

# Playing Volleyball

## History

Volleyball is one of the world's **most popular** sports and is played by more than 800 million people on the **planet** at least once a week. The game of volleyball was invented in 1895 by **William G. Morgan**, a teacher at a YMCA in Holyoke, Massachusetts. He combined parts of **tennis**, baseball, basketball and **handball** to create a new game to be played indoors by people who wanted less physical contact than **basketball**. Morgan borrowed the net from tennis and **raised it** six feet, six inches above the floor, a little higher than an average man's head.

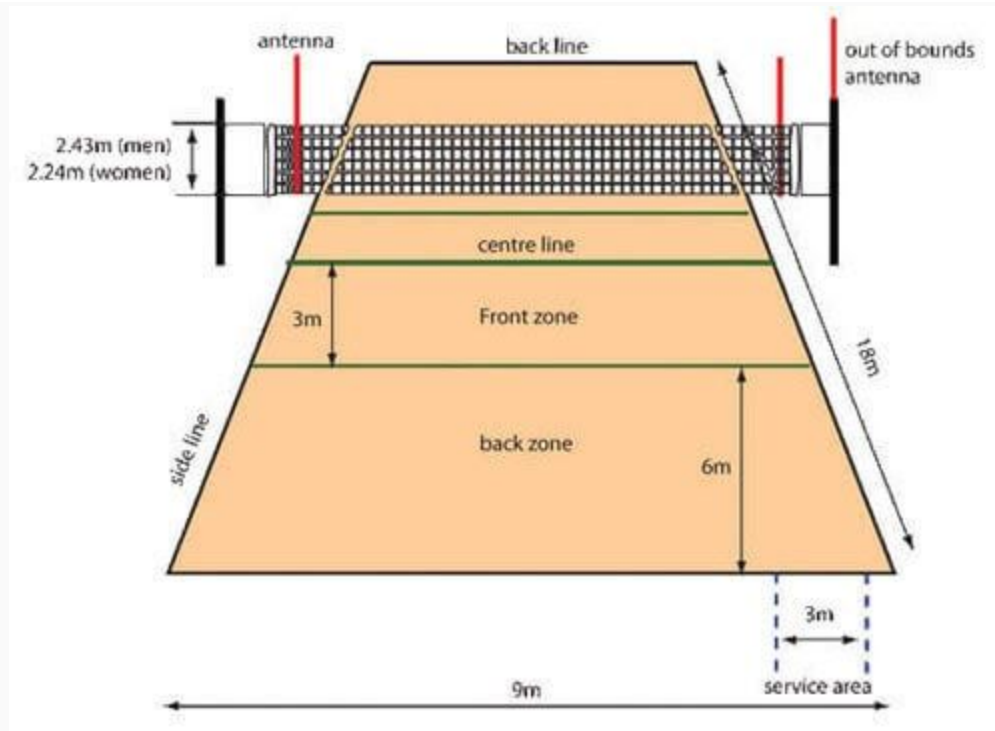


## Rules

When volleyball was first **invented**, it was much different from the game today. You could have as many players as you wanted on

each team. There were **nine innings** per game, with three outs per inning. There was also **no limit** on the number of hits of the ball on each side of the court. Here are the **basic rules** of volleyball today...

- Volleyball is played by **two teams** of **six players** on a court divided by a net.
- The **object of the game** is to send the ball over the net so that the opposing team cannot return the ball or prevent it from hitting the ground in their court.
- Each team has **three hits** to attempt to return the **ball**.
- The ball is put in play by **a serve** that is hit by the server over the net to the opponent.
- When the receiving team wins a volley, it gains the right to serve, and the players rotate one position clockwise.
- When the serving **team** wins a volley, it **wins a point** and the right to continue serving.
- The ball must **clear the net** on a serve.
- A game is played to **21 points** or some other agreed upon number. The team that wins the best two out of three games wins the match.



Volleyball court

## Terms and Lingo

- **Ace** - When the ball is **served** to the other team and no one touches it.
- **Sideout** - When the team that served the ball makes a **mistake**, causing the ball to go to the other team.
- **Roof** - When a player **jumps** above the height of the net and blocks the ball.
- **Dig** - When a player **makes a save** from a very difficult spike.
- **Kill** - When a team **spikes the ball** and it ends in either a point or a sideout.

## Fun Facts

- **Beach volleyball** [became] an **Olympic event** at the 1996 Summer Olympics in Atlanta.
- Volleyball was called **mintonette** at first but it was later changed to volleyball, to describe the way players volley the ball back and forth over the net.
- The lethal combination of setting the ball for another player to spike it hard to the other side was invented in **the Philippines**. This tactic was originally called the Philippino Bomb.

## Start Playing

Volleyball is a **fun sport** that is easy to learn and can be played in a gym, at the beach, or on grass. Playing volleyball will help improve your **cardio**, flexibility, **balance** and **coordination**. Most schools have a volleyball team or you can also find leagues for kids at your **local community center**. If you're not into joining a team, you can just grab a volleyball and a few friends and play your own game.

**QUIZ on Volleyball**

**Name:** \_\_\_\_\_

1. In what year was volleyball invented?
2. Who invented the game and where did he work (facility and city/state)?
3. What other games did the inventor use to help him create volleyball?
4. List 3 things that are different about the original rules of the game than they are today.
5. List 4 important rules about today's game that everyone should know.
6. In meters, what are the dimensions of a regulation volleyball court?
7. In your own words, describe a "DIG".
8. In your own words, describe a "KILL".
9. In what year did beach volleyball become an Olympic sport?
10. According to the article, what four physical abilities can a person look to improve by playing volleyball?

***\*\*Return this quiz to Mr. W upon completion\*\****