

History :

Volleyball is an International game which is played in open air ground and in indoor hall. Volley ball game was invented in America in 1895 by Prof. William A. Morgan. In the beginning name of game was 'Mintonat'. After the advice from his college A.D. Helstard the name was kept volleyball. This game is played keeping ball in air all the time. In English playing ball in air is called 'Volley', so that volley ball is a suitable name for the game.

The volleyball game was started in India by Y.M.C.A. Madras. Due to less space, equipment and less expenditure this game became very popular in India. Today each school - college has facilities of volleyball ground today above cities to villages also this game became very popular and played with interest. According to volleyball rules and with the hard work of Shri R. S. Kirpanarayan first All India Volley ball tournament was held in 1933.

The volleyball federation of India was formed in 1951 to coordinate the game at National level Today different competitions of this game is held at Taluka, District, National and International level. During Barlin Olympic demonstration of game was organised in 1936. In 1939 volleyball game was included in world university sports festival. International volleyball federation was established in 1947 and prepared the rules of the game. The first volleyball championship at world level for men was held at Czechoslovakia in 1949. In which Russia became champion. Asian volleyball federation was established in 1954. Asian volleyball championship was held in Tokyo (Japan) in 1955 and India won this championship. Third Asian game was held in 1958 in Tokyo in which volleyball game was included officially. First time India had participated in this championship. In 1964 Olympic game Russia, Czechoslovakia and Japan won the championship respectively.

Ground of Volleyball Game :

(1) Ground : Volleyball ground is 18 mts, long and 9 mts wide, surrounding by a free zone, which is a minimum of 3 mts wide on all sides. The free playing space shall measure a minimum of 7 mts in height from the playing surface.

For FIVA world championships the free zone shall measure a minimum of 5 mts from the side lines and 8 mts from the end lines. The free playing space shall measure a minimum of 12.5 mts in height from a playing surface.

(2) Centre Line : The axis of the centre line divides the playing court into the equal courts measuring 9 mts × 9 mts each.

(3) Attack line : On each court an attack line whose area edge is drawn 3 mts back from the axis of the centre line marks the front zone. The attack line is extended by the addition of broken lines from the sidelines; with line 15 cm short line 5 cm wide drawn 20 cm from each other to total length of 1.75 mts.

(4) Boundry line : Two sidelines and two end lines mark the playing court. Both lines are drawn inside the dimensions of the playing court.

(5) Service area : The service is performed behind the end lines, which is called service area.

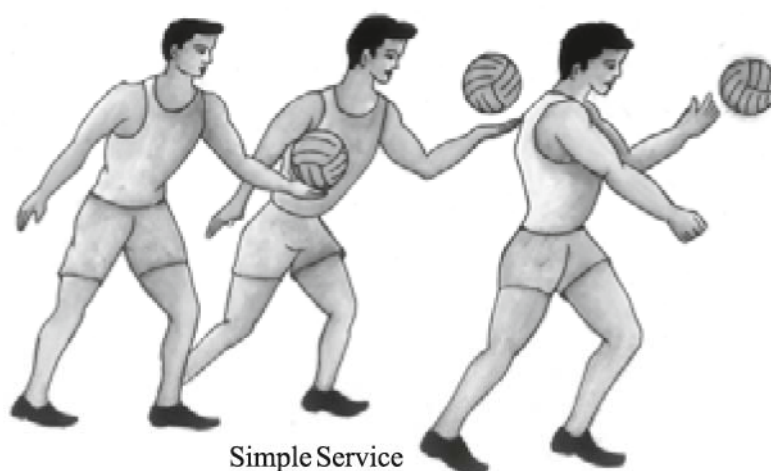
Other Equipments :

(6) Referee stand, (7) lining machine (8) Score sheet (9) Whistle (10) Rope (11) Wind measurement device (12) Lime powder (13) Air filling pump (14) Stop watch (15) Table, Chairs etc.

