**Volleyball Notes**

**I.** **Skills**

 1. Forearm pass (bump)

 a) Hands interlocked

 b) Thumbs flat

 c) Elbows locked

 d) Bend knees

 e) Feet wide apart, slightly staggered

 f) Strike with forearms

 g) Contact at waist level

 h) Stop arms at shoulder height

 2. **Underhand serve**

 a) Hold ball at waist level in non hitting hand

 b) Opposite foot of hitting hand forward

 c) Swing arm in pendulum motion

 d) Strike ball with heel of hand

 e) Strike bottom of ball

 3.  **Overhead set**

 a) Make a window with both hands

 b) Keep fingers spread apart

 c) Strike ball with fingers, not palms

 d) Apply pressure with thumbs and pointer fingers

 e) Contact ball above head

**II. Rules**

 1. **Set up**

 a) 6 people on the court at a time, 3 in front and 3 in back

b) Each row is staggered, middle person closer to the net than side people

c) Rotate one position in a clockwise direction when it is your turn to serve

 2. **Scoring**

 a) A point is scored every time a team wins a rally

b) Winning a rally on other team’s serve results in your team getting to serve (side out)

 c) 25 points to win a game

 d) Must win by 2 points

 3.  **Rules of play**

 a) 3 hits maximum per side

 b) Serve can hit net

 c) Only one chance to serve correctly

 d) Server cannot touch or cross serving line until after ball is hit

 e) No player can touch net

 f) No player may hit the ball twice in a row

 g) Ball may not touch ground at any time

**III. Volleyball Court**

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