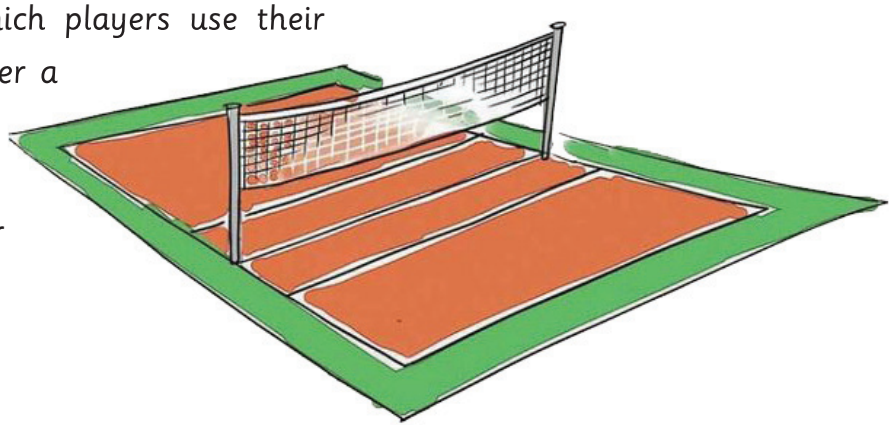
1. What is volleyball?

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.

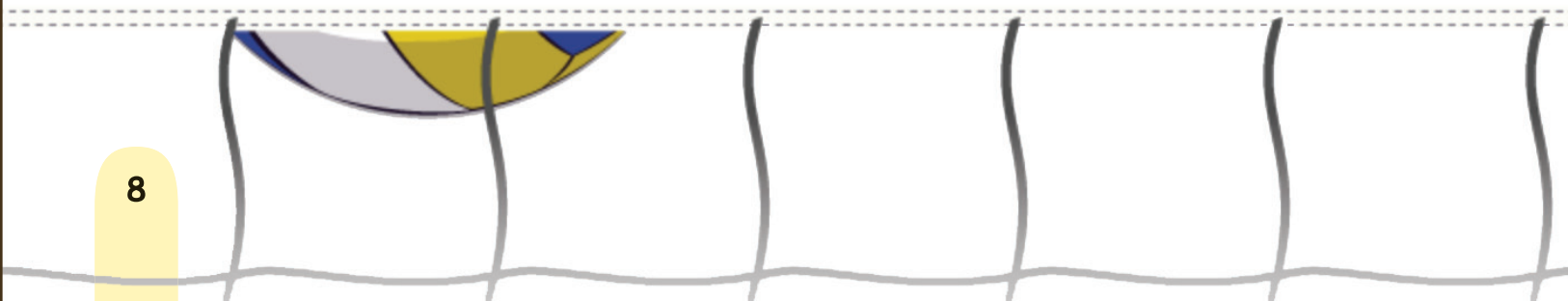
Net:

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:

