

7th 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

1. Bumping, Setting, and other Hits

- Know the proper components of a legal Bump and a Set. This should include positioning of upper body (arms and hands) and lower body (feet and knees).
- The object is to bump or set the volleyball above the net; what must you do when hitting the volleyball to help make this happen?
- Be able to identify some illegal hits in the game of Volleyball
- Be able to identify other types of legal hits that ARE NOT a bump or a set

2. Scoring

- What is rally scoring?
- Know the different ways that a point can be awarded and which team would receive that point.
Two examples: a team legally hits the ball over and it lands out-of bounds OR the ball hits the ceiling and lands on the opponent's side of the court
- Be able to identify what is a dead ball or when a volley is legal and play would continue on

3. Serving, Rotation and Boundary Lines

- Be able to explain the proper positioning of both an Underhand Serve and an Overhand Serve; (i.e. Where should my feet be positioned? When and where do I release the ball? How should I hit the ball?)
- What is the direction that a team should rotate? Which position is considered the server?
- Know where the proper boundary lines are and when a ball is In-Bounds or Out-of-Bounds

4. Team Work and Team Strategy

- Why is it important for a teammate to communicate?
- Be able to describe two situations where a player needs to communicate. What would they do or say?
- What is the "W" Formation? What does this allow a receiving to do?
- What are situations when a replay may occur?