



Sports And Fitness

Volleyball!

Volleyball has become a very popular sport. The game was invented in 1895 by William G. Morgan. He was a teacher at a YMCA in Holyoke, Massachusetts. He combined parts of other sports like tennis, baseball, basketball and handball to create a new game played indoors. Morgan borrowed the net from tennis and raised it six and a half feet above the floor. It was different then compared to what it is today. At first, you could have as many players as you wanted on a team. There were nine innings per game with three outs per inning. There was also no limit on the number of hits of the ball on each side of the court.

Here are the modern rules of today:

- Volleyball is played by two teams of six players on a court divided by a net. Three players are positioned in the front row and three are in the back row.
- The object of the game is to send the ball over the net so that the opposing team cannot return the ball or prevent it from hitting the ground in their court.
- Each team has three hits to attempt to return the ball over the net to the other team.
- The ball is put in play by a serve that is hit by the server over the net to the opponent.

- When the receiving team wins a volley, it gains the right to serve, and the players rotate one position clockwise.
- When the serving team wins a volley, it wins a point and the right to continue serving.
- The player who rotates into the back-right position will serve the ball. That player must stand behind the serving line when serving the ball. The server

can use their hand or arm to hit the ball. The ball must go over the net and fall within the boundary lines on the opposing team's side. If the serving team wins the point, then the same player will continue to serve the ball.

- A game is played to 21 points or some other agreed upon number. The team that wins the best two out of three games wins the match.



Terms and Lingo

- Ace** - When the ball is served to the other team and no one touches it.
- Sideout** - When the team that served the ball makes a mistake, causing the ball to go to the other team.
- Roof** - When a player jumps above the height of the net and blocks the ball.
- Dig** - When a player makes a save from a very difficult spike.
- Kill** - When a team spikes the ball and it ends in either a point or a sideout.

Volleyball is a fun sport that is easy to learn and can be played in a gym, at the beach, or on grass. Playing volleyball will help improve your cardio, flexibility, balance and coordination. It is also a great sport to learn about teamwork. Most schools have a volleyball team or you can also find leagues for kids at your local community center.

