

VOLLEYBALL KNOWLEDGE ORGANISER

VOCABULARY	DEFINITION
Technique	A technique is the way of performing a skill.
Overhead	An overhead pass is a ball handling skill used to direct the ball to the target by contacting the ball with both hands.
accuracy	Free from mistake or error.
striking	Forcefully hitting the ball towards the floor of your opponent's side of the net.
underarm	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	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.
possession	When a team has the ball they are in possession.
tactics	An action or strategy carefully planned to achieve a specific end.
attacking	Any ball that is sent over the net to the opponent. An attack is an offensive action of hitting the ball, or attempting to terminate play by hitting the ball to the floor on the opponent's side.
defending	A group of players preventing their opponents from scoring.
Evaluate	The strengths and areas to improve in something.
effectiveness	The degree in which something is successful.
opponent	Someone who you try to defeat in a competition or game.
set	An overhead contact of the ball, usually the second contact in a rally.
volley	A return of the ball before it touches the ground.
serve	An action to put the ball into play.

Uses running, jumping throwing and catching in isolation and in combination
 Demonstrates accuracy and technique in a range of jumping actions
 Passes and catches under pressure with consistent accuracy
 Catches and returns a ball from different heights and speeds mostly accuracy
 Adapts their techniques to different challenges/equipment
 Suggests how they can replicate a movement/technique with more accuracy/control

Leads own warm up
 Identifies the parts of the body some exercises affect
 Lists equipment they need, explaining safety considerations of its use
 Identifies potential hazards, risks and dangers
 Demonstrates perseverance
 Responds to more complex challenges in new environments
 Improves and sustains running technique at different speeds
 Undertakes directed physical activity for 20 minutes
 Initiates physical activity for 20 minutes

The ready position

The stance a player takes to get ready to move. Feet shoulder width apart, knees bent.



The set and volley

Hands are open, in the shape of the ball. Index fingers and thumbs form a triangle. The ball is cushioned by bending the elbows then pushing the ball straight back, extending the arms.



The dig

Place one hand on top of the other and close your grip bringing your thumbs and forearms together. Knees bent and shoulder width apart. Make contact with the ball using the forearms just above the wrists and drive up.



The underarm serve

Hold the ball in your non dominant hand slightly in front of your body at waist height. The ball can be hit with either a closed fist or open hand using the heel of the hand. Toss the ball up slightly. Swing your arm to hit under the ball. Use a straight arm.



Underarm serve passing

Bend your knees and swing through the ball with a straight arm. Finish with your arm pointing in the direction you want the ball to go. Make this harder by increasing the distance pupils serve over



The rules for volleyball.

A rally is won when:

- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- A player makes contact with the net.
- The returned ball lands outside the court boundaries.