

Hello!

Here comes another team game – volleyball.

Maybe this is the sport made for you? 😊

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Volleyball (picture of a volleyball)

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What is volleyball about?

Volleyball – actually called "ball net" in Polish (although both terms are correct), is a team sport where 2 teams of 6 players each participate.

The task of the players is to hit the ball (with any part of the body – usually with the hands) so that it falls into the opponent's court.

The team that wins 3 sets first is the winner.

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What is a set?

A set is a part of a volleyball match consisting of 25 points. The team that first scores 25 points wins the set. At a score of 24-24, players play until they achieve a 2-point lead.

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Rules of the game

Volleyball involves hitting the ball with any part of the body (most often hands) so that it flies over the net and touches the opponent's court. Each team can make 3 hits – reception, setting, and attack (any subsequent hits are errors).

Points are scored in several ways:

1. When the ball is placed in the opponent's court and does not cross the boundary lines of the court.
2. When the opponent makes a mistake, e.g., places the ball outside the boundary lines of the court.
3. When a player or the entire opposing team is penalized with an official warning (yellow or red card).

The game continues until one team wins 3 sets – each set is played to 25 points. In case of a tie (both teams winning 2 sets each), a tiebreaker is played.

In the fifth set, also known as the deciding set, victory goes to the team that first scores 15 points or 2 points more in the case of a play to achieve an advantage. The rules of the game are established by the International Volleyball Federation (FIVB).

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How much time do I have to play 1 set?

Unlike most team games, game time is not limited.

The match continues until one team wins 3 sets.

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Fun fact!

The longest volleyball match lasted over 90 hours!!! It was played in 2012 in Poland!

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Serve (picture of a player serving the ball overhead).

The serve (or service) is the act of putting the ball into play. The serve is performed from behind the end line of the court in the service zone either underhand or overhand.

The ball may touch the net on a serve, provided it crosses to the opponent's side.

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Did you know?

A player has 8 seconds to serve the ball from the referee's whistle.

Slide 10 Ball (picture of several volleyballs)

A volleyball has a circumference of 65-67 cm, a weight of 260-280 g, and is size 5. It is made of soft natural or synthetic leather, either single-colored or multi-colored.

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A bit of history (slides in order)

- The creator of the rules of volleyball was William G. Morgan – a physical education teacher from the USA.
- The first volleyball match was played in 1895.
- In 1947, the International Volleyball Federation (FIVB) was established.

- In 1949, the first Men's World Championship was organized, and in 1952 the Women's World Championship.
- Volleyball was included in the Olympic Games program (both men and women) in 1964 (Tokyo).

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Volleyball in Poland (picture of a ball with the Polish flag)

- The first exhibition match in Poland took place in 1919.
- In 1929, the first Polish Championships were held in Warsaw – in the women's competition AZS Warszawa won, and among men, YMCA Łódź.
- The Polish Volleyball Federation (PZPS) was founded in 1957.

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Polish successes (picture of a trophy)

Undoubtedly, the greatest success of the Poles was the gold medal at the Olympic Games won in 1976 in Montreal.

Poles are also 3-time World Champions from 1974, 2014, and 2018.

In 2009, we won the gold medal at the European Championship.

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Is volleyball the sport for me? (picture of a pondering face)

Volleyball is a very attractive sport – it can be fun and surprising because you never know what will happen on the court. Actions follow one another, and every player must be ready to take part in them.

In volleyball, the ability to work as a team is very important – individualism is not highly regarded here.

Volleyball is a fitness sport where important elements include speed, agility, and reaction time. During the game, players must receive, attack, block, and defend the ball. This requires quick movement on the court – often from one end to the other.

Each volleyball position engaged during the match involves different muscles – this way, we can develop practically all the muscles of the entire body.

Volleyball is therefore a very attractive sport, but it belongs to the group of sports with a high risk of injuries. The most common injuries are ankle sprains, knee joint injuries, or ligament tears.

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Therefore, remember – a good warm-up is essential!

At the beginning of the warm-up, it's worth jogging a bit. A few laps around the court should suffice. Then, while running, start performing circles with your wrists, elbows, and arms in different directions. Now add light jumps to the jog, jumps up, jumps from one leg to the other, and side jumps to the right and left. Don't forget to do crossovers. When you start feeling warmer, begin running at varying intensities and add skips (skip A - high knees towards the chest, skip B - high knees with an additional forward push of the lower leg, skip C - heels to the buttocks, skip D - jog with straight legs). After this part, it's worth stretching. Remember to do it thoroughly and for the entire body. Starting from the neck, and ending with the feet, perform circles, bends, lunges, and limb pulls in opposite directions. It's important to breathe evenly.

Now you can move on to ball exercises.

Perform ball tosses from below, above, behind the head, and from the side. You can do this while jogging or add jumps. This part of the warm-up is more convenient to do in pairs, but you can also do it alone. And now move on to serves.

Task: Perform several underhand and overhand serves.

1. Underhand serve - hold the ball in one hand, while the other hand swings from back to front and hits the ball with the hand shaped like a "boat."
2. Overhand serve - standing facing the court, hold the ball in one hand, and bend the attacking hand at the elbow and raise it behind the head. Then toss the ball and hit it with the attacking hand. You can do this with a jump up.

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Beach volleyball (picture of a beach volleyball match)

Beach volleyball is a very interesting variation of volleyball (played in the Olympic Games since 1996). Matches take place outdoors, on sand, which in itself can be an attraction for you – if you get bored, you can build a sandcastle. ;)

In this variation, we usually play 2 on 2.

Slide 20 Amateur or professional?

As you can probably guess, training for volleyball is not an easy task. While you can play it for fun as an amateur, to play this sport at a professional level requires a lot of effort. Professional players train practically every day for several hours. During training, they include both volleyball elements and strengthening exercises in the gym or endurance training.

At your age, you can join a club where training usually takes place a few times a week at first. Training typically includes all important general development and technical elements.

In summary, volleyball is for people who are dynamic and react quickly to changing situations. It is a sport for those who feel good in a team.

Do you belong to such people?

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Fun facts

- On average, a volleyball player jumps 300 times in a match.
- The first specially designed volleyball was created in 1900.
- Volleyball is the second most popular sport in the world, second only to soccer.
- Initially, volleyball was called Mintonette.

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Knowledge test:

1. How many players from one team are on the court during a volleyball match?
2. How many sets does a team need to win a match and how many points does a set consist of?
3. Which body parts can be used to hit the ball in volleyball?
4. What is the time limit to play a volleyball match?
5. What is a serve?
6. In which country was volleyball created and who was its inventor?
7. Name 2 major successes of Poles in volleyball.
8. What does the acronym FIVB stand for?
9. What color is a volleyball?
10. List 3 benefits of playing volleyball.

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Task

Think about whether volleyball is a sport you would like to play.

Justify your answer in 7 sentences.