**History of Volleyball**

Invented by William G Morgan

<https://youtu.be/xJkzLkdpEaU>

<https://youtu.be/IveUpU_xE60>

Evolution of the Game:

<https://youtu.be/zOJI-x7SW_4>

**Introduction to Volleyball**

1. Size of the Court
2. Playing Area
3. # Of players on the court
4. Player Specific positions (Middle blocker, Outside hitter, Right-Side Hitter/Opposite, Setter, Libero)
5. Volleyball Zones (1.2.3.4.5,6)
6. Rotation
7. Serving Area
8. Substitution Zone

Composition of the Team

The team consists of a setter, an opposite player, in opposition with the setter (also called ace spiker), of two middle blockers who are replaced by the libero when at the back and of two receivers-attackers also called outside players.

The starting line-up generally adopts the following rotating order: Setter (S); Receiverattacker (R), Middle Player (MP), Opposite Player (OP), Attacker-Receiver and Middle Player

**SERVE**

* *Serving should be like throwing*
* *Use torque to generate force*
* *Simple movements better than complex*

Types of Serve: Key Principles

* + Underhand Serve
    - Bowling Action
      * Stand 45 Degrees
      * Ball in one hand (non-hitting hand
      * Hitting hand all the way back and straight,
    - Place, Step, Hit
      * Contact with a close fist of Hand
    - Step and swing to target
  + Standing Float Serve
    - Bow and Arrow
      * Stand 45 Degrees
      * Ball in one hand
      * Hitting elbow up, Shoulder back
    - Place, Step, Hit/Step, Place, Step, Hit
      * Contact on heel of Hand
    - Step and swing to target
  + Jump Float
    - Left hand, right foot/Two hands, right foot
    - Step, Step, toss, and take the rest of the four-step approach and hit the ball
      * Don’t swing arms back when jumping - they stay in bow and arrow position
  + Spike Serve
    - Right hand, Right foot
    - Step, Toss, and take the rest of the four-step approach and hit the ball
      * High toss
      * Swing arms to jump
* **The object of a jump serve is not to ace the opponent (aces are a bonus), but to keep the receiver from making a perfect pass.**

“The service, in modern Volleyball is the first offensive action, as powerful services give you the possibility of immediately scoring a point. It is also a part of the defensive system.” Philippe BLAIN.

Aggressiveness at serving can be seen by the use of jump services, which have replaced the floating tennis services.

Tennis services and jump tennis serves are mainly used to make a tactical service. In terms of tactics and probability, the coach’s job is to define the risk each player is allowed to take. The tactical intentions can be classified according to the risk taken: - Maximal risk: it is possible to score a direct point with an ace. - Controlled risk: serving on the less reliable player or on his weakest side, or between two receivers in order to prevent having a perfect reception and thus a quick attack. –

For a tactical service, one must choose a target and the service area that allows for it to be best reached. o Put the receiver or the setter in difficulty by serving in the area where there are several players (for example, the area 5 with the setter in 5 or 4).

Make a short service when the setter is in the front, create discomfort and doubt in a player by always serving on him. o The player may also change the area of service or even the technique. It must be said however, that to be efficient, the tactical service must not be too easy.

**Video:**

Standing Float:

1. <https://youtu.be/dkOUU1t7o00>
2. <https://youtu.be/qTzo4eTxJSk>

Jump Float:

1. <https://youtu.be/wNfvb-dcT5o>
2. [**http://www.fivb.org/en/technical/junior/women/2009/**](http://www.fivb.org/en/technical/junior/women/2009/)

**Fundamentals of the Underhand Pass**

**Principles/Teaching Points**

* The Ball knows angles
* Simple movements are better than complex movements
* Passing Technique – Underhand

1. Wide Base facing the server (right foot slightly in front of left
2. Hands on Knees (correct body posture)
3. Arms down in front of shoulders
4. Wrists and hands together
5. Straight and simple
6. Face the ball – angle the platform (Shoulder angles)

* No shoveling or scooping of ball- angle platform.
* Shuffle.
* See the server, see the spin
* Movement of the arm Straight and simple
* Face the ball – angle the platform
* Shuffle (Run forward if the serve is short)
* See the server, see the spin

<https://youtu.be/E6Vpr1oGXwI>

<https://youtu.be/i9mFM2F4470>

<https://youtu.be/XcYY98muIIU>

**Fundamentals of Overhand Pass**

* *The Overhand pass different from the Set*

**Principles/Teaching Points**

* *Simple Movements better than complex*
  1. Hands up early, in the shape of the ball (Shape Early)
  2. Thumb and index finger forms a triangle
  3. Strong Wrist, Firm contact
  4. Extend (like a chest pass)
  5. Keep shoulders in-front of shoulders on contact with the ball
  6. Face the ball, square to target
  7. Strong Wrist
  8. Transfer weight from left foot to right foot
  9. Keep hands tight/ close after ball is release
  10. Thumb and index finger from a square on the release of ball

**Do not teach the set and the overhand pass at the same time**

**Fundamentals of Setting**

Principles/Teaching Points

* Simple movements are better than complex movements

Setting Posture:

- Feet Shoulder width apart in a balance position (Right foot slightly in front.

