

Physical Education Textbook (PE 002)

Badminton

Football

Volleyball

Faculty of Prince Sultan University

Department of Physical Education, Health and Recreation

Riyadh – Kingdom of Saudi Arabia

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Orientation Manual on Physical Education – 02

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Introduction

The Orientation Manual on Physical Education – 02 is the continuation of the Orientation Manual on Physical Education – 01, under the same model and concept. However, in this second part covers three different sports: Badminton, Football and Volleyball.

Similar to the topics covered in the Orientation Manual – 01 (Basketball, Swimming and Table Tennis) students are expected to know the history of sport, the basic skills and techniques that each student should acquire, and the application of the rules of the game during class competitions. The authors have also included study questions and suggested websites for students to refer to with to enhancing their knowledge about the sport.

This manual is especially prepared for students in Physical Education classes in high School and University levels since the theoretical and practical aspects of the sport are closely integrated. The topics are direct and simple to understand. Illustrations are also provided together with short explanations for easy reading and comprehension. In addition, students will also find the manual particularly useful in reviewing important concepts for a scheduled assessment since a set of review questions are prepared for this purpose.

Both manual (01 and 02) will serve as good reference materials for university students taking physical education. The authors hope that students will benefit from reading the material and apply the rules of the game during class competitions and intramural events. We also hope that students will be more encouraged to participate in physical activities for recreational and health benefits.

Chapter I

BADMINTON

Alex Soligam

In this chapter the readers will be able to find information and better understand:

- The nature of the game and its concepts: the history, the game, strokes and basic tactics.
- The badminton facilities and equipment, basic rules, terminology and etiquette of badminton.
- The proper mechanics of grip, ready position, forehand, backhand, and serve.

I. Introduction

This Manual “Fundamentals in Badminton” is necessary and timely because badminton has gain popularity among students since I introduced it on 2002. Badminton is one of the sports where Saudi youths can excel and eventually world class. It doesn't need to be 6 feet tall or having a muscular body to learn the fundamentals of the game. Badminton can also be a family sport where every member of the family can play together. This game also teaches discipline, perseverance, spirit of teamwork and sportsmanship. When learning badminton, it is very important to acquire from the beginning the proper techniques of the game. One has to learn the fundamentals of proper grip, service, strokes and correct footwork necessary to become a good player. Once a player acquires the wrong habit and technique, it is very difficult to change! I hope the badminton students as well as badminton fanatics will use this manual to learn more about the game.

Historical Development of Badminton

The city Badminton in the Gloucestershire in England is the birthplace of badminton. (Retrieved from athletic-scholarships.net).

Year	Badminton Development
1887	The first badminton club in the world was already founded, named Bath Badminton club, and first rules for the game were composed.
1893	Badminton Association of England was founded.
1899	The first British Championships and All England Championships,

	was played in London.
1902	The first German Badminton Club, Der Bad Homburg Badminton Club was officially organized.
1903	First International Dual between England and Ireland occurred. The Badminton Association of Scotland was founded in 1907 .
1934	Badminton Associations of England, Denmark, France, Ireland, Canada, Netherlands, New Zealand, Scotland and Wales founded International Badminton Federation (IBF). It's first president became Sir George Thomas Bart.
1948/49	World Men's Team Championship - Thomas Cup (The International Badminton Championship Cup) In honor of Sir George Thomas Bart. It was organized in Germany for the first time. It is played every 3 years (5 single and 4 double games)
1956/57	First women's team world cup, Uber Cup (The Ladies International Badminton Challenge Cup) took place for the first time. It is also played every 3 years (3 single and 4 double games).
1977	Every two years World Championships are organized.
1992	Badminton was became an official medal sport in Barcelona Olympic Games in Spain.
1997	Badminton Federation of Saudi Arabia was formed in the Eastern Province.*

*The author found no historical data on how Badminton was introduced in Saudi Arabia.

