

GAME OF VOLLEYBALL



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Volleyball invented by WG Morgan, USA, 1895

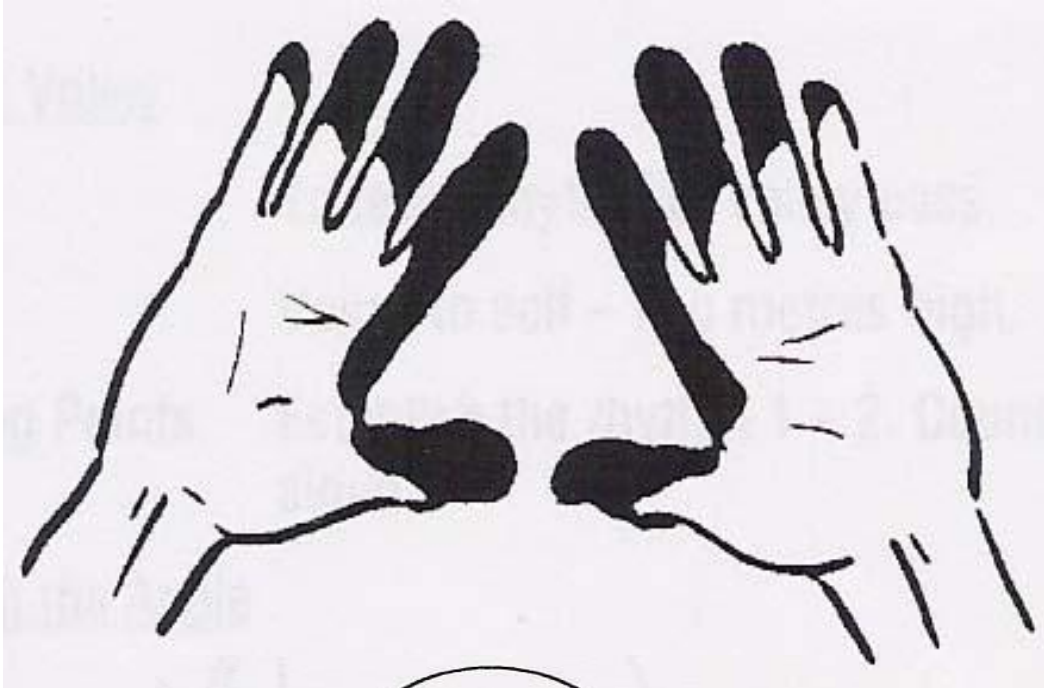
Volleyball first played in Tokyo Olympics, 1964

OBJECTIVE of the game is to send the ball over the net in a way that the opponent is unable to return it without committing a fault.

Volleyball is distinguished by the following elements. It

- is a rebound sport
- uses intermediate contacts
- is a non-contact sport
- no time limit
- player must be able to play many position
- unique skills and playing top of the net

OVER HEAD FINGERPASS



SKILL OVERHEAD FINGERPASS

Technique:

Stance: Medium diagonal/parallel stance

Hand position: Open all the fingers in front of the forehead; Keep 2-3" distance between thumb fingers; thumb and index fingers form a triangle and see the ball through the window.

Execution: Receive the ball with finger tips. Absorb the ball by flexing the wrist towards the forehead and push/pass the ball up and forward by using wrist and extension of leg. Always face the target.

UNDER HAND PASS



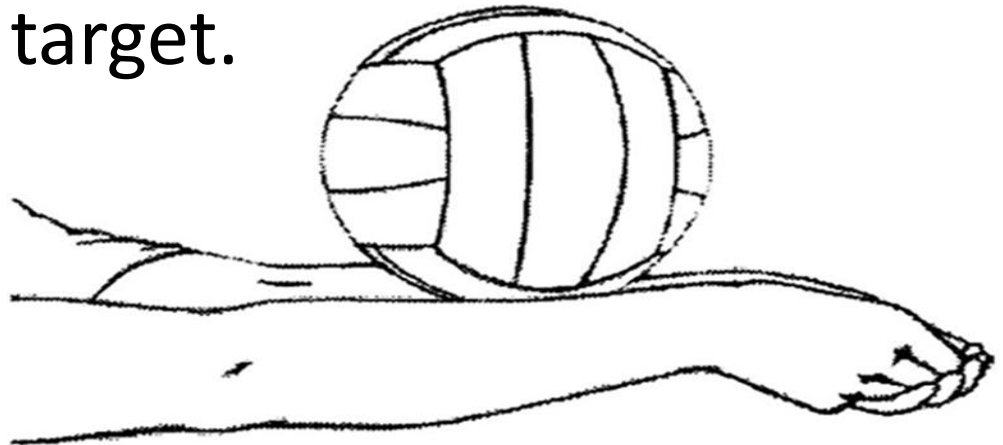
UNDER HAND PASS

Technique:

Stance: Medium to low stance; body wt. equally distributed, kept on the toe for quick movts.

