

## Volleyball Study Guide

Mr.Urdal

### **Bumping**

Bend knees  
Wrap hands around  
Arms make a shelf  
Meet-the-ball

### **Setting**

Get underneath ball  
Elbows out  
Extend UP and OUT  
Bend knees

### **Underhand-Serve**

Face target  
Ball never leaves hand  
Arms stay straight  
Follow through

- Ace- A serve that the other team is not able to return, resulting in a point
- Spike- A powerful shot made with one hand that forces the ball down when hit
- Bump- Two hands together to pass the ball to another teammate or over net
- Set- Hands separated used to pass the ball high in the air or over the net
- Service Line- Allowed to serve anywhere behind the end line
- Grave Digging- When you swing your arms down and up, instead of bending knees
- A game of volleyball is played with 6 players on each side of the net
- Front row rotates Right, back row rotates Left
- A serve, bump, or set is allowed to hit the net and go over
- You are allowed 3 hits per side as a team
- The same person can not hit the ball 2 times in a row
- A game of volleyball is played up to 25 points, win by 2 points
- A point is awarded on every serve

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