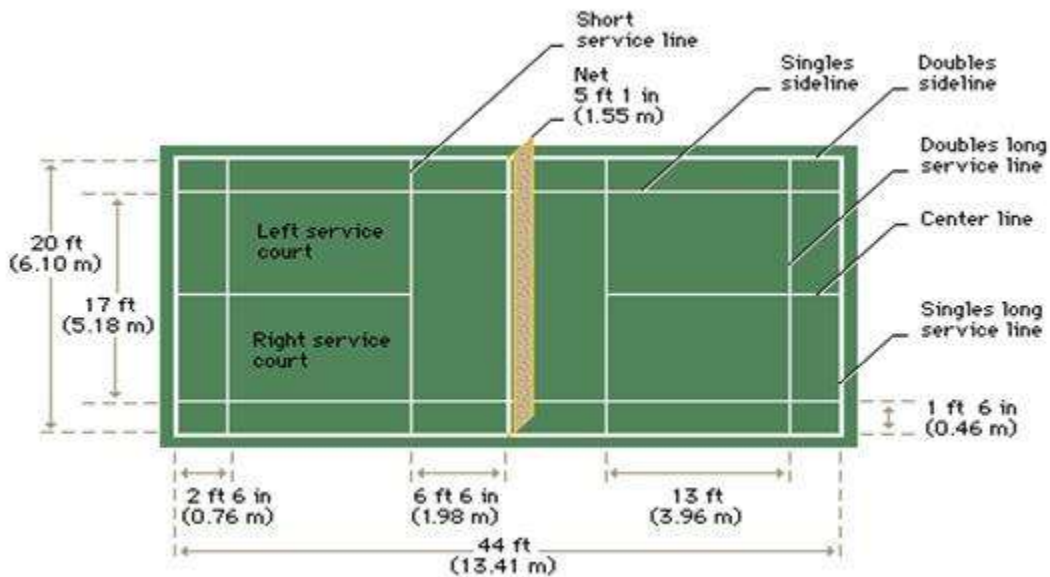
Facilities and Equipments:

A. Racket- made of carbon and titanium materials.

B. Shuttlecock- also called shuttle, bird or birdie. The feather shuttlecock is made of 14-16 goose feathers and basically uses for indoor tournaments. Another type is the nylon shuttlecock and basically used for outdoor games. Shuttles are also called birds.



C. Net- should be 5 feet from the floor to the top of the net at center court. The net should be 5'1" at the posts.

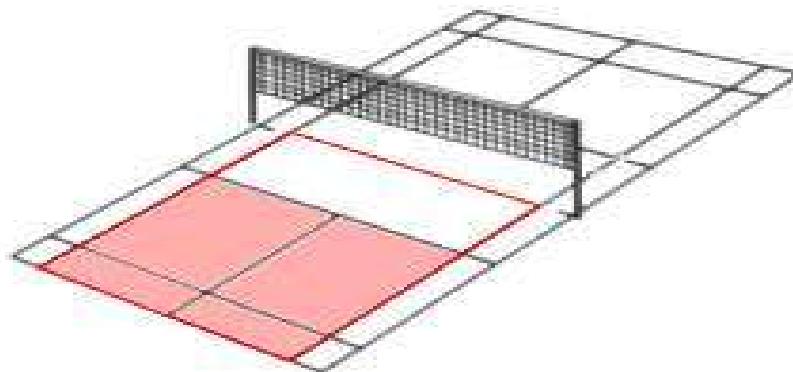


The Badminton Court :(Retrieved from www.worldbadmintonfed.com)

Serving court

Singles

- Long (back to the base line)



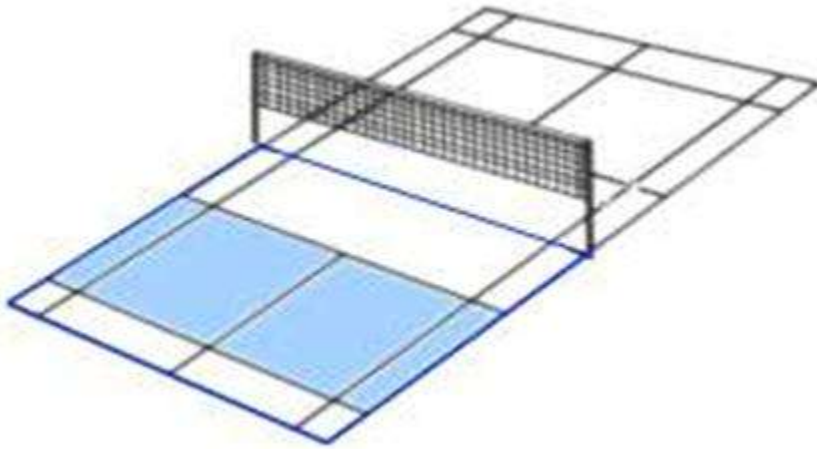
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rst sideline)

