

# 3

## Let us play volleyball

The popular ‘ball game’ volleyball can be played within a limited space incurring a very low cost. Volleyball is the national game of Sri Lanka. Although a volleyball team is comprised of 12 players, only 6 players can play for a team at a time.

When you were in Grade 7, you learnt the skills of volleyball namely, service, receiving, setting, spiking, blocking and court defending. Not only that, you also learnt with practical lessons the under arm service and the under arm receiving under the skills of service and skills of receiving.

In this lesson, let us learn with practical exercises the over arm service, which is another technique of service and the volley pass, which is the most commonly used technique for setting the ball.

### Basics of volleyball

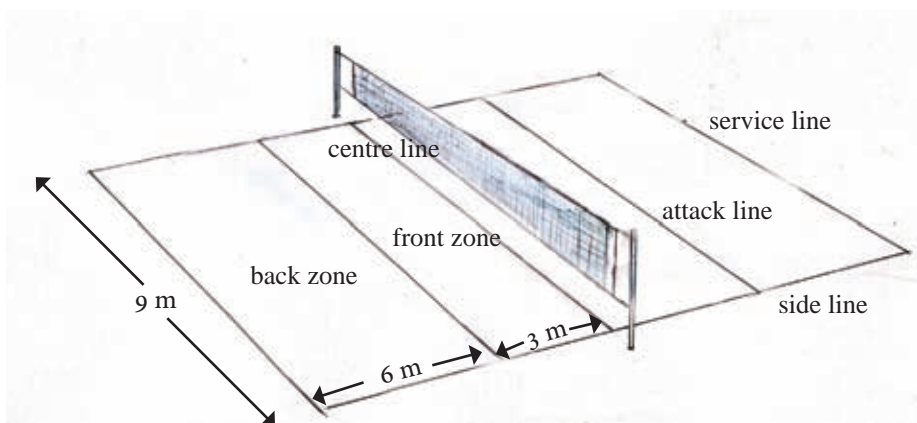


Figure 3.1 - Volleyball court

When you closely observe a game of volleyball being played, a rhythm that is particular to volleyball can be noticed:

- First, the ball is served by a team and it is received by their opponents;
- After receiving the ball by the opponents, it is passed by a player in the same side;
- On passing the ball, it is spiked by another player of the same side;
- As the ball is spiked, it is blocked by the players of the other side;
- After blocking the ball, it is passed by the players of the same side;
- Then, it is set by the players of that side; and
- It is then spiked and passed on to the other side.
- The two teams continue repeating the same activities.

It can be noticed that this rhythm is maintained until the ball has landed.

## Over arm service



### Activity

Take volleyball and go to the volleyball court with a friend. Stand on one side of the court close to the net and ask the friend to stand on the other side of the court. Now serve the ball over the head to the other side. Move a little backwards so that the distance from the net is increased and serve the ball. Continue practicing the service gradually increasing the distance from the net.

## Over arm service technique

For easy understanding, the over arm service can be explained under several steps in the same way you learnt the under arm pass in grade 7.

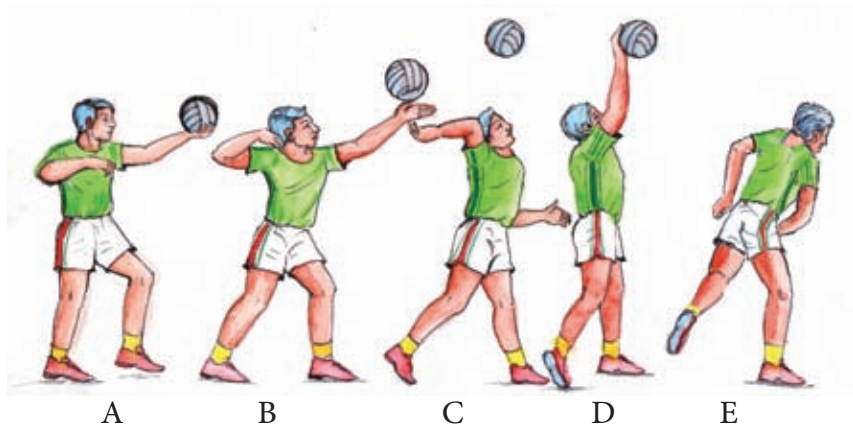
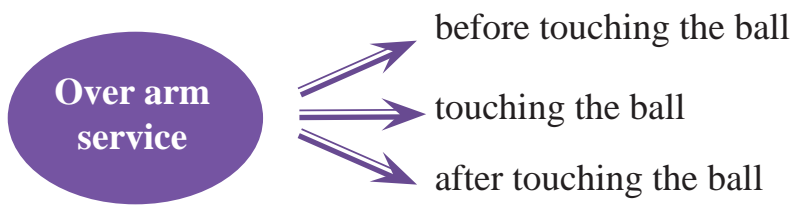


