Volleyball Test

Complete each question using a complete sentence.

1. Who introduced the game of volleyball in 1895 while teaching at the YMCA?

William Morgan introduced the game of volleyball in 1895.

1. Volleyball was created to have less physical contact than what sport?

Volleyball was created to have less physical contact than basketball.

1. What does rally scoring mean?

Rally scoring means a point is scored each time the ball is served.

1. How many players are allowed on the court at a time for one team?

Six players for each team are allowed on the court at a time for a total of 12 players.

1. How many hits is a team allowed to get the ball over the net?

A team is allowed three hits to get the ball over the net.

1. The game is played to how many points, and you must win by at least how many points?

The game is played until one team reaches 25 and is ahead by at least 2.

1. What is a sideout?

A sideout is when the service team loses possession of the ball.

1. A save from a very difficult spike is called what?

A save from a very difficult spike is called a dig.

1. What are 4 cues to the forearm pass?
2. Feet shoulder width or wider.
3. Hands together with thumbs aligned and wrists to the floor.
4. Form platform with elbows extended and close together.
5. Contact ball low, near waist level, midline of body whenever possible.
6. Push ball to target.
7. What are 4 cues to the overhand serve?
8. Hold ball in non-dominant hand, hitting hand held high.
9. Foot opposite hitting hand forward and knees bent.
10. Toss ball above head, in front and consistent.
11. Step forward, transferring weight from rear to front foot.
12. Contact with open palm.
13. Draw a volleyball court and label all the lines and positions for one team.