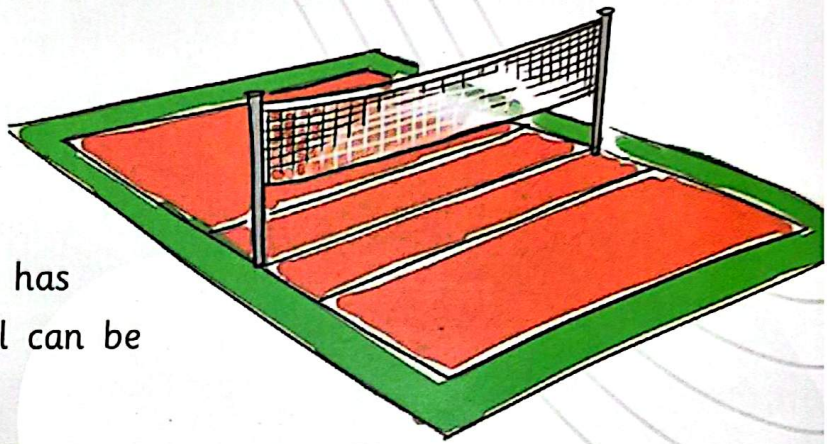




volleyball

1. What is volleyball?

Volleyball is a team sport in which players use their hands or arms to knock a ball over a net. There are two teams, each team has usually got six players. Volleyball can be played indoors or outdoors.



2. What do you need to play volleyball?

Volleyball: It's a soft, bouncy ball. It weighs around 270 grams.

Net:

A tall net that divides the court into two sides. Your team plays on one side, and the other team plays on the other.

Volleyball Court:

Volleyball is played on a court that is 9 meters wide by 18 meters long. Knee Pads (Optional): If you want extra protection for your knees, you can wear knee pads while playing.





3. What are the main rules to play volleyball?

Serving:

One team starts the game by serving the ball over the net to the other side.

Passing: After the serve, the other team must pass the ball between each other using their hands or arms to get it over the net.

Three Hits:

Each team has up to three hits to return the ball over the net. No Holding: You cannot catch or hold the ball. It must bounce off your hands cleanly.

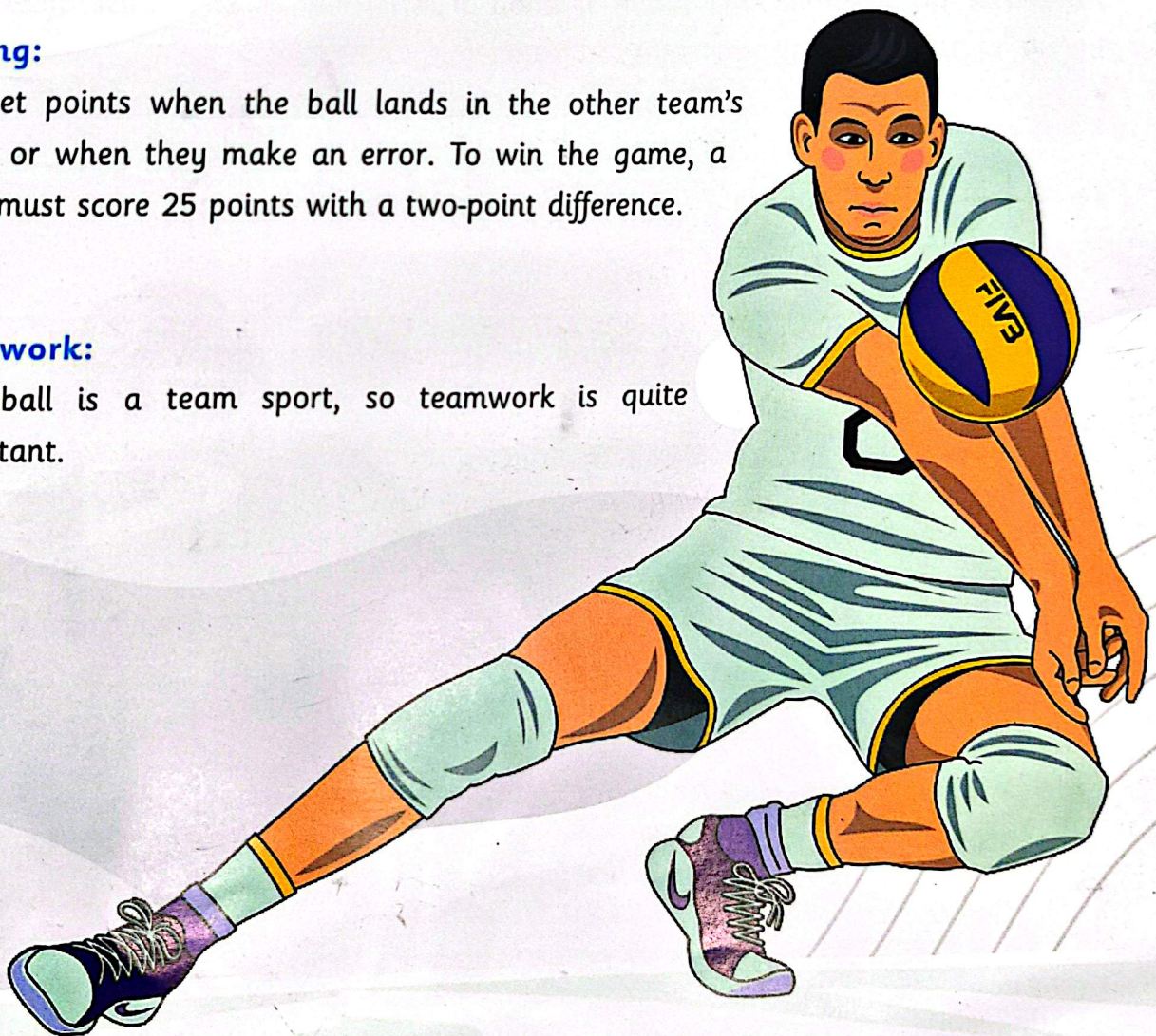
No Double Hits: A player cannot hit the ball twice in a row.

Scoring:

You get points when the ball lands in the other team's court, or when they make an error. To win the game, a team must score 25 points with a two-point difference.

Teamwork:

Volleyball is a team sport, so teamwork is quite important.



1. What is volleyball?

It is a team sport in which players use their hands or arms to knock a ball over a net.

2. How many players has each team usually got?

Each team has usually got six players.

3. Where can volleyball be played?

It can be played indoors or outdoors.

4. What is the ball like?

It is a soft, bouncy ball.

5. How much does the ball weigh?

It weighs around 270 grams.

6. What divides the court into two sides?

A tall net divides the court into two sides.

7. What are the dimensions of a volleyball court?

It is 9 meters wide by 18 meters long.

8. What equipment is optional for players?

Knee pads are optional.

9. Why do players wear knee pads?

They wear knee pads for extra protection for their knees.

10. What do players use to knock the ball?

They use their hands or arms.