

Knowledge

Organiser

Physical Education

Year 11 Volleyball

Name:

Form:



What PE kit do I need?

Black school PE leggings/tracksuit bottoms, blue school PE t-shirt, trainers and white sports socks/school blue PE football socks.

Assessment Criteria

4	Can perform both the set and dig technique in a practice situation.
5	Can serve accurately and effectively using an underarm technique.
6	Able to use a basic spike technique. Digs and sets are of good height and accuracy.
7	Can dig under pressure and adapt the technique in a variety of positions.
8	Able to play an overarm serve technique to good effect. Good movement on court.
9	Effective in defence including the use of the block at the net.
10	Significant influence on the game. Competent in all techniques with minimal errors.

P9	Personal	Demonstrate a growth mind-set, always seeking opportunities to learn and improve further.
S9	Social	Mentor and develop others. I learn effectively from social situations and I am a confident leader.

Big Questions

1. How can we keep the ball alive and pass to a team mate effectively?
2. How do you serve?
3. How do we perform the volley technique and integrate into gameplay?
4. How do we perform the underhand dig technique and integrate into gameplay?
5. What team formations and attacking skills can we use in gameplay?
6. Why is it important to understand the rules of the game?

Web Links:

One minute, one sport– Volleyball

<https://tokyo2020.org/en/sports/volleyball/>

Best volleyball actions

<https://www.youtube.com/watch?v=S58CzDq002I>



PASSING



1 Feet wider than shoulder-width apart, knees bent, weight on balls of feet. Hands in front of body, slightly apart.



2 Form a flat, level "platform" between wrists and elbows by bringing hands and arms together, and keeping arms straight.



3 Pass, or bump, ball with platform. Keep arms straight and move slightly up and forward from legs.



Platform

Hand Placement



✓ Palm open, 1 hand on top of other



✓ Make a fist with 1 hand, wrap with other; thumbs together, pointing down



X DON'T
Cross or interlock fingers



X DON'T
Swing arms to hit ball

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Pass (dig)

How did you get on?

Setting

How did you get on?

Preparation
(feet)

Preparation
(feet)

Set the platform

Create the triangle.

Use of legs

Finger push and
use of legs

SETTING



1 Feet shoulder-width apart, knees bent, weight on balls of feet. Hands in front of body.



2 Move hands overhead, elbows bent. Pointer fingers and thumbs create a triangle window 4"-6" above forehead, but do not touch.



3 Move directly under ball, contact it evenly with finger pads, push up and forward. Straighten arms and legs; power comes from legs.



✓ **DO** Push ball as soon as it touches the fingers — setting is a quick movement

X DON'T Catch ball, or let it touch palms

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SERVING



UNDERHAND

1 Feet shoulder-width apart, non-serving foot forward. Knees bent, weight on back foot. Ball in non-serving hand, waist-height.

2 Turn serving hand palm up, make a fist. Swing arm back.

3 Swing arm forward, shift weight from back foot to front. Hit bottom of ball with heel of hand. Follow through with hand/arm.



OVERHAND

1 Feet shoulder-width apart, non-serving foot forward. Knees bent, weight on back foot. Ball in non-hitting hand in front of body, waist-height. Serving hand rests on ball, palm down.

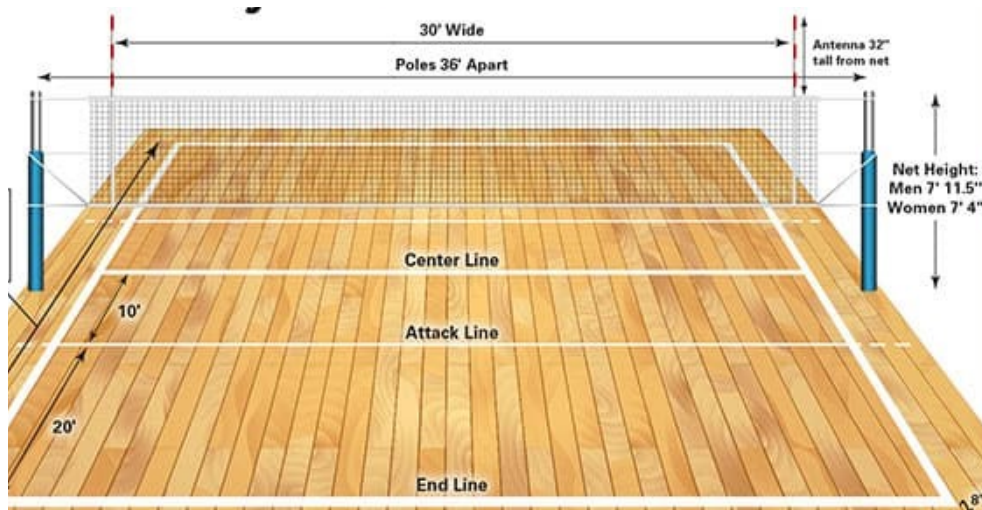
2 Bend serving arm, bring hand back by ear, elbow out. Toss ball 2'-3' up in front of body, slightly to serving-hand side.

3 Hit middle of ball at its highest point with an open palm. Follow through with hand/arm.



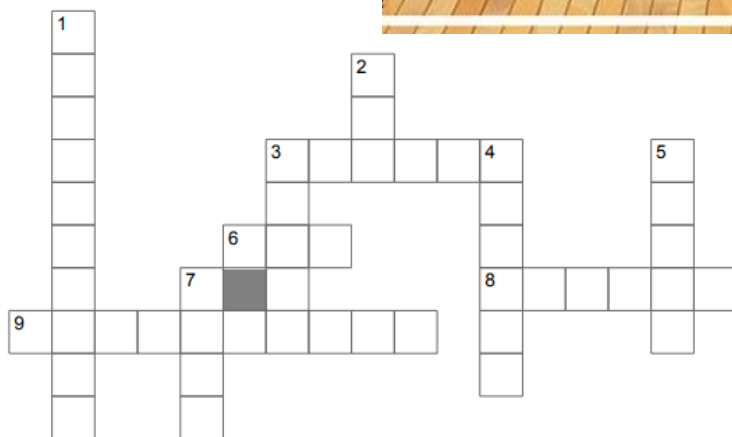
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Why is the net so high in volleyball?



Where do you have to serve from in volleyball?

What rules should players close to the net be aware of?



ACROSS

3. A player who excels in setting up teammates to attack
6. A defensive move in which both arms are placed together in an attempt to bounce a hard-hit ball up into the air
8. An attempt by a player to win a point by hitting the ball over the net
9. The original name for volleyball

DOWN

1. A line three meters from the net which marks the limit for where a back-row player may advance to hit a ball from above the net
2. To position the ball so a team-mate can attack
3. To smash the ball overarm into the opponent's court
4. To move to the next position on the floor in a clockwise manner
5. To block an opposing player from spiking the ball by jumping at the net with arms in the air
7. To let the ball settle into the hands briefly on a shot instead of releasing it immediately