Volleyball Study Guide

Rotating in a clockwise fashion is a method of changing positions in volleyball.

Front row players are allowed to attack a ball above the net, back row players may do so only from behind the ten foot line.

A match in volleyball consists of a team winning 3 out of 5 sets. Each set is played to 25 and a team must win by 2.

There a 6 players allowed on the court for each team in a regulation game of volleyball.

A set is the act of placing a ball in the air for the hitter to spike.

The two types of passes used in volleyball are the overhead pass and the forearm pass.

A foot fault occurs when a servers steps on the line in the act of serving.

When attempting to spike a ball a player should take a three step approach.

Serving a ball that does not get played is called an ace.

A block is the act of reaching over the net to redirect a spike back to the opponent’s court.

A dig is the act of passing a hard driven ball by an opposing hitter.

A ball that lines on the line is considered good.

A ball that hits the antennae is considered out.

The scoring system in volleyball is called rally scoring.

A ball that is served and hits the net and goes over is playable and is called a let serve.

A team is allowed to have 3 hits maximum on their side before the ball has to go over the net.

A player can pursue a ball outside the court and play it back into the court.

The sport of volleyball is considered to be a power sport.

A good offensive player in volleyball should have a strong vertical jump.

A player cannot touch the net with any part of their body during play, if they do it is a violation.

A serve and a spike require the same arm action as throwing a ball overhand.

A serve and spike should be contacted with an open hand to maintain control of the ball.