- Hands in starting or resting position by waist before the pass.

- Back facing the net- Open Stances facing passers

- Pre-shape hands in the shape of the ball and move with your hands down.

- Setters in a power (athletic) position –Sitting on a bar stool.

1. Hands up early, in the shape of the ball.
2. Thumbs and Index fingers about 2” (inches apart and forming a triangle- 2 x 2
3. Flexible Wrist (Spring board)
4. Face the ball, square to target
5. Left –Right final steps.
6. Extend (like a chest pass)
7. Triangle finishes into a square with thumb and index fingers

* *Simple Movements better than complex*
  + Hands up early, in the shape of the ball (Shape Early)
  + Extend (like a chest pass)
  + Face the ball, square to target
  + Setters set up off the net
  + Square shoulders to Zone 4 to execute set
  + Back Set- Hands move together in a J – movement (Back and Up)
  + Back Set (Over the right shoulder and turn to cover towards net)
  + Square to position 4 then execute the back set

The setter co-ordinates the attack and his most important qualities are those of an organizer, both clear-sighted and precise. P

The setter must learn how to set the ball in a way that suits each one of his attackers and to choose them according to the different situations of the game. Indeed, the basic techniques must be learnt, but only in order to break away from them and develop one’s own physical and technical qualities.

1. <https://youtu.be/_9DnDOJUQIQ>
2. <https://youtu.be/FoeCWj1BaAA>
3. <https://youtu.be/dJ6nLPvKtXI>
4. <https://youtu.be/orCuRFPWoGQ>

**Fundamentals of the Attack/Spike**

*Sequence:*

* Approach footwork
* Preparation to Jump
* Arm-Swing
* Contact with ball

Arm-swing:

* Arms down (not up) Arm Lift
* Non hitting hand pointing towards the ball with non-hitting shoulder closer to the next
* Hitting Arm in a Bow
* Contact ball at the highest point with your hitting hand with your palm and snap wrist on ball contact.
* Rotate hips so that your opposite foot points in the direction of the attack.

**Principles/ Teaching Points**

**Fundamentals of Spiking (Reverse for Left-handed players)**

* *Jump High and Hit Hard with Timing*
  + *Momentum, Arm Lift and an approach*
* *You need torque to hit*
* *Simple movements better than complex*

1. Four Steps (right, left, right, left)
   1. Right Foot Forward
   2. Small, Bigger, Biggest
   3. Slow, Faster, Fastest
   4. Second step on or behind 3 meter line
2. Arms down (not up), back up
3. Bow and arrow arm swing

**Advance Spiking**

* Timing
  + 1st Step Sets, 2nd Step Sets, 3rd Step Sets, 4th Step Sets
* Transition Footwork
  + Turn to face court
  + Jump turn on second step

**Fundamentals of Individual Defense**

Individual Defense:

Principles/Teaching Points:

Keys

1. Get stopped with feet slightly wider than shoulder distance apart, knees bent, arms ready waist line and outside body line

Ball-Setter-Ball-Hitter

* *The ball knows angles*
  + *Face the ball, square to the ball and angle to target*
* *Simple movements better than complex*
* *Arms and hand respond better to unexpected events*
* *Arms wide and outside of the body*
  + Get STOPPED
  + Ball-Setter-Ball-Hitter
  + Use overhand and underhand technique depending on the direction and trajectory of the ball

**Fundamentals of Blocking**

Blocking

Key Principles/Teaching Points:

* The goal is to block every ball – this means teaching and prepping for the dive block.
* Teaching timing requires many reps – He believes strongly that you should not say “Ready Jump” when trying to teach blocking technique. He believes it simply messes with their timing. Also players of varying heights must jump at different times to arrive at the same spot at the same time. The only rule he gives is to jump after they jump.
* Teach Face Up and Shoulder Up – He teaches his players to line-up face to face with the hitter when blocking line and to line-up inside shoulder with hitting shoulder when blocking cross-court. When double blocking the pin block sets the block and the middle simply closes the gap.
* Evaluate every pass – He teaches his players to yell out the quality of each pass. When the other team passes, he wants his players to shout “On, Off, Tight or Over”. By doing this it allows his players to leave base position earlier and get in proper position.
* Eye Sequencing – He teaches his blocker to look in the following sequence Ball, Setter, Ball, and Hitter. This takes a long time to learn, but it is a must.
* Blocking Base Positions – base on strengths and weakness of your team and the opponent which blocking technique is best for your team. Bunch, Spread, Shade Right or Shade Left

Video:

<https://youtu.be/figXLF1PIzA>

Complex 1

The Serve Reception

<file:///Users/ltheroulde/Downloads/FIVB_DEV_Top_Volley_Manual_eng%20(1).pdf>