

Tender Heart High School Sector 33-B Chd

Class:- IX and X Subject:- Physical Education

Date:- 29-March-22 Page No:- 1

Topic:- Volley-Ball

Teachers Name:- Ms. Kusum Thakur

Good Morning Students.

Students this lesson is of class IX for the subject of Physical Education topic **Introduction of game Volley Ball, Playing Area, Diagram, Explain playing Area, Height of the net, structure of net, Side bands, Antennae, Post, Ball, Uniformity of net and Ball** and which is covered in game Volley Ball and is being submitted to you on 29-March-22.

VOLLEYBALL

1. Knowledge of the game *Introduction*

2. Rules of the Game

Playing Area: Diagram of the Play Area with Measurements and Specification; Diagram of Net, Antenna and Posts with measurements and specifications

Ball: Shape, Material, Weight, Circumference, Air Pressure

✓ Composition of teams

Players equipment and forbidden objects

Team Leaders: Responsibility of Captain, Coach and Assistant coach

Playing Format: To score a point, To win a set, To win the match

Structure of Play: The Toss, Official warm-up session, Team starting line-up, Position and Positional fault, Rotation and Rotation fault.

States of Play: Ball in play, Ball out of play, Ball "In", Ball "Out"

Playing the ball: Team Hits, Characteristics of the hit, Faults in playing the ball, Ball at the net, Ball crossing the net, Ball touching the net, Ball in the net

Player at the net: Reaching beyond the net, Penetration under the net, Contact with the net, Player's faults at the net

Service: First service in a set, Service order, Authorization of the service, Execution of the service, Screening, Faults made during service, Serving faults and Positional faults

Attack hit: Characteristics, Restrictions, Faults

Block: Blocking, Block contact, Blocking within the opponent's space, Block and team hits, Blocking the service, Blocking faults

Interruptions, Delays and Intervals: Interruptions (meaning); Number of regular game.

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Time-outs and Technical time-outs

Exceptional game interruptions: Injury/illness, External interference, Prolonged interruptions

Substitution: Limitation, Exceptional, Expulsion/disqualification, Illegal, Procedure, Improper request

Game delays: Types of delays, Delay sanctions

Intervals and change of court

Libero player: Designation of the Libero, Equipment, Actions involving the libero, Re-designation of a new libero

Participants' conduct: Sportsmanlike conduct, Fair play

Misconduct and its sanctions: Minor misconduct, Misconduct leading to sanction, Sanction scale,

Cards used: Warning (Verbal and Yellow card); Penalty (Red card); Expulsion (Red plus Yellow card jointly); Disqualification (Red plus Yellow card separately)

Referees: Composition, Procedures, Location, Authority and Responsibilities of: First referee, Second referee, Scorer, Assistant scorer, Line judges.

3. Fundamental Skills and Techniques

Service (Underhand, Topspin, Float, Jump serve and Jump float)

Pass (Underarm pass and Overhand pass)

Set (Overhead and Bump)

Attack/spike (Backcourt, Line and cross-court shot, Dip, Block-abuse, Off- speed hit, Quick hit, Slide and Double quick hit)

Block (Single block, Double block and Triple block)

Dig

4. Terminology

Back row attack,

Blocking error

Extension roll,

Overlapping,

Closing the block

Serving zone,

Foot fault,

Reading an opponent,

Cross-court attack

Block assist,

Floater,

Free ball,

Back set,

Ball down,

Defence zone,

Net violation,

Side out,

Two set,

Joust

Carry,

Quick set,

Attack zone,

Trap set,

5. National and International Governing Bodies of Volleyball

VFI-Volleyball Federation of India

FIVB-Federation International De Volleyball

6. National and International tournaments

National tournaments: Indian Volleyball League,

Federation Cup, Poornima Trophy

International Tournaments: World Championship,

World Cup Volleyball, Super Challenge Cup

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Game Characteristics :-

Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.

The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball.

The ball is put in play with a service : hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly.

In Volleyball, the team winning a rally scores a point (Rally Point System) When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

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Introduction:-

Volleyball is one of the most successful and popular competitive and recreational sports in the world. It is fast, it is exciting and action is explosive. Yet Volleyball comprises several crucial overlapping elements whose complimentary interactions render it unique amongst rally games.