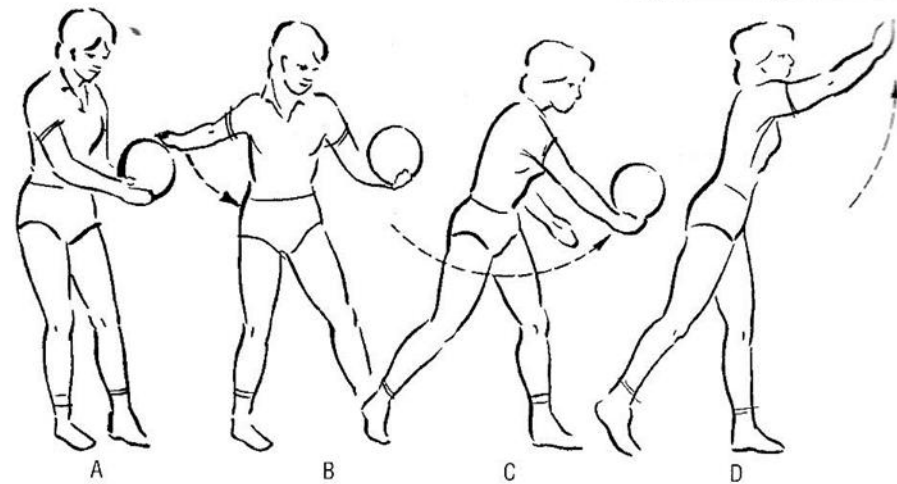
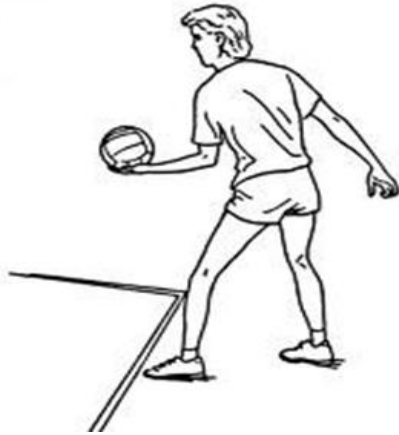
Arm position: Extend the arms in front the body; make a platform with forearm.

Contact: Contact the ball middle of forearm, waist level; between knees, then extend the legs, follow the hands towards the target.



UNDER HAND SERVE

Fig. 2-3



UNDER HAND SERVE

Technique:

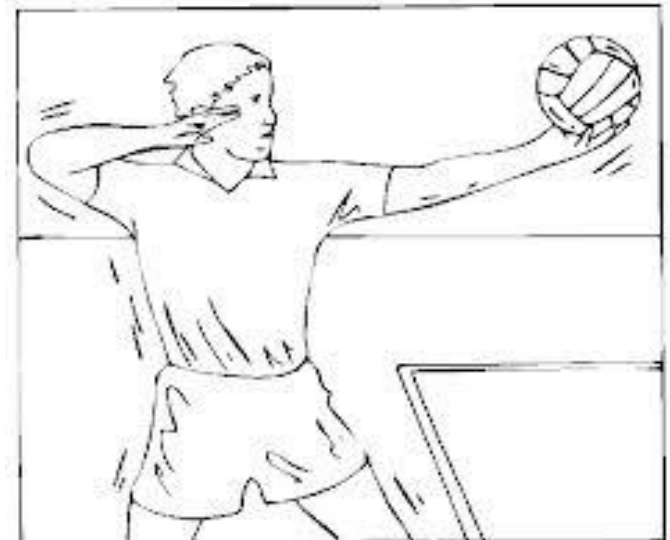
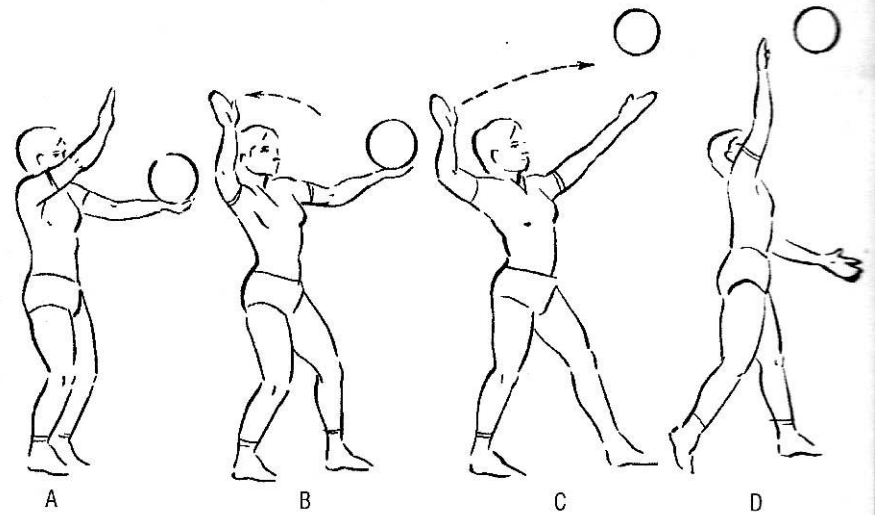
Stance: Diagonal stance, server facing the net, ball on the non hitting arm.

Toss: Tossing the ball little in front of the hitting arm, keep the hitting arm shoulder height, finger closed.

Execution: Swing the hitting arm forward and contact the ball underneath with the harder part of the palm.