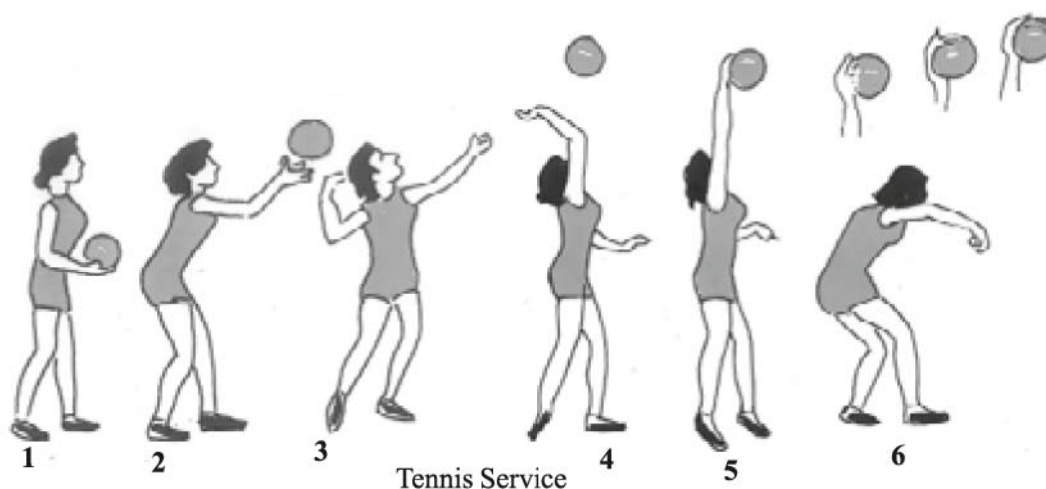
Skills :

(1) **Service** : From the end line of one's own court, a player tosses the ball up with one hand and sends it over the net to the opposite court by hitting the ball with fist or any part of hand. Following are the types of service.

(1) **Simple Service** : In this service the player stands facing the net and putting one foot forward tosses the ball up and with the swing of the other hand hits the ball with the base of the palm of that hand and sends it over the net to the opposite side. This service is also called 'underhand' service.

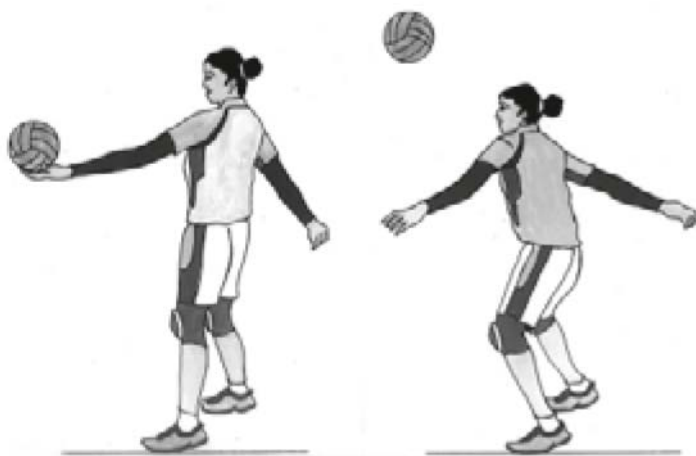


(2) **Tennis Service** : In tennis service, the player tosses the ball up, higher than the level of his head. Then he over extends his right hand upward and behind the head and as the ball comes down to his head level, he quickly smashes with the right hand forward and with the palm of his right hand



to send it over the net to the opposite side. This service is also called 'overhead service'.

(3) Side Arm Service : In this service, the player keeps his body side ward, which means while



Side Arm Service

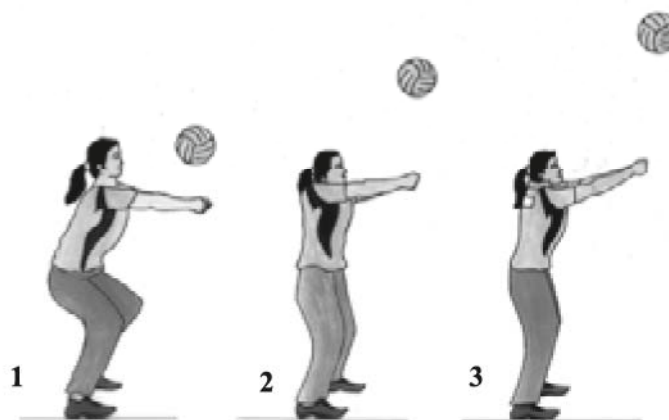
serving the ball, his left foot and left shoulder should be in the direction of the net and in this position he tosses the ball up to his head level and as the ball comes down he abducts right hand sideward and hits the ball to send it over the net to the other side.