Figure3.2

### Before touching the ball

- Stand looking ahead.
- Stretch the non-dominant hand and keep the ball on the palm.
- Put the foot of the same side a little in front.
- Stand keeping the body weight on the back foot (Figure A).
- Slightly bend the striking hand at the elbow and keep that hand a little behind and above the head (Figure 3.2 B).

### Touching the ball

- Toss the ball as convenient to you.
- Bring the striking hand swiftly forward and hit the ball with the palm.
- When hitting the ball the hand should be straightened.  
(Figures 3.2 C,D)

## After touching the ball

- After hitting the ball, bring the hand down from the front side of the body.
- Bring the back foot forward in order to maintain body balance. (Figure 3.2 E)

Practice performing each of these steps with the help of your teacher. In order to gain further understanding about these techniques, you can study the following illustrations, too.

Identify the difference between the way you performed the over arm service freely and the way it is done according to the following technique. Accordingly, try adopting the following technique when serving the ball.

## Activities for practicing the over arm pass

1. Place the volleyball net height 5 feet above the ground.

Serve above the net following correct technique.

Repeat the activity while increasing the height gradually up to 8 feet.

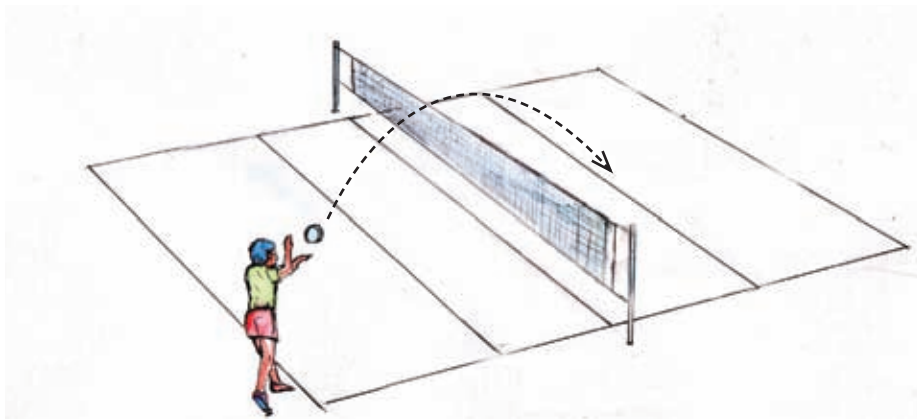


Figure 3.3

2. Take volleyball and go in front of a wall.

Make several marks on the wall at a level of about 8½ feet high above the floor.

Stand in front of the wall at a distance of about 5m from the wall.

Now, hit the ball with the hand using the over arm technique so that the ball hits each of those marks.

Gradually increase the distance from the wall up to 10 feet and practice hitting the ball so that it touches each of the marks on the wall.

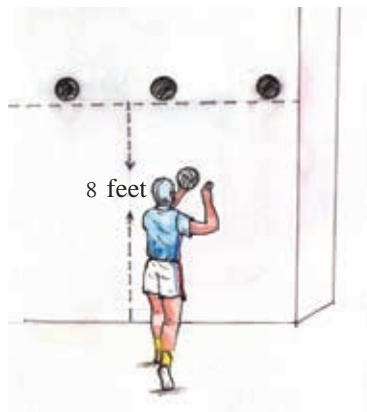


Figure 3.4

Identify the speed at which the ball hit at different distances from the wall and also identify which part of the hand should be used when hitting the ball at different distances.

