**DHS Volleyball** **GRADING:**

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DAY/S\_\_\_\_\_\_\_\_ PERIOD\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **PART/SOC RESP/SAFETY /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 /5 (45)** |  |
| **SKILL APPLICATION (12):** |  |  |  |
| **KNOWLEDGE TEST (20):**  |  | **TOTAL**  |  |

**SKILL 1:** **FOREARM PASS**

* Body Position: knees bent, arms straight, hands correct, eyes on ball
* Contact: between wrist and elbow, on platform, arms don’t move
* Follow through: knees extended, shoulders, hips and toes towards target

**SKILL 2:** **SET**

* Body Position: Feet SWA, athletic stance, elbows and wrists bent, shoulders to target
* Contact: body coils and uncoils with contact of the ball, contact on finger pads
* Follow Through: knees, elbows, and hands all extended upward in direction of target

**SKILL 3: SERVE**

* Toss: Non-dominant hand, firm wrist, ball would fall just inside of lead foot, lined with hitting shoulder
* Position: Non-dominant foot forward, dominant hand higher than ear
* Contact/Follow through: Heel of hand, no fist, hand follows ball to target

**SKILL 4: HITTING/SPIKING**

* Approach: Uses three step approach, 2 foot jump
* Arm Swing: Both arms upward at take-off, non-dominant spotting the ball
* Contact: slightly in front of hitting shoulder, wrist snap over top of ball

**TOTAL SKILL: /12**

**VOLLEYBALL RULES:**

* Server must serve from behind end line until after contact.
* Team rotates each time that they win the serve.
* Games are played to 25 with rally serving.
* Players rotate in a clockwise manner.
* There is a maximum of three hits per side.
* A player may not hit the ball twice in succession.
* A ball (including serve) may be played off of the net.
* A ball hitting the boundary lines are good.

**VOLLEYBALL VIOLATIONS:**

* Stepping on the line of a serve
* Failure to serve the ball over the net
* Hitting the ball illegally (carrying, palming, throwing, etc.)
* Touching the net with body while ball is in play
* Failure to serve in the correct order.

**VOLLEYBALL SHOTS:**

     

 FOREARM PASS DIG BLOCK SET SERVE SPIKE

**VOCABULARY:**

**ACE –** When a ball is served to the other team and no one touches it as it lands in bounds.

**SIDEOUT-** When the team that served the ball makes a mistake causing the ball to go to the other team.

**BLOCK –** Using your hands to prevent the ball from crossing the plane of the net.

**ASSIST –** A ball placed in the air that is attacked for a kill.

**DIG –** When a player makes a save from a very difficult spike.

**KILL –** When a team spikes the ball and it either ends in a point or a sideout.