

# VOLLEYBALL

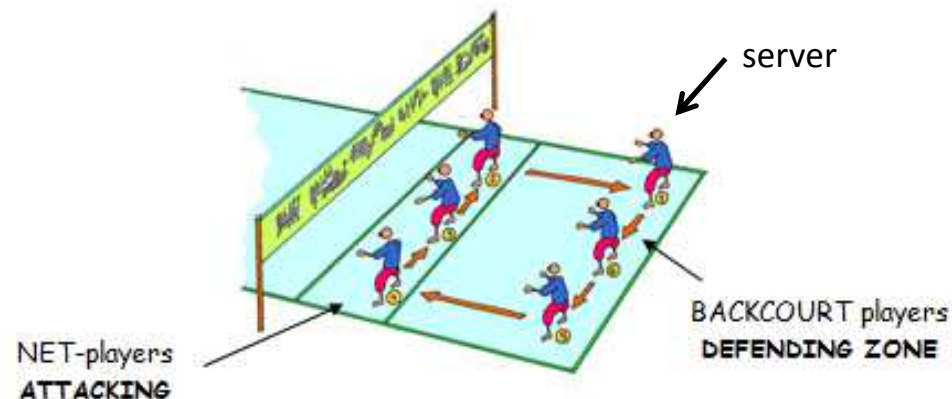
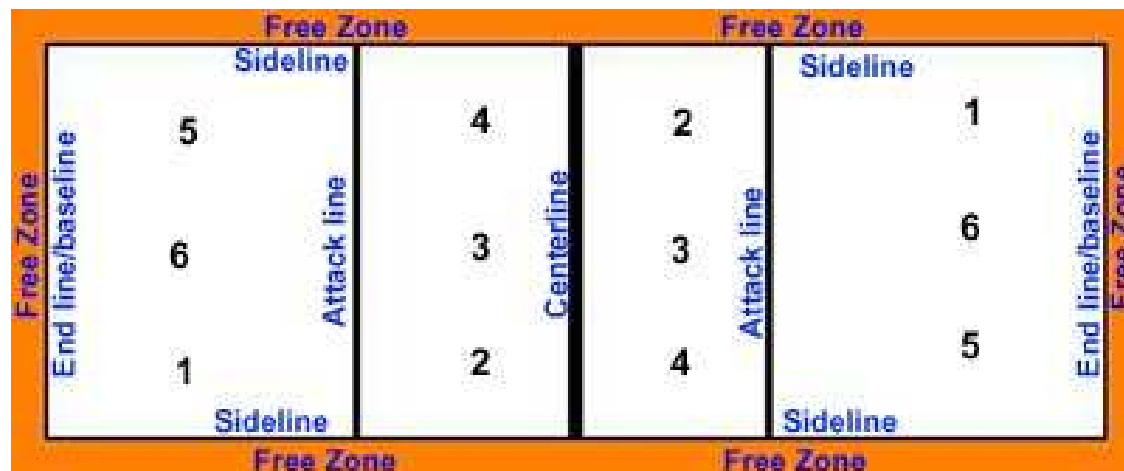
- The object: is to score points by hitting a ball over a net so that the other team cannot return it before it hits the ground.

- THE COURT: 18x9 metres

- NUMBER OF PLAYERS AND ROTATION:

- 6 players on the floor at any one time: 3 in the front row and 3 in the back row.
- Rotation: each player must move position **clockwise** (*en el sentido de las agujas del reloj*) every time their team wins back service from opposition.

- A MATCH: 4 sets of 25 points (a 2-point difference is needed), the fifth one if needed is up to 15 points.



