello brothers made history when they won a bronze medal for England in the Beach Volleyball. They hope to repeat this in the next Olympics for Team GB.



Components of Fitness:



Exercise

Agility – Being able to change direction quickly to reach the volleyball.

Balance – Being able to stay balanced to get ready for the shot.

Speed – Being able to outwit your opponent by changing direction of play.

Co-ordination – Being able to work with your team mates to play the required shots in 3 moves.

Reaction Time – Reacting quickly to attacking shots from the opposition.

Aerobic Endurance – Being able to play for 5 sets until you are clear by 2 points.