

6th Grade Volleyball Review Sheet

The following materials will help you study for the test:

1. P.E. Review Sheet
2. Volleyball Study Guide available on the OOJH Website (go to Physical Education→Study Guides)
3. Instruction given in class

Concepts and Questions to Know:

1. BUMPS, SETS, AND OTHER HITS

- ✓ Be able to identify the following techniques and form using visuals:
a. Bump b. Set c. Dig d. Underhand Serve e. Ready Position
- ✓ Describe the components of a proper Bump and a proper Set. Also, know what would be considered an illegal hit.
- ✓ How many hits is a team allowed before the ball **MUST** go over?
- ✓ Generally, on which numbered hit would a bump or set be used?
- ✓ What can a team do if they have hit a ball to the ceiling and it comes straight down on their side and it was their first hit? What if it was their third hit?
- ✓ What happens if a team has hit the ball to the ceiling and it comes down on their opponent's side?

2. SERVING, ROTATION AND SCORING

- ✓ Understand the overall concept of serving (i.e. which position serves, where on the court the player serve, what is the proper positioning for an underhand serve, etc.)
- ✓ Describe rally scoring. Is it possible for either the *Serving Team* or *Receiving Team* to score each time?
- ✓ The score should be called out each serve. Who should call out the score and how should the score be stated?
- ✓ Be able to identify the boundary lines and know when a ball is *In-Bounds* or *Out-of-Bounds*.
- ✓ When should a team rotate? Which direction should the rotation move?