Doubles

- Short (Long Service line – 1st base line)
- Wide (Second Sideline)



II. Fundamental Skills in Badminton

The "**grip**" in badminton is the method of holding the racquet when playing. In badminton, the shuttle may be played back to you at varying speeds, heights, angles etc. These factors will cause the racquet handling (grips) to change.

For this level of instruction, we will look at 2 basic grips; the **forehand** and the **backhand**.

The Standard Forehand Grip



The forehand grip is adopted by literally "shaking hands" with the handle of your racquet. The index or the pointer finger rests on the flat side of the racket grip. It acts as the controller of where you want to aim or target the shuttlecock. At impact, the pointing finger pushes (Oreta & Malixi, 2006).

* Notice how the forefinger is separate from the other three fingers –it is pressed against the flat side of the grip near the top.

The Standard Backhand Grip



The backhand grip is adopted by placing the thumb of your racquet hand on the widest part of the handle (the flat side of the handle) and holding it as you would a frying pan. The correct backhand leads to powerful wrist action (Oreta & Malixi, 2006).

*Note that wherever the racket frame is facing, that's where the shuttle go.

Waiting Stance- Pictures showing the proper waiting stance



The stance consists of the racket in front of the chest area ready to hit high and low shots. Knees slightly bent, ready to spring up and right foot slightly ahead of left foot, feet cocked(that is, heel slightly raised) ready to spring.

The Service - there are two kinds of service - the **forehand** and the **backhand** serve.

The backhand serve- Make sure you're holding the racket with the standard backhand grip. Be sure to return to the regular after serving. Weight in front of foot. Hold the shuttle an arms length in front of you. Press the shuttle to the face of the racket.



Backhand Serve.

The Forehand long Service-Use this badminton serve during singles play to move your opponent as **far back in court** as possible, thus opening up his court. Be more cautious if you use this serve during doubles. Opponents with strong attacking abilities will work this serve to your disadvantage.

