

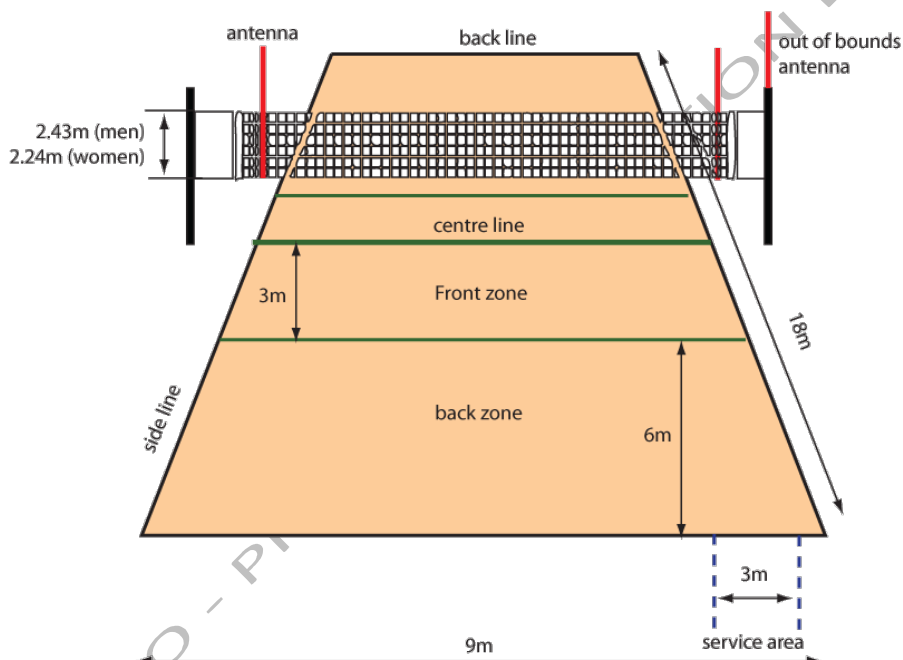
THEORY OF THE THIRD TERM. PHYSICAL EDUCATION: 2nd E.S.O.

5. – THE VOLLEYBALL

It is an Olympic sport in which they face 2 teams formed by 6 players each. The main objective of the game is to get the ball touches the opposing team court or to send the ball out.

5.1. – THE COURT

It is played in an 18x9 metres rectangle, divided by a centre line. In each half of the court, there is a line 3 metres apart from the net, which delimits the area from which players who play in the back can smash the ball. Around the court must be at least one obstacle free zone of 3m. If it is played in an enclosed space, the roof must be at least 7metres of the floor.



5.2. – THE NET

It measures 9.5 metres in length and 1 metres in width. It is black with a white upper band of about 5 cm to make it more visible. Its height depends on the different categories. In male professional competition, the net is placed at 2.43m and in women's at 2.24m. On the sides of the net, there are antennas that limit the passage of the ball on the sides.

5.3. – THE BALL

It can be made of different materials: leather (cuero), rubber (caucho), foam (espuma). It weighs about 270 grammes and has a diameter about 66 cm.



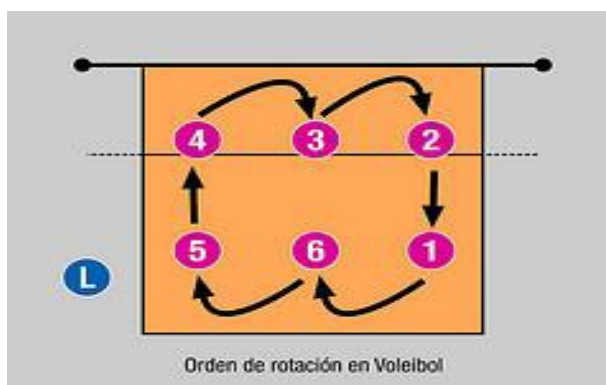
5.4. – THE REFEREES

In official matches, there is the main referee, placed in a high chair in the middle of the court close to the net. There is another referee placed in front of the previous one. In addition, there are 4 line judges and one scorer.



