Instructions:
1. All answers must be written in complete sentences.
2. Use the study guide to answer the questions.
3. Ensure that all answers are written neatly and all diagrams are drawn neatly (diagrams should be drawn in pencil).
4. If an answer is untidy, or hard to read it may be marked incorrect. (3 marks will be assigned for neatness)

Access Online:
You can access this assignment online at: http://www.pcsmonarch.com/peassignments.cfm
(You will find it under Grade 7/8)

Assignment Assigned: Tuesday September 22, 2009
Assignment Due Date: Wednesday October 21, 2009
HISTORY/ORIGINS (81 MARKS)

1. What country and place did volleyball originate in? (2)
   ________________________________________________________________
   ________________________________________________________________

2. Who developed volleyball, and why? (2)
   ________________________________________________________________
   ________________________________________________________________

3. What year was volleyball developed? (1) ____________________________.

4. Originally it was a mixture of what 4 sports? (4)
   (1) ____________________________
   (2) ____________________________
   (3) ____________________________
   (4) ____________________________

5. Volleyball has not always been called Volleyball. What was its former name? (1)
   ____________________________.

6. How did the game become known as “Volleyball”? (1)
   ________________________________________________________________
   ________________________________________________________________

7. What was originally used for a net, and what was the original height? (2)
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

8. When and where was the first Volleyball game played? (2)
   ________________________________________________________________
   ________________________________________________________________
EQUIPMENT:
9. Draw a labeled diagram of a Volleyball court with its correct dimensions. (You will need to go online to find this). (12)

PLAYERS:
10. How many players are there on court on a team, in a game of Volleyball? (1)

11. Where do the players position themselves on court? What are the names of these positions? (4)
12. What is a libero, how are they different to other players? (2)

________________________________________________________________________

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13. On a diagram show the playing positions of a Volleyball team. (You may need to go online to find this) (6)
THE GAME:

14. How does the game begin? (1) ____________________________________________________________
______________________________________________________________________________________

15. Where does the server need to stand when serving? (1) ______________________________________
______________________________________________________________________________________

16. If a ball hits the net and goes over in play or on serve what would you award? (1) _____________
______________________________________________________________________________________

17. How many contacts are you allowed making before sending the ball over the net? What is the
exception to this rule? (2) ________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

18. What three main hits are used to get the ball over the net? (3) ________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

19. Explain what happens when a team wins the serve? (2) ________________________________
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________
20. Are the players feet allowed to cross the centerline (line under the net)? (1) 

21. A ball that lands on the line is ruled ___________. (1)

22. What restrictions do back row players have in Volleyball? (3)

23. In what circumstances is a ball considered out? (5)

24. Players may not ___________ _____________ or ______________ the ___________. (4)

25. What are two things players are not allowed to do on a serve? (2)

26. What are the 6 ways that you can score a point in Volleyball (6)

(1) ______________________________________________________
(2) ______________________________________________________
(3) ______________________________________________________
(4) ______________________________________________________
(5) ______________________________________________________
(6) ______________________________________________________
27. Explain the Rally Point System (4)

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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

28. Explain the Traditional Point System (Old method) (4)

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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

29. Who's score is always mentioned first in a game of Volleyball? (1)

________________________________________________________________________
VOLLEYBALL TERMS: Match the following terms (26 marks)

A. Fault (Foul) K. Match U. Dink/Tip
B. Held Ball L. Rally/Volley V. Center Line
C. Double-Hit M. Side-Out W. Game
D. Carry (Held ball) N. Serve X. Roof
E. Ace O. Block Y. Floater
F. Approach P. Back-Set Z. Net Foul
G. Spike Q. Set (Overhead Pass)
H. Attacker R. Bump (Forearm Pass)
I. Antenna S. Dig
J. Kill T. Attack Line

30. any violation of the rules of the game
31. a hard-driven shot at the net made by an attacker/hitter
32. when a team loses possession of the ball
33. a front-row player, also known as a hitter
34. a spiked ball that is not returned
35. a skill that begins game play
36. an offensive drop shot
37. a serve that is not returned (no opposing player touches it)
38. a skill that sets up the ball for the attacker/hitter
39. best of three, or best of five games
40. a play that is set to the attacker/hitter behind the setter
41. when the ball is passed back and forth between the two teams any number of times with no faults or points scored.
42. skill most often used to receive a serve
43. a series of 4 quick steps that a hitter takes before spiking the ball
44. an individual defensive strategy; one-armed desperation play to save a hard-driven shot
45. may be called when a player does not contact the ball cleanly
46. an attempt by one or more defensive players to obstruct a spike at the net made by the opposing team.
47. when a player hits the ball twice in a row (with no other player touching it in-between).
48. when a player receives the ball and holds it for a short period of time before sending it aloft over the net or to another player.
49. Vertical rods (red and white) mounted near the edges of the net, directly above the sidelines and are not in play.
50. A line 10 feet (3 meters) from the net which separates front and back row players.
51. Line runs directly under the net and divides the court into 2 equal halves.
52. First team to score 25 points with a 2 point advantage. If they're not at least two points ahead play continues.
53. Ball that when spiked is blocked by a defensive player in such a way that the ball deflects straight to the floor on the attackers side.
54. A serve which doesn't spin or rotate and therefore moves in an erratic path. Similar to a "knuckle ball" pitch in baseball.
55. Term used to indicate a player has touched the net.