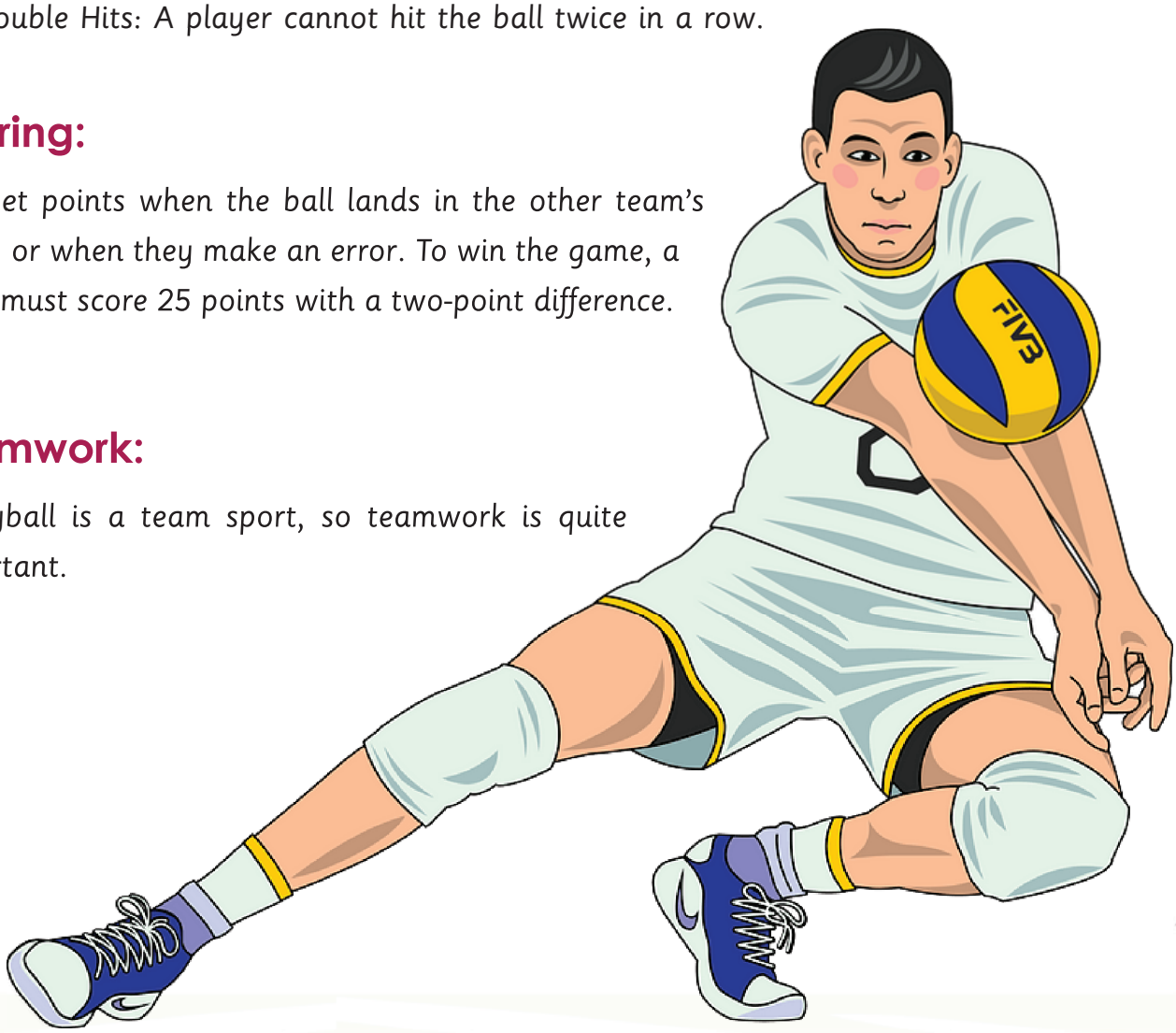
Each team has up to three hits to return the ball over the net. No Holding: You cannot catch or hold the ball. It must bounce off your hands cleanly.
No Double Hits: A player cannot hit the ball twice in a row.

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.



Name: _____

Date: _____

Volleyball Vocabulary



Complete the activity.

1. _____ An attempt by a player to win a point by hitting the ball over the net

2. _____ To let the ball settle into the hands briefly on a shot instead of releasing it immediately

3. _____ To smash the ball overarm into the opponent's court

4. _____ A player who excels in setting up teammates to attack

5. _____ To block an opposing player from spiking the ball by jumping at the net with arms in the air

6. _____ The original name for volleyball

7. _____ To move to the next position on the floor in a clockwise manner

8. _____ 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

9. _____ A defensive move in which both arms are placed together in an attempt to bounce a hard-hit ball up into the air

10. _____ To position the ball so a team-mate can attack

Set	Attack	Mintonette	Spike
Setter	Hold	Block	Attack line

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