

HLAC- 1210 Beginning Volleyball

Final Exam – Summer 2012

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Please answer ALL parts of each question for full credit. In addition, please write legibly or you will not receive credit for answer.

1. List the 6 basic skills used to play volleyball and describe what they are used for, and how to execute each one of them (3 cues you would give someone if teaching them the skill).

SETTING: It should be the person that hits the second ball. He/she should be at the right front and should place the ball above the net to be spiked by another player.

PASSING: it is when one of the players just sent the ball over the net inside the court of the opposite team player. Or can be a pass to the setter as high as possible so the setter has time to get to the ball.

SERVING: The right back player usually serves the ball from outside the court by swinging and hitting a high ball toss. It has to go over the net and inside of the opponents' court.

BLOCKING: It is done by the middle, right and left front players. After the opponents' team has set the ball the middle, right and left front players jump together to the net with their hands up to stop the spike of the opposing team.

DEFENSE: The team needs to be prepared to dig the spike from the opponents' team and then pass the ball to the setter and kill. The most important thing is to identify the spike and have a good blocking position to protect from the spike.

DIGGING: It is similar to passing but the player is actually receiving the opponents' attack or spike, so the ball needs to be passed to the setter as high as possible to give the setter time to get to the ball. The player digging needs to be in the "ready position" to contact the ball with the forearms.

2. Please draw a court, and place the 6 players in BASE position, be sure to label each player on the court, and indicate where the net is on your court, and where the 3 meter (or 10 foot) line is located.

RF: Right Front

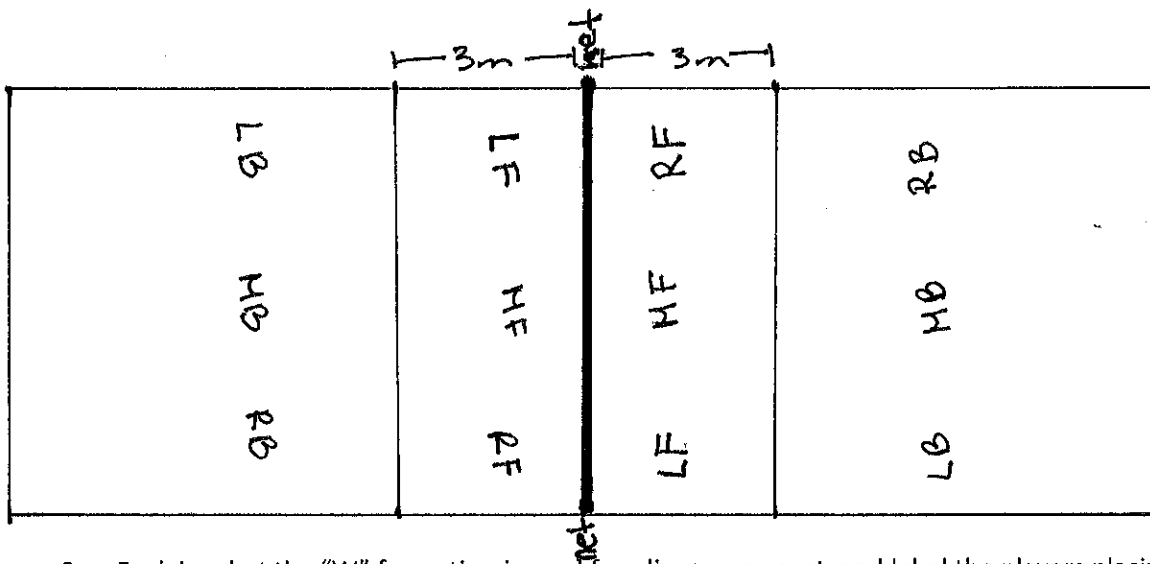
LB: Left Back

LF: Left Front

MF: Middle Front

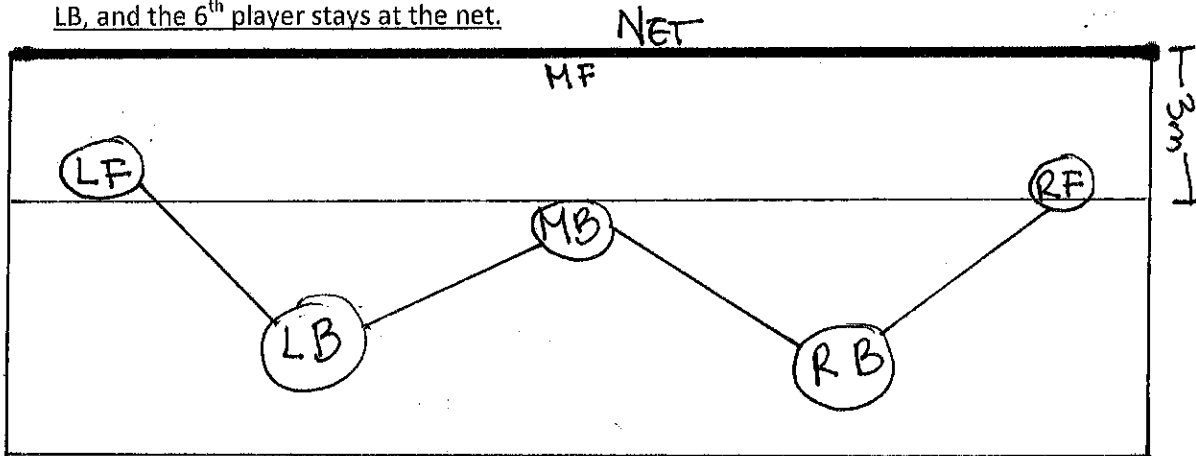
RB: Right Back

MB: Middle Back



3. Explain what the "W" formation is used for, diagram a court, and label the players placing them in the "W" formation.

The W is the most used basic swerve/receive formation. It's completed by 5 players: RF, RB, MB, LF, LB, and the 6th player stays at the net.



4. Explain what is meant by a "free ball" and why it is important to identify.

A free ball is when the opponent's team has reached the 3 touch and no one was able to spike the ball. It is important to identify it because there is no need to block and it is an easy ball to make points.

5. Explain what the purpose of having a "setter" is, and 2 of the responsibilities a setter has.

The purpose of having a setter is to make sure the ball is in the air ready to kill. The setter is responsible to receive the second ball and decides which player is going to kill, and then the setter gives the best opportunity to kill.

Extra Credit:

What is the overlapping rule?

It is when the players rotate their position in relation to the other team players, and they need to pay attention to keep that position until the ball is served. The rule applies when serving or receiving the ball.