OVERHEAD SERVE



OVERHEAD SERVE

Technique:

Stance: Diagonal, standing tall, ball on the non-hitting arm, hitting arm above the shoulder, firm wrist, closed fingers.

Toss: minimum (20-50 cms). Along the toss swing hitting hand back

Hit: Hit the ball with the harder part of the palm through the middle back of the ball.

Hand follows the ball.

SPIKE OR SMASH



SPIKE OR SMASH

Technique:

Approach: 3-4 to steps; for rt. hander (right and left)

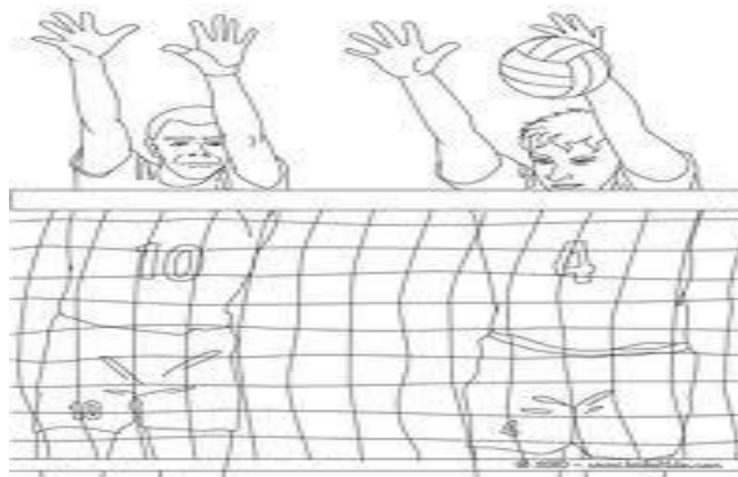
Always make the step- preceding the step-close a long and explosive one.

Take-off: The second last step must be longest. The moment heels touch the ground player should low the body for necessary thrust for jump. Vigorously swing arms backward and upward. Player transfer the forward velocity and momentum into vertical velocity by planting the heels and then rolling on to toe. Knees and hip are bent at 100°

Jump: Jump up vertically to meet the ball; contact the ball at the peak of your jump with a straight arm.

Landing: Landing on toes then touch heels then immediately bent the knees to absorb the shock.

BLOCK



BLOCK

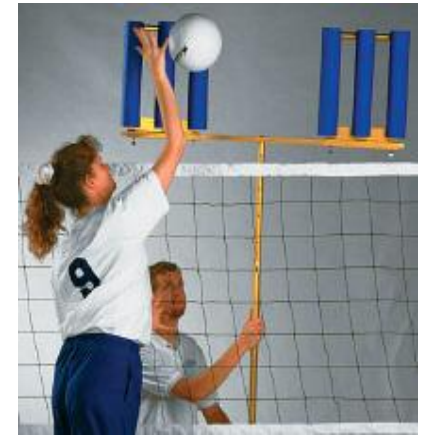
Technique:

Stance: Comfortably on shoulder width, close and facing net.

Seal and penetrate: Cover the net with hands, thumbs pointing the ceiling, balls width, arms locked, keep shoulders square to the net.

Planting Feet: When move along the net to block, plant your feet so that you jump straight up. Land on the same place from where you jump.

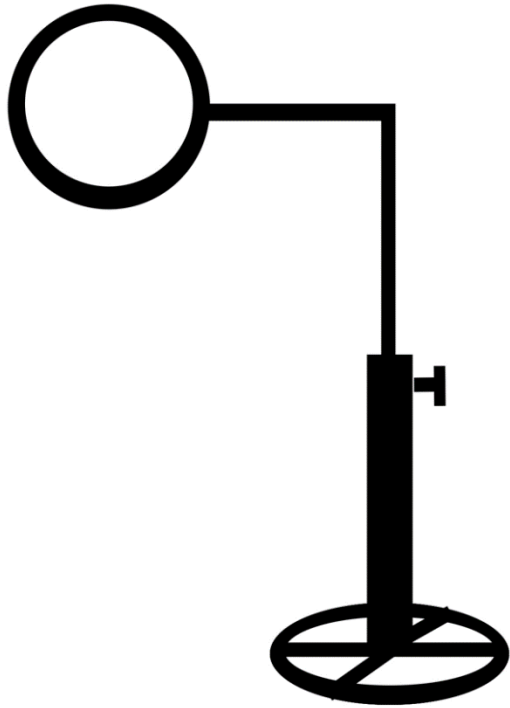
Training Aids



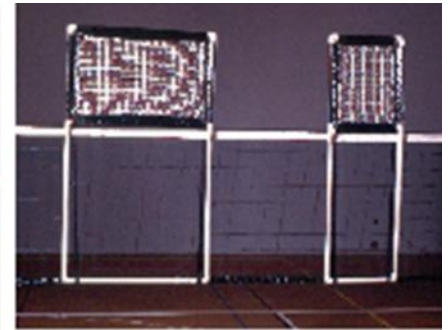
Passing and Setting Equipments



Blocking Rebound + Spike



Horizontal Ring



Passing + Serve



Block Boards