5.5. – THE TEAM

A volleyball team consists of 12 players, of whom only 6 remain simultaneously on the court. The positions are listed from 1 to 6, starting with the closest to the bottom right, counterclockwise. This organisation is modified when a team recovers the service and the players rotate clockwise.

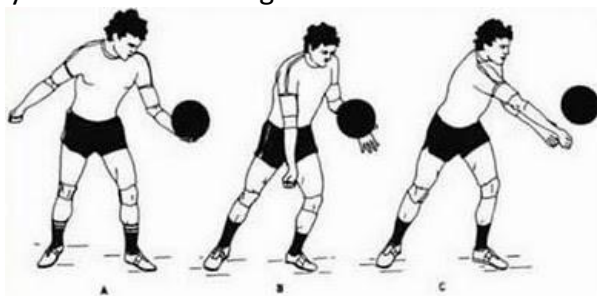


5.6. – MAIN TECHNICAL ASPECTS

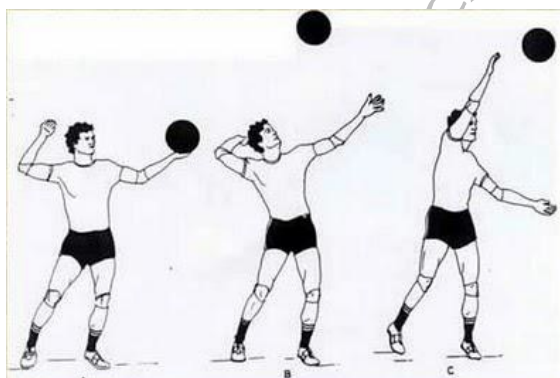
We can differentiate between offensive and defensive techniques. In the offensive we will highlight the following aspects:

- **The service:** In volleyball, there are many types of service, the most used are:

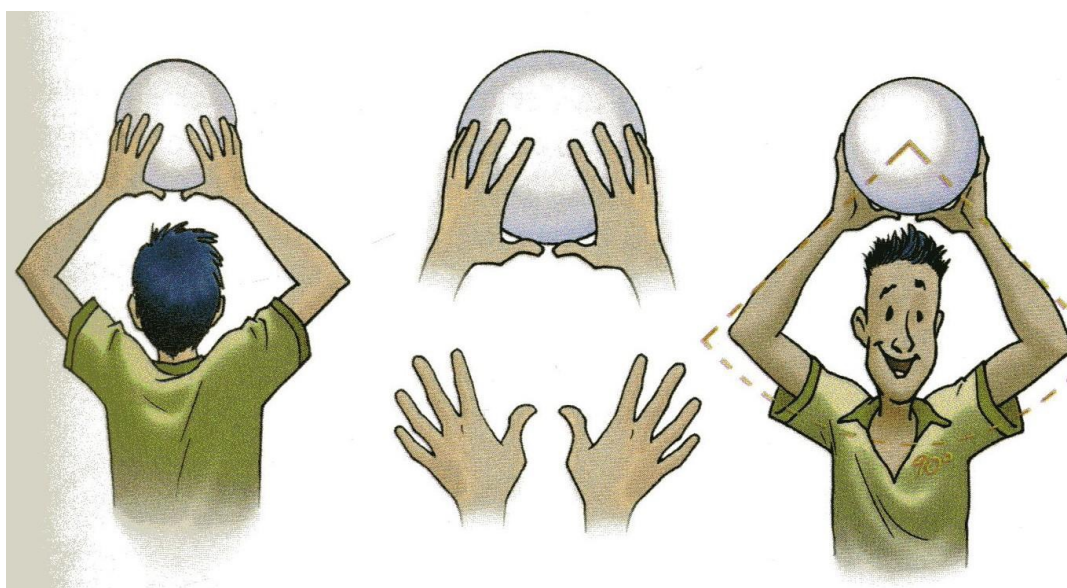
- **Low hand:** The ball is caught with the left hand (if the player is right-handed) at the level of the hips and then it is dropped. Immediately it is hit with the right hand.



- **Tennis:** The ball is held with the left hand and is thrown into the air. When it is above the head, is hit with the right hand that makes a movement from back to front.