(4) Round Arm Service : In this service, player stands in service area with opposite shoulder is towards the net, then player tosses the ball up higher than the head. Other hand is rotated from behind with face sharing to hit the ball forcefully, with open palm to send it over the net to the opposite court. To make action effectively player can take little jump with forward leg and complete the action.

Passing :

Normally after receiving the ball from the opposite side a player passes it to other player of his own team. This is called passing. A ball can be passed in two different ways.

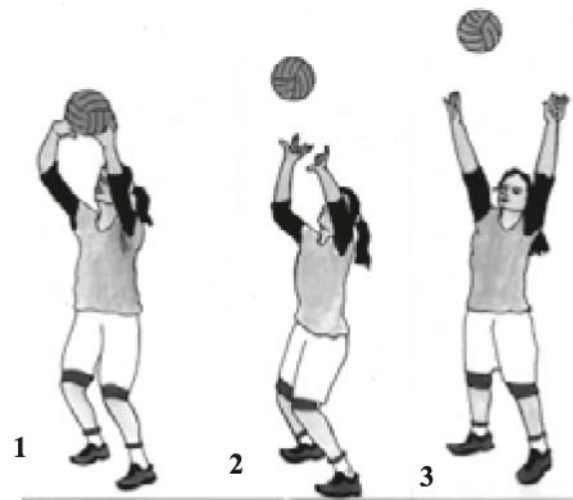
(1) Two Hand Underhand Pass : During the play, if the volleyball is received from the opposite side below the waist level it is passed using this skill. In this pass the player keeps his legs slightly



Underhand Pass

open and bent from the knees and covers the first of one hand with the palm of the other hand, keeping both the hands together and straight he/ she passes the ball by taking it on his / her forearms.

(2) Two Hand Overhead Pass : During the play when the ball comes from the opposite side at the level of head, the skill to play it near the forehead by with the fingers of both the hands is called Two hand over head pass.

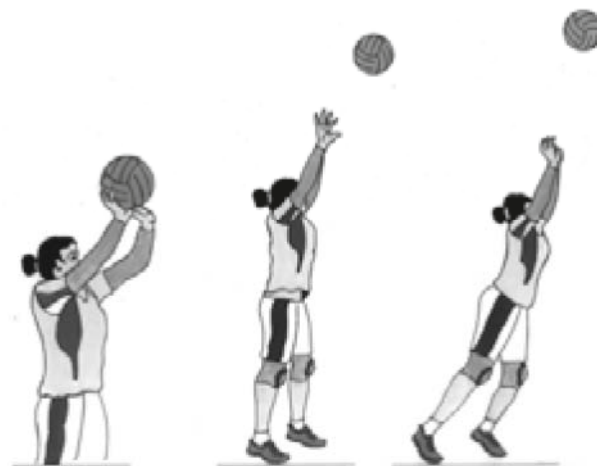


Two hand overhead Pass

Setting :

In volleyball game ball passes fairly high and close to the net for the attackers to smash downward, in the opponents court is called setting or set up.

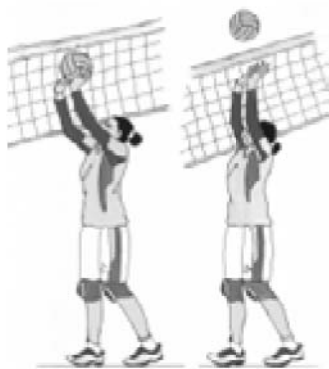
(1) High set up : The setter lifts the ball high over his own head near the net is called high set-up. In this set up player lift the ball above his head over the net approximately 1.25 to 1.50 mts high.