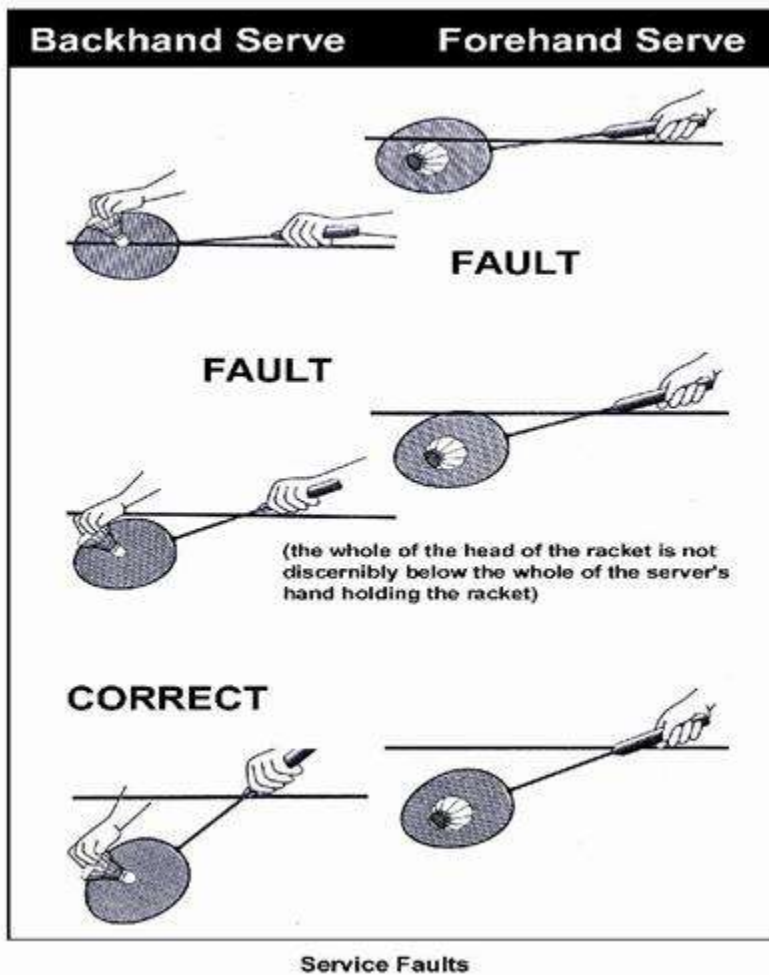


Forehand Long Service (Front View and Side view)

Things to remember while serving.

- It is stated in the Badminton Rules that both you and your opponent shall not cause undue delays in delivering the service once respective positions have been taken up.
- You and your opponent shall stand within diagonally opposite service courts without touching the boundary lines of these service courts.
- Your racket shall initially hit the base of the shuttle. The whole shuttle shall be below your waist as you hit it with the racket.
- The shaft or your racket at the instant of hitting the shuttle shall be pointing in a downward direction to such an extent that the whole of the head of the racket is discernibly below the whole of your hand holding the racket.

The diagram below illustrates this point clearly.



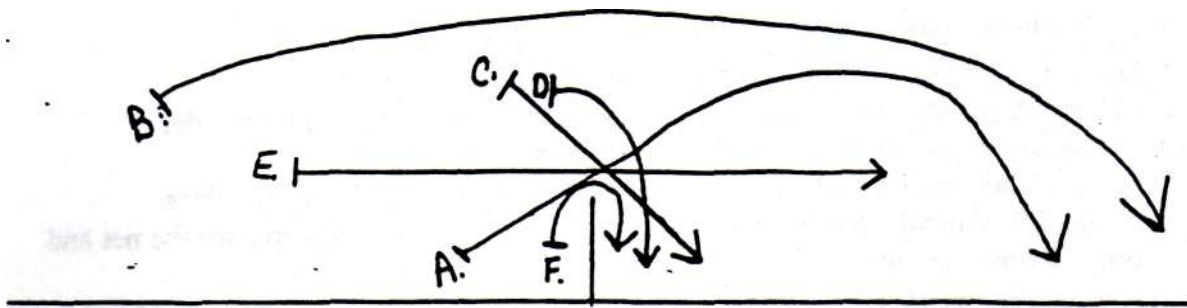
Two Basic Foundation of Badminton Strokes.

1. The High forehand
2. The High Backhand

Other type of Badminton Strokes

- A. **Underhand clear:** Used to return a low bird.
- B. **Overhead clear:** Most frequently used stroke; bird travels high and deep.
- C. **Smash:** A return that sends the bird in a sharp, direct line to the floor. It can be used to play a high, short return.
- D. **Overhead drop:** Used to return a high short return. The bird drops directly to the floor about 6 inches from the net. This is effective when the opponent is in the back court or as a change of pace from the smash or clear.
- E. **Forehand and backhand drives:** A fast, level return played to the racket and non-racket side respectively.
- F. **Hairpin net flight:** An underhand return of a bird close to the net that travels up and over the net and drops to the floor.

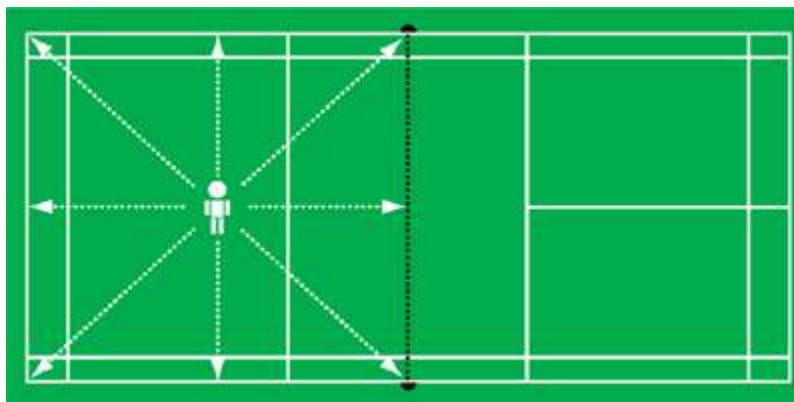
Stroke chart showing angle of racket and the path of flight



The badminton footwork

- Badminton Footwork is the most fundamental skill that you need to possess in order to become a successful Badminton player.
- Your opponent will most certainly try to play every shot away from you and the only way to reach the shuttle is to have a good footwork.

