

Sticky knowledge

Volleyball is a game for two teams, usually of six players, in which a large ball is hit by hand over a high net, the aim being to score points by making the ball reach the ground on the opponent's side of the court.

Rules of the game

- 1) To start a point, the server can serve from anywhere behind the end line, either overarm or underarm, into the opposing team's side of the court.
- 2) The opposing team is allowed a maximum of three touches on their side of the court before sending the ball back over the net.
- 3) A player is not allowed to touch the ball twice in a row. However, they could hit the ball to block the ball.
- 4) The ball must be hit - not caught.
- 5) In side out scoring, the serving team scores a point when the opponents fail to return the ball over the net, hit the ball out of bounds or commit an infraction.
- 6) Whichever team wins the point then goes on to serve.
- 7) Every time a team wins the serve from the other team, the players rotate their position on court clockwise so that everyone gets a chance to serve.

Key vocabulary

Set shot	A two handed shot that is played above the head.
Dig shot	A shot played when the ball is below the waist, to 'dig' the ball away from the ground. This is done by using your forearms.
Spike shot	An attacking shot played close to the net with a powerful downward motion. The ball should ideally be falling as this shot is played.
Underarm serve	A simple way of starting the game. Standing sideways on, the server should make contact with the ball at waist height with the heel of their palm.
Overarm serve	A more advanced way of starting a game. The server should toss the ball in the air above their head before making contact with ball above head height.
Attacking	Attackers can attack in any part of the court to outwit the defender.
Defending	To gain possession of the ball from the attacking team through an interception.

