



Sports - Volleyball



In a gym, on a beach or at a park, volleyball is a sport anyone can enjoy, but we're going to practice at home! The sport of volleyball has many great benefits. Players develop great reaction, coordination and communication skills, and it's a game that can be played by anyone of any age. The Active@Home™ Volleyball cards will introduce you to basic skills that a successful player needs to have!

Volleyball

Volleyball was first invented in 1895 as an alternate option to basketball. For some, basketball was too fast so William Morgan created volleyball by combining elements of a number of different sport such as basketball and badminton. Today, volleyball trails only soccer in the number of people that play it worldwide.

In volleyball, a net divides a volleyball court in half. The goal is to score points by hitting the ball over the net and getting it to land on the other teams side. While the game of volleyball today is much different than in 1895, the skills needed to play are much the same. The following cards will introduce you to the bumping, setting, and serving skills that will have you playing in no time!

Tips and Reminders:

1. Always wear proper fitting athletic shoes when practicing. Don't practice in bare feet or sandals.
2. Practice outdoors where there is plenty of space above you and around you.
3. For each of the skills listed, start slowly and concentrate on proper form. It takes practice in order to do them well, so don't worry if you make some mistakes!

How to Bump a Volleyball

Bumping is one of three ways to hit a volleyball. It can be used to hit the ball over the net or to pass the ball to a teammate. In order to bump the ball correctly, it's important to make sure you practice proper form.

- 1.** Stand with your feet slightly wider than your shoulders, bend your knees, and keep your back straight.
- 2.** Bring your hands together so that your palms are touching and your arms are straight. Your thumbs should be pointing straight away from you and your arms should be level (one arm shouldn't be higher than the other). Your fingers should be bent but not locked together.
- 3.** As you bump the ball you'll lift your legs and your arms at the same time. Do not swing your arms up to hit the ball. Instead, only move them up slightly as you hit the ball. The ball should bounce off the flat part of your forearms (avoid having the ball hit your wrist or fingers).

Bump and Catch



- 1.** Using the bumping instructions from above: Toss the ball about a foot above your head.
- 2.** Bump the ball straight up 2-3 feet over your head.
- 3.** Catch the ball.

Challenge: Toss the ball up and complete 3 bumps in a row before catching the ball. Concentrate on controlling the ball and move your feet quickly to get under the ball before each hit.

Harder Challenge: Toss the ball up and complete 5 bumps in a row before catching the ball.

Bumping with a Partner



Toss and Bump

1. Stand facing your partner about 8-10 feet away. Partner 1 is holding the ball and Partner 2 is standing ready to bump the ball.

2. Partner 1 tosses the ball to Partner 2, who bumps the ball softly back to Partner 1.

Challenge: Complete 10 bumps with Partner 2 bumping the ball, and then complete 10 bumps with Partner 1 bumping.



Bump Back and Forth

1. Stand facing your partner about 8-10 feet away. Partner one is holding the ball and Partner 2 is standing ready to bump the ball.

2. Partner 1 tosses the ball to Partner 2, who softly bumps the ball back to Partner 1.

3. Partner 1 then bumps the ball back to Partner 2.

Challenge: Complete 4 bumps in a row between both partners. Concentrate on giving your partner a good pass that can easily be bumped back to you.

Harder Challenge: See how many times you can bump the ball without letting it hit the floor.

How to Set a Volleyball

Setting is a way to softly and accurately pass the ball to your teammate. It is a high, soft pass that should be easily hit by your teammate.

1. Stand with your feet slightly wider than your shoulders and your knees bent. Keep your knees bent and your back straight.

2. Move your hands above your head with your palms facing up to the sky. Your pointer fingers and thumb should almost be touching each other, making a triangle shape right above your forehead.

3. As the ball comes down to your fingers, you will push straight up and follow through so that your fingers are pointing towards the sky. The ball should contact your fingers (but not your palm) as you push it back up into the air.

One-Set and Catch



1. Stand with your feet slightly wider than your shoulders and knees bent.

1. Using the setting instructions from above. Toss the ball about 3 feet above your head.

2. Set the ball straight up 5-6 feet over your head.

3. Catch the ball.

Challenge: Toss the ball up and complete 3 sets in a row before catching the ball.

Make sure you move your feet so that you are directly under the ball before each set.

Harder Challenge: Toss the ball up and complete 5 sets in a row before catching the ball.

Setting with a Partner



Throw/Set Back

1. Stand facing your partner about 8-10 feet away. Partner 1 is holding the ball and Partner 2 is ready to set the ball.

2. Partner 1 tosses the ball to Partner 2, who sets the ball back to Partner 1. Partner 1 catches the ball.

Challenge: Complete 10 sets with Partner 2 setting the ball, and then complete 10 sets with Partner 1 setting.



Set Back and Forth

1. Stand facing your partner about 8-10 feet away. Partner one is holding the ball and Partner 2 is ready to set the ball.

2. Partner 1 tosses the ball to Partner 2, who sets the ball back to Partner 1.

3. Partner 1 then sets the ball back to Partner 2.

Challenge: Complete 4 sets in a row between both partners.

Harder Challenge: See how many times you can set the ball back and forth to your partner before it hits the ground. Concentrate on giving your partner a good set that they can easily set back to you.

How to make an Underhand Serve

A serve is the first shot that a player makes when playing a game of volleyball. It is hit from behind the serving line and must make it over the net for play to begin.

1. (For right-handed students) Stand with your left foot forward, holding the ball with your left hand under the ball.
2. Close your right hand into a fist with your thumb on the outside of your pointer finger to make a flat surface with your knuckles, palm, and thumb.
3. Swing your right arm behind, and then forward hitting the ball with the flat surface on your right hand just above your left palm (do not toss the ball up).

One-Serve and Catch



1. Stand with your feet slightly wider than your shoulders and knees bent.
2. Using the instructions from above, serve the ball straight over your head 4-5 feet.
3. Catch the ball.

Challenge: Complete the One-Serve and Catch 10 times.

Harder Challenge: Using a wall, pick a spot to try and hit with the ball. Using the underhand serve try to hit your spot. Once you hit your spot, pick a new spot and see how many tries it takes you to hit it.

Partner Serve/Bump/Set Exercise



1. Stand facing your partner about 8-12 feet away. Partner 1 is holding the ball and Partner 2 is ready to bump the ball.

2. Partner 1 serves the ball to Partner 2, who bumps the ball in the air back to Partner 1.

3. Partner 1 then sets the ball back to Partner 2 who catches the ball.

4. Repeat steps with Partner 2 serving the ball.

Challenge: Complete 4 Serve/Bump/Sets in a row without the ball hitting the ground.

Harder Challenge: After step 2, see how many times you can keep the ball in the air with a combination of bumps and sets.