## BASIC RULES:

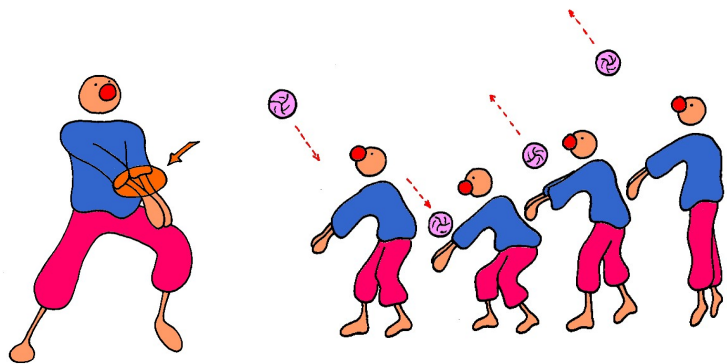
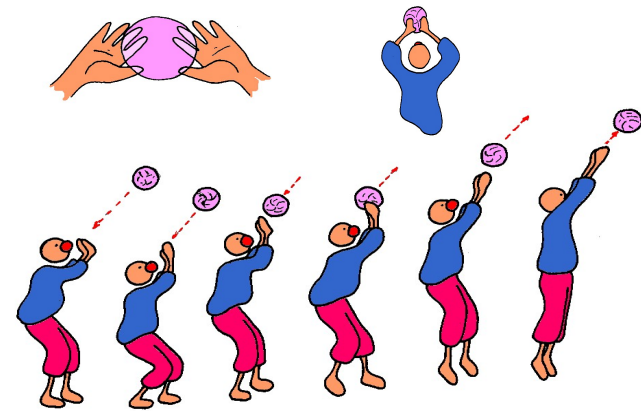
- You can contact the ball with any part of a player's body.
- Maximum of **three hits** per side. (The block is not included)
- A ball hitting a boundary line is in.
- If the ball touches the net is not a fault and you must continue playing.
- The serve:
  - You serve the ball from behind the back boundary line of the court.
  - When serving, each player must stand at his place, according to the rotation (three net-players and three backcourt players).
  - The backcourt player on the right serves. (position 1)
  - There's **only one serve** (there is never a second chance).
  - When serving, if the ball gets to the opponents' court after hitting the net, it's OK (you don't need to repeat the serve as in tennis).

## FAULTS:

- To catch, hold or throw the ball.
- To hit the ball twice in succession. (A block is not considered a hit.)
- To cross the line of the opponents' team's court (invasion)
- To touch the net with any part of your body.
- If a team doesn't rotate when needed.
- To block the serve.

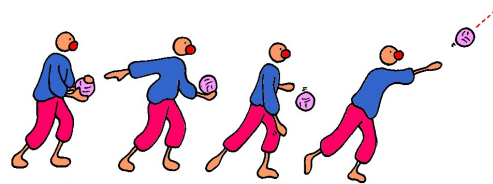
## BASIC TECHNIQUES

- SET: the aim of this hit is to pass the ball to another member of your team

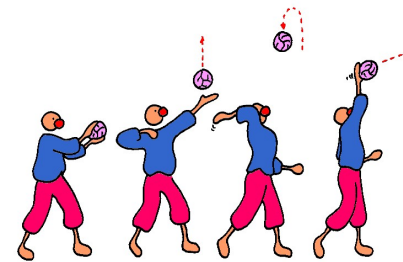


- FOREARM PASS OR BUMP: it's usually used to defend from the opponents' serve.

- UNDERHAND SERVE



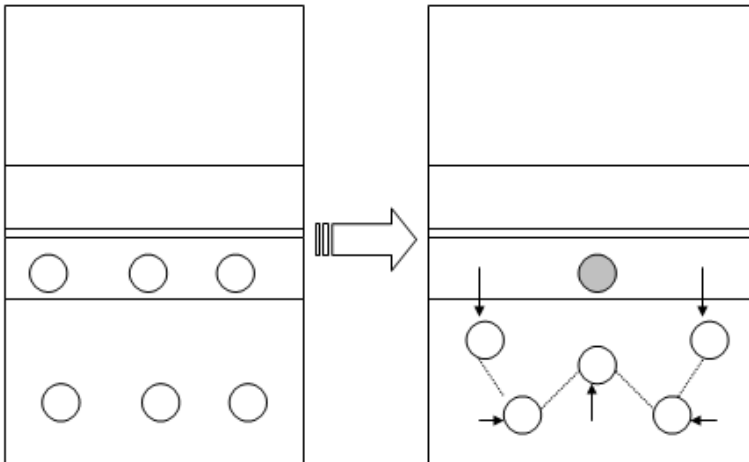
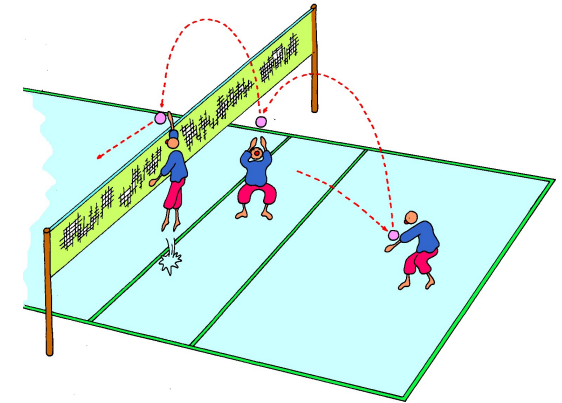
- TENNIS SERVE



# TACTIC

## BASIC HITS IN MATCHES

1.-SERVING → 2.- RECEIVING : forearm pass or bump is usually used to pass the ball to the setter. → 3.- SET THE BALL: for the player who will make a spike or attack. → 4.- SPIKE (remate) or ATTACK: this is usually done by a net player.



**DEFENDING FROM A SERVE: “W” SYSTEM**