

# Nalanda College – Colombo 10

## Unit Evaluation

Grade 11

Health and PE

04. Let us play volleyball

### Part I

- Underline the most suitable answer
  1. maximum man Minimum numbers of players that can be e participate in volleyball team respectively
    - i.  $7/5$
    - ii.  $6/6$
    - iii.  $7/8$
    - iv.  $6/4$
  2. The length and the width of a standard volleyball court is,
    - i. 100m, 50m
    - ii. 18m, 9m
    - iii. 28m, 7m
    - iv. 9m, 18m
  3. Select the incorrect statement regarding the player position in volleyball
    - i. The six players of each Team should standard in two rows of three players each
    - ii. The service should always be in number one position
    - iii. While the ball is being served all the players of both team included in the server should remain inside the court
    - iv. The order in which the players are positioned before the start should be maintained until the end of the particular round of a player
  4. The penalty given for offences related to player position in volleyball.
    - i. The ball is given to the opposing team
    - ii. A point is given to the opposing team
    - iii. The service is done according to the player position
    - iv. The service and point are given to the opposing team
  5. A duty assigned to the libero player in a volleyball game is,
    - i. Setting the ball
    - ii. Defending
    - iii. Spiking
    - iv. Serving the ball

### Part II

- Answer all questions
  1. Name the skills in volleyball
  2. Explain the rules affecting the player position in volleyball
  3. What are the penalties given for positions offences in volleyball
  4. What is mean by a player rotation offence
  5. Draw the positions of the player in volleyball court
  6. Draw the positions of the player at the “W” formation in the court