



# John Port Spencer Academy PE Department

## Knowledge Organiser – Year 8 Volleyball



### Key Skills:

**UNDERARM SERVE** – Hold the ball in the hand opposite from the hitting hand below waist height. Feet should be slightly apart with the non-dominant foot first. Contact the ball at waist height by swinging the arm forward hitting the ball with the base of the palm.

**VOLLEY or SET SHOT** – A two handed shot that is played above the forehead. Hands need to be under the ball with bent knees and relaxed high arms. Arms follow through to be fully extended. Fingers make contact with the ball and push them through to face outwards after contact.

**THE DIG** – Knees need to be bent to allow a low body position. Join hands together with both thumbs facing forwards so that arms are straight and close together. Straighten your knees prior to contact with the ball and move your arms slightly towards the ball. Make contact with the ball on the lower part of your forearm.

**ROTATION** - Teams rotate every time they win the serve back.

- Players rotate clockwise.
- The serve is taken by the player at the back right hand side of the court

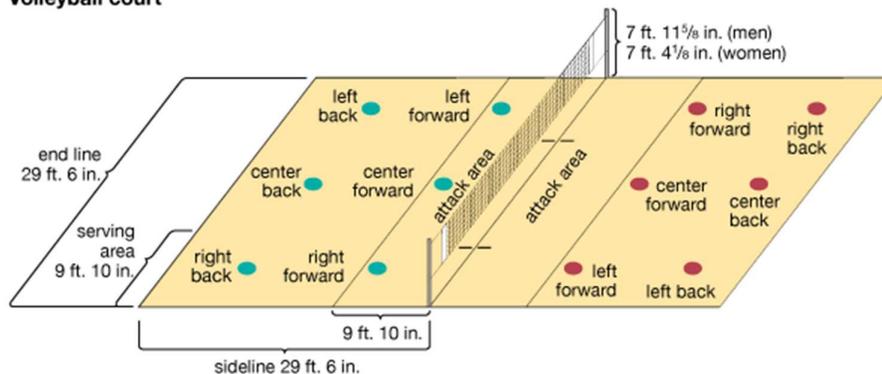
**TACTICS**

- Hitting into space – keep the opposition moving around the court.
- Shot selection – selecting the right shot for the right situation.
- Targeting opponent’s weaknesses.
- Disguised shots – trying to make it look like you are going to play a particular shot but then play a different shot to fool an opponent, e.g. a dink.
- Setting up team mates who are in better positions to win the point.

### Rules

- 6 players on a team, 3 on the front row and 3 on the back row.
- Maximum of three hits per side.
- Player may not hit the ball twice in succession (A block is not considered a hit).
- The ball may be played off the net during a rally point, but not from a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits a) the floor completely outside the court, b) the net and lands on the same side, c) the ceiling above a non-playable area.
- It is illegal to catch, hold, or throw the ball.

**Volleyball court**



### Stretch and Challenge Task:

- Draw a volleyball court in your knowledge book and label it correctly with the lines and positions.
- Explain how a more able player would serve?
- Go online and watch some volleyball from the Olympics or Commonwealth games.

### Key Terms to learn:

Ace	Setter	Volley
Block	Serve	Dink
Dig	Overlap	
Rotation	Double hit	