High set up

(2) Low set-up :

The setter lifts the ball about 2 to 3 inches over the net. The ball is set by overhead or underhand



Low set-up

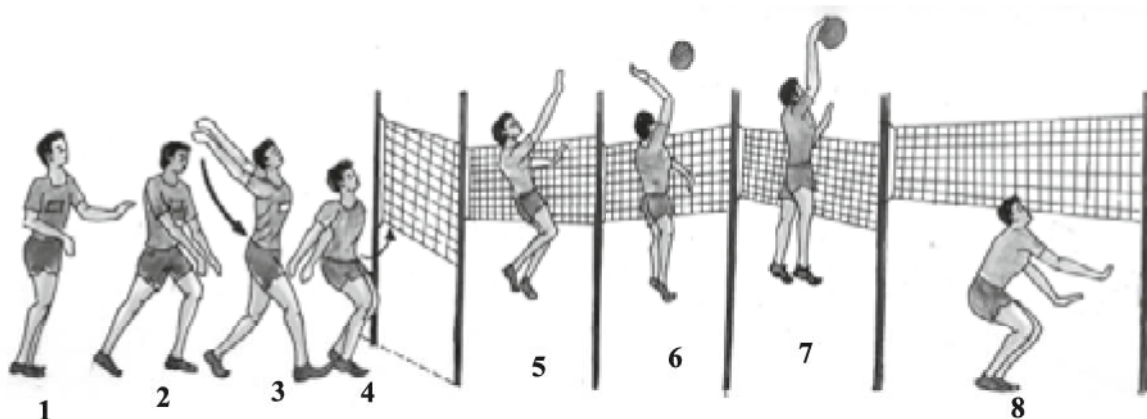
pass over the net. The ball is set over the net at proper place so that opposite shall not think about blocking the smasher hits the ball to opponent court.

Smashing or spiking :

Smashing means playing the ball over the net in the opponents court forcefully by the smasher it called smashing. To score more point this a is a very useful skill for attacker. This skill shall be more used by front line players. There are two types of smashing - (1) One leg take off (2) Two leg take off.

(1) **One Leg take off :** Players takes two or three steps and take jump with one leg to hit the ball which a set over the net. The ball should be hit with open palm by the strong hand. While performing this skill player should not violate any centre line or net foul.

(2) **Two Leg take off :** In this skill the spiker comes running and spikes the ball over the net



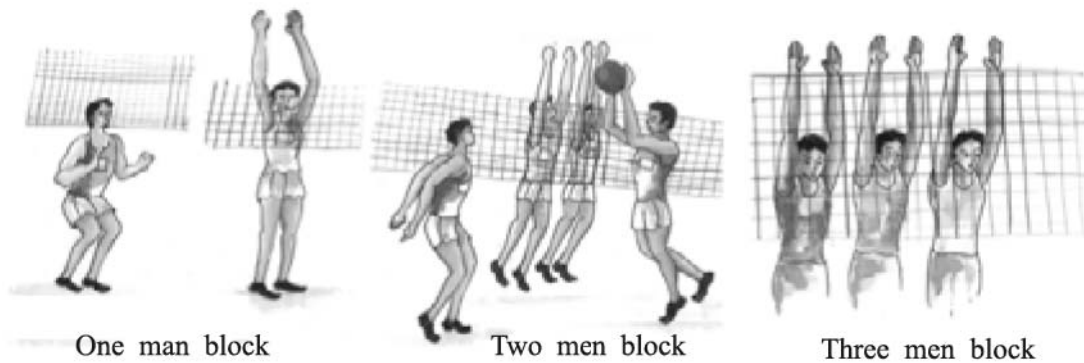
Two Leg take off

by taking two legs take-off. To score more points this skill is important.

Blocking :

Blocking is an action of player close to the net to intercept the spiked ball coming from the opponents by reaching higher than the top of the net. Only front row players are permitted to complete a block. This technique is performed by three ways : (1) One man block (2) Two men block (3) Three men block.

To stop the ball over the net by one man block, two men block and three men block. Players who have quick reaction time, proper time and jumping ability and are able to maintain balance in the air



can do very well in blocking. In this skill players tried to stop the spiked ball by open palm of both the hands. This is a best defensive skill of volley ball.