### Overarm setting (volley pass)

When playing volleyball, the ball should be set for spiking. For that, the two techniques, namely the dig pass and the volley pass are used. The dig pass technique is similar to the underarm receiving technique you learnt in Grade 7. The most convenient and reliable method of setting the ball is the ‘volley pass’.

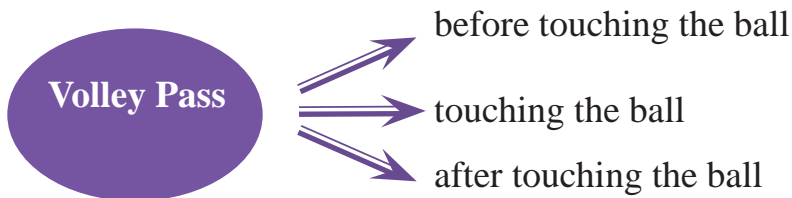


## Activity

1. Bounce the ball and throw it up holding it by its bottom part using both hands. Hold the ball by its bottom part and keep it above the head. Now throw it up and when it comes down catch it and throw it up again without letting it fall down. Continue doing this for a long time. When holding the ball keep the palms turned towards the sky.
2. Get a friend to help you and practice catching and throwing the ball. Whenever you catch the ball, keep in mind to hold it from the bottom extending both hands. Continue doing this for a long time. When catching the ball keep the palms above the head turned towards the sky.

## Volley Pass Technique

Volley pass technique can be studied under three stages.



### Before touching the ball

- Stand with good balance with your legs apart keeping a distance of shoulder width or slightly more between the two feet.
- Bend the knees slightly and lower the body a little.
- Keep your body straight.
- Keep the fingers freely forming a spherical shape that is large enough to hold the volleyball and keep the thumbs and forefingers of the two hands forming a triangular shape. Keep the wrist joints freely.



Figure 3.5

- Keep the two hands thus arranged slightly above the forehead.
- Keep the eyes focused on the ball through the thumbs and the forefingers of the two hands.



Figure 3.6

### Touching the ball

- Straighten the ankles, knees, hip, elbows and wrist joints and raise the body while directing the ball upwards using the tips of the fingers.



Figure 3.7

### After touching the ball

- Loosen up the two hands and extend them towards the direction of the ball.
- Straighten the legs and raise the body.
- Maintain the body balance by keeping a foot forward.

Practice performing each of these steps with the help of the teacher.



Figure 3.8

### Activities for Practicing the Volley Pass

1. Take volleyball or a similar ball, keep it on the ground and hold it by its top half with both hands and hit it against the floor.

As the ball bounces catch it by its top part and hit against the floor again. (Bounce the ball.)

Instead of catching the bouncing ball as described above, push it to your friend using both hands.

Continue doing this activity for a long time.

2. Take a volleyball and go closer to a wall.

Make some marks on the wall at a level of about 10 feet.

Stand at a distance of about 4-5 metres away from the wall and hit the ball against the marks on the wall.

Continue doing this for a long time.

## Rules relating to Service and Passing the Ball

- The ball should be served after receiving the signal for that.
- Service should be done within 8 seconds after the ball has been tossed.
- The server should not make contact with the service line.
- A player should not rest the ball in the hand when passing the ball.
- The player should not catch and throw the ball.
- When passing the ball, it should not come into contact with the hand more than once.

### Summary

Volleyball, which is the national game of Sri Lanka, can be played within a limited space incurring a low cost. We can observe a rhythm in volley ball and it requires the mastery of several skills to play this game.

Out of the volleyball skills, the over arm service technique that is used to serve the ball can be explained under three stages – before touching the ball, touching the ball and after touching the ball.

Dig pass and volley pass are the two techniques of passing the ball. For easy understanding, the volley pass, too, can be studied under three stages; before touching stage, touching stage and after touching stage.

You must engage in various activities in order to practice these techniques.



## Exercise

1. Show two activities that can be used to practice the volley pass.
2. Show what is done in each of the three steps of the over arm pass technique.
3. Fill in the blanks of the following figure which shows the rhythm of a volleyball game.