Volleyball was invented by a physical director named William Morgan, YMCA, in 1895 in USA. The international Volleyball Association was formed in 1947, with its headquarters in France. Volleyball was introduced in India by the YMCA. The Volleyball Federation of India was formed in 1950. Today, Volleyball is played by men and women, all over the world.

Playing Area:-

It includes the playing court and the free zone. It is a rectangle measuring 18x9 metres. It is surrounded by a free zone which is a minimum of 3m

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wide on all sides.

The free playing space is the space above the playing area which is free from any obstructions. The free playing space shall measure a minimum of 7m in height from the playing surface.

Playing Surface :-

The surface must be flat, horizontal and uniform. It must not present any danger of injury to the players. It is forbidden to play on rough or slippery surfaces.

Lines on the Court :-

All lines are 5cm wide. They must be of a light colour which is different from the colour of the floor and any other lines.

Boundary Lines :-

Two side lines and two end lines mark the playing court. Both side lines and end lines are drawn inside the dimensions of the playing court.

Centre line :-

The axis of the centre line divides the playing court

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into two equal courts measuring $9 \times 9\text{m}$ however the entire width of the lines is considered to belong to both courts equally.

Attack Lines :-

On each court, an attack line, whose rear edge is drawn 3 m back from the axis of the centre line, marks the front zone.

Front Zone :-

On each court the front zone is limited by the axis of the centre line and rear edge of the attack line.

The front zone is considered to extend beyond the side lines to the end of the free zone.

Service Zone :-

The service zone is a 9m wide area behind each end line. It is laterally limited by two short lines, each 15cm long, drawn 20 cm behind the end line as an extension of the side lines. Both short lines are included in the width of the services zone.

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Substitution Zone :-

The substitution zone is limited by the extension of both attack lines up to the scorer's table.

Libero Replacement Zone :-

The libero replacement zone is part of the free zone on the side of the team benches, limited by the extension of the attack line up to the end line.

Warm-up area :-

The warm-up areas, sized approximately 3X3 m, are located in both of the bench-side corners, outside the free zone.

Penalty area :-

A penalty area sized approximately 1X1 m and equipped with two chairs is located in the control area, outside the prolongation of each end line. They may be limited by a 5 cm wide red line.

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Net and Posts :-

Height of the net :-

Placed vertically over the centre line there is a net whose top is set at the height of 2.43 m for men and 2.24 for women.

Its height is measured from the centre of the playing court.

Structure of Net :-

→ The net is 1 m wide and 9.50 to 10 m long, made of 10 cm square black mesh.

→ At its top a horizontal band, 7 cm wide, made of two-fold white canvas is sewn along its full length. Each extreme end of the band has a hole, through which passes a cord, fastening the band to the posts for keeping its top.

→ Within the band, a flexible cable fastens the net to the posts and keeps its top taut.

→ At the bottom of the net there is another horizontal band 5 cm wide, similar to the top band, through which is threaded a rope. This rope fastens the net to the posts and keeps its lower part taut.

Side Bands :-

Two white bands are fastened vertically to the net and placed directly above each side line.

They are 5 cm wide and 1 m long and are considered as part of the net.

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- The top 80 cm of each antenna extends above the net and is marked with 10 cm strips of contrasting colour, preferably red and white.
- The antennae are considered as part of the net and laterally delimit the crossing space.
- Posts :-
- The Post supporting the net are placed at a distance of 0.50 - 1.00 m outside the side lines. They are 2.55 m high and preferably adjustable.
- The Posts are rounded and smooth, fixed to the ground without wires. There shall be no dangerous or obstructing devices.
- All additional equipments is determined by FIVB regulations.

Ball - Standards

The Ball shall be spherical, made of a flexible leather or synthetic leather case with a bladder inside, made of rubber or a similar material.

Its colour may be a uniform light colour or a combination of colours.

Synthetic leather material and colour combinations of balls used in international official competitions should comply with FIVB Standards.