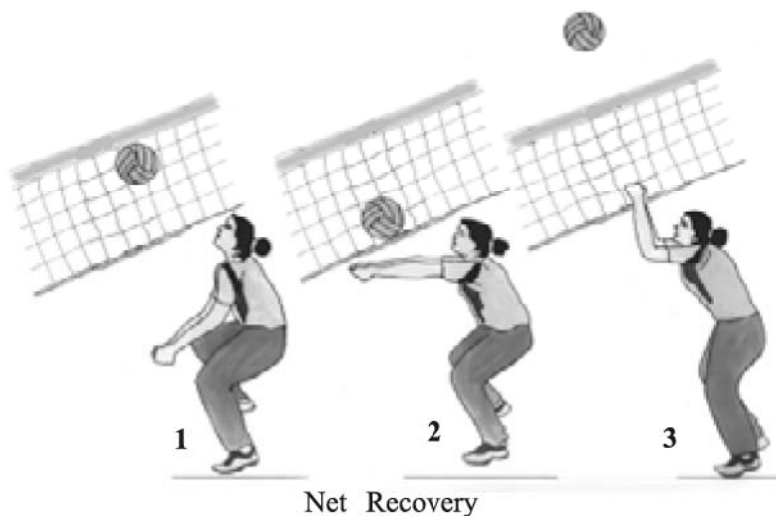
(1) **One man block** : One player from the front line block the ball which is smashed by the opposite team.

(2) **Two men block** : Two front line players block the ball which is smashed by the opposite team. In this block there are more chances to block the ball.

(3) **Three men block** : All the three front line players block the ball simultaneously which is smashed by the opposite team. In this technique chances to block is more. This skill is very much essential to defence the opponent attack.

Net Recovery :

During game recovering the ball after it rebounds off the net and successfully made ball in play



Net Recovery

is called recovery. Front line players should be ready to play the rebounded ball off the net. As soon as the ball rebounds off the net and before it falls down it should be lifted high or should be passed to the opponent court.

Rules of volleyball game :

- (1) The length of volleyball court is 18 mts and width is 9 mts. Attack line is 3 mts away from the centre line.
- (2) Height of net for men is 2.43 mts and for women it is 2.24 mts.
- (3) Each team may consist of 12 players in which 6 are substitutes.
- (4) Game starts with toss of coin.
- (5) At the National and International levels a five set match is played and the team that wins three sets is declared the winners. Normally people play three sets match in which the team wins two sets is declared the winner.
- (6) At the end of each set, the players change the side of ground. In the deciding set side of ground is changed at 8 points.
- (7) Each set consists of 25 points. The team that scores 25 points first will be declared winner. If scores are equal at 24-24 points, the game shall continue till the lead of 2 points is achieved by a team.
- (8) If both the teams win 2-2 sets, then 5th set will be deciding set, which will be of 15 points.
- (9) Each team is allowed maximum 6 substitution. The one or more players may be substituted at the same time.
- (10) During the play a team is allowed to play the ball maximum three times to send it over the net to the opposite side.
- (11) A player may not hit the ball two times consecutively, but blocker can play the ball immediately after the block.
- (12) Each team is entitled to a maximum of two time out per set. All time outs last of 30 seconds.
- (13) Interval between two sets is of 7 minutes. During deciding set interval is of 10 minutes.
- (14) The service must hit the ball within 7 seconds after the whistle of first reference for service.
- (15) There is no time limit for game.

Libero :

Libero is a special defensive player in the team. Neither he can serve smash nor block the ball, he wears different colour T shirt than other players of his team. He can not act as a captain.

When ball is dead, he can replace any one of the back line players.

A Libero can be changed any number of times after the volley is completed

The Libero must be recorded on the score sheet before the match starts.

Exercise

1. Write the answer in the given box of the following questions by selecting correct choice from the options given below :

(1) What is the length of volleyball court ?

(A) 16 mts

(B) 20 mts

(C) 18 mts

(D) 21 mts

(2) Which of the following is not volley ball skills ?

(A) Tennis service

(B) Smashing

(C) Passing

(D) cant

(3) How many playing members are there in one team ?

(A) 8

(B) 9

(C) 6

(D) 7

(4) What is the duration of volley ball game ?

(A) 15 min.

(B) 20 min.

(C) 30 min.

(D) No time limit

(5) What is the height of net for men in volley ball ?

(A) 2.25 mts

(B) 2.50 mts

(C) 2.43 mts

(D) 3 mts

2. Answer the following questions in one or two sentences :

(1) What is the circumference of ball ?

(2) How many substitutes can be allowed at a time ?

(3) How many points are there in deciding set ?

(4) Write the different types of smashing ?

(5) When was National volleyball federation established ?

3. Write the answers in detail :

(1) Discuss the different types of smashing.

(2) Write the name of passing and explain any one in detail.

(3) Write the name of service and discuss the tennis service in detail.