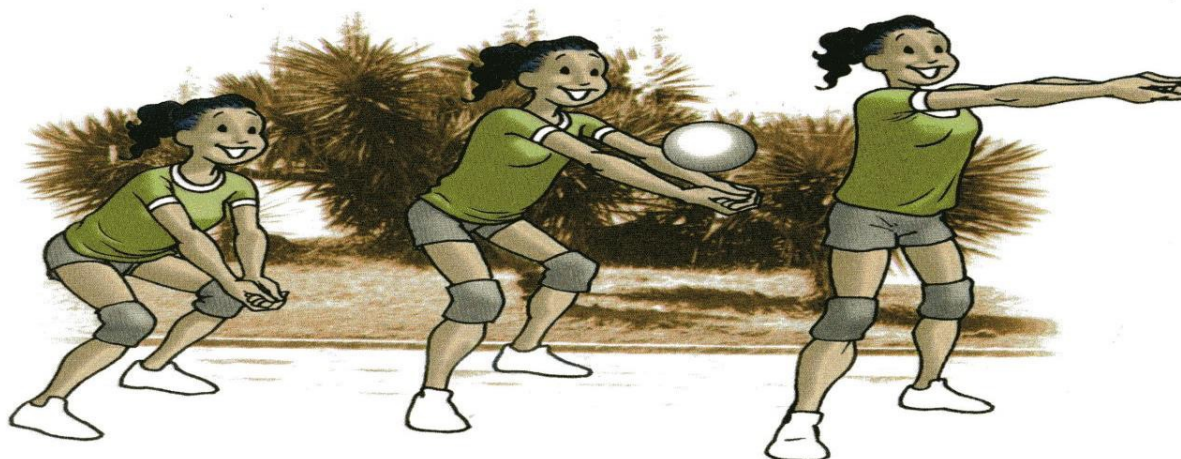
- **The overhead pass** or touch of fingers: This skill is used to build the attack and place the ball in a good position for the smash. The legs are bent, as well as the arms, and the hands are placed open forming a sort of triangle between the index fingers and thumb of both hands that must be placed just above the forehead. When the ball arrives, the movement is completed by stretching the arms and bending the wrists.



- **The smash:** It is the culmination of the attack when this one has been able to develop the complete form. It is about making a powerful jump with two small approaching steps to arm the attacking arm and make a strong ball hit when it is placed over our head.

In the defensive aspect we can highlight the following aspects:

- **The forearm pass** or hand touch low: the legs are bent, the two arms stretched in front of the trunk and joined together by the hands. The trunk is slightly inclined forward. The touch consists of cushioning (amortiguar) and directing the ball from the service, smash of the opposing team or any defective pass from one of our teammates. The ball must be struck with the forearms.



- **The blocking:** It consists of making a powerful jump and placing the arms fully stretched and hands completely open in the direction in which we believe that the smash of the opposing team is going to be directed, to try to intercept the ball and that it falls in the opposite court.

- **The falls:** These are actions in which the player is forced to jump to the ground and place the hand fully stretched under the ball to be able to lift it up.

5.7. – MAIN RULES

Let's highlight the most important rules:

- A maximum of 3 touches is allowed to get the ball to the opposing field. Striking the ball must be clear and clean, with one or two hands, without accompanying it.
- You cannot touch the ball twice in a row by the same player. Unless the ball has been blocked and falls to the same player.
- If any player touches the net with any part of the body, it is a point for the opposing team.
- During the course of the game the ball can touch the net, and in the service can also touch the net, as long as the ball passes to the other court the ball will continue to play.

- **The match:** It is disputed to the best of 5 sets (the team that obtains 3, wins). In each set, you have to make 25 points with a difference of 2, but it is still played until one team wins by 2. If you reach the 5th set, this is played at 15 points, with 2 of advantage.

- **Rotation:** It is a very important aspect in volleyball. Each half of the court is divided into 6 parts and in every part, there must be one player at the start of the play and players who play back cannot exceed the back row to complete. When you take out the opposing team and get a point, we recover the service and the rotation takes place in the clockwise direction. In this way, all the players go through all the positions. Changes can be made whenever the game is stopped.