Its circumference is 65-67 cm and its weight is 260-280g. Its inside pressure shall be 0.30 to 0.325 kg/cm².

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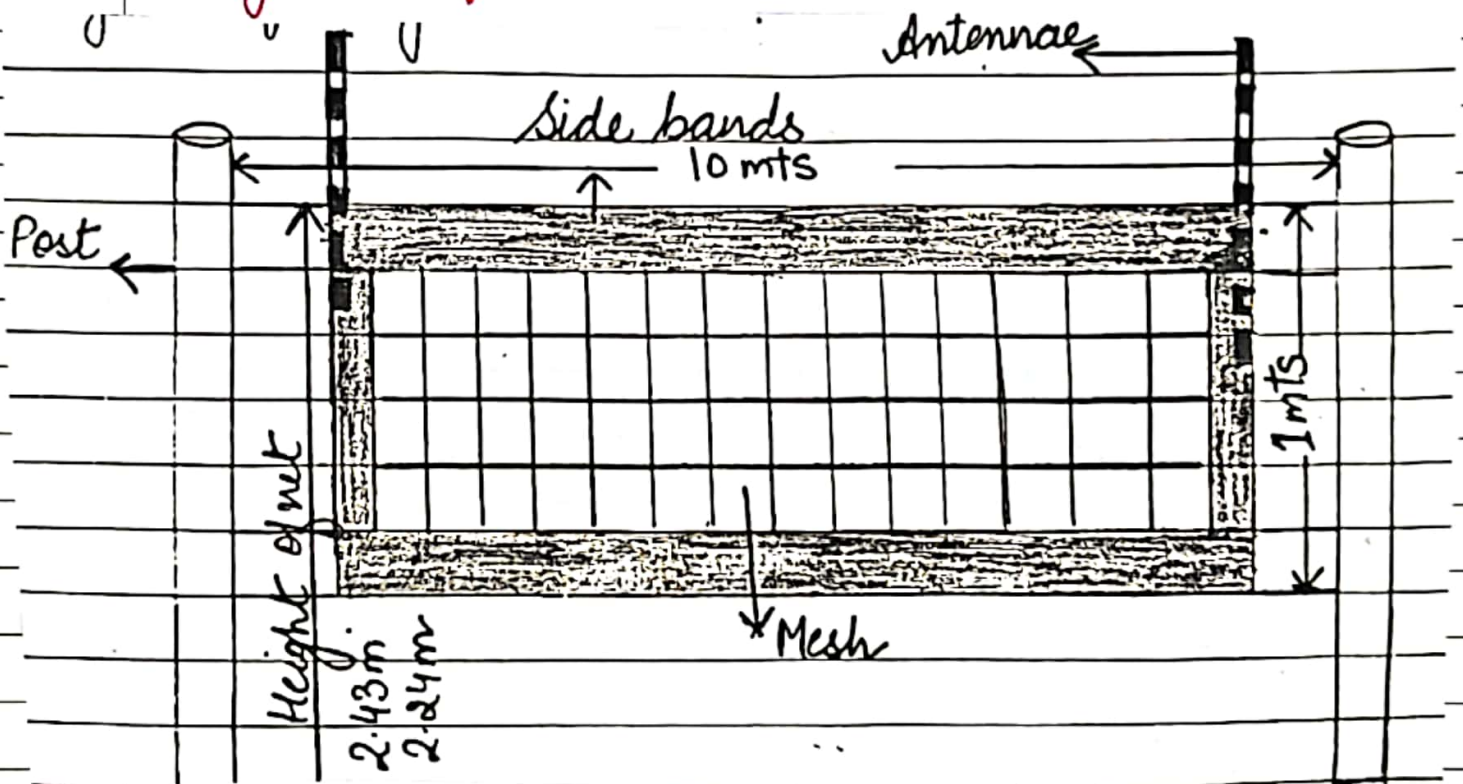
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Diagram of Net :-



Uniformity of Balls :-

All balls used in a match have the same standards regarding circumference, weight, pressure, type, colour, etc.

Hope you all have understood the game **Volley Ball**.
All of you read the topic and understood the game and rules of game **Volley Ball**.