Below is a diagram showing you the direction and area that you have to cover during singles play.



Footwork Tips

- Good badminton footwork is simply having the ability to reach the shuttle early while on balance. You can skip, shuffle, bounce, glide, chasse step or lunge on court.
- Bent your knees slightly with your feet shoulder width apart.
- Stay on the balls of your feet and hold your racket up in front of your body.
- This is the ready position you shall assume in the centre of the mid-court area.

Always remember; always hustle back at the center after hitting the shuttle!

III. Basic Rules in Badminton

Beginning Play:

Before play, opposite teams shall "**toss**", and the side winning the toss shall have the option of:

- Serving first or receiving serve
- Choosing which side of the court to start on
- The side losing the toss has the choice of the remaining alternatives
- Toss is decided by one of the following:
 - Flip of a coin
 - Volley
 - Spin of racket
 - Drop of bird

The Team that wins the game will serve first in the next game

Scoring:

- Games are played to 21 points
- A match consists of the best of 3 games
- Every time there is a serve, a point is scored
- The side winning each rally receives a point
- At 20 all, the side which gains a 2 point lead first, wins that game
- At 29 all, the side scoring the 30th point, wins that game

Singles Play:

- Singles **servicing court** and **playing court** are both long and narrow
- Serve from the right side when the server's score is "even" and from the left side when their score is "odd"
- All serves must be diagonal
- Both players change service courts after a point is scored

Doubles Play:

- Doubles **servicing court** is short and wide
- Doubles **playing court** changes to long and wide following the serve
- Each time the serving team scores a point, the same server serves the next serve from the other side of their court
- No player ever receives two consecutive serves
- The serving team **only** changes service courts after scoring a point
- A receiving team **never** changes courts
- When the receiving team wins the rally their server is determined by whether their score is "even" (right side serves) or "odd" (left side serves)
- Only the player served to may receive the service

Faults: (denotes an infraction of the rules resulting in a point for the other team)

- During the Serve it is a "fault" if:
- Shuttle is struck higher than the waist.
- Head of the racket is not below server's hand holding the racket.
- Shuttle falls into the wrong service court or out of bounds.
- Shuttle falls before the short serve line.
- Server's feet are not in the correct service court.
- Receiver of serve does not have both feet in the correct service court.
- Server steps forward when serving.
- Receiver moves prior to the serve.
- Server intentionally balks, fakes, or feints.
- Part of both feet must remain in contact with the court in a stationary. Position until the service is made.
- Shuttle passes through, under, or gets caught on or over the net on the. Serve.
- Server attempts to serve and misses the bird completely.

During Regular Play it is a "fault" if:

- Player reaches over net to play the bird (**follow through over the net after contact is legal**).
- Player hits the bird twice in one motion or momentarily holds or throws the bird.
- Player fails to return the bird to the opponent's court.
- Player obstructs or hinders opponent.
- Player deliberately delays the game.
- Player touches the net with racket, body, or clothes.
- In doubles the receiver's partner returns the serve.
- Shuttle passes through or under the net.
- Shuttle touches the ceiling or walls.
- Shuttle touches a person or their clothes.

Let: (permitting the serve to be taken over or to replay a point)

- Server serves before receiver is ready.
- Shuttle breaks during play.
- Shuttle gets caught on top of the net or in the net after having gone over (except on the serve)
- A "let" or replay will be given for any "accidental hindrances".
- Double fault (one on each team) equals a let.

General Rules:

- A shuttle landing on the line is good.
- A shuttle hitting the net is good and play continues (including on the serve).
- All players must be **inside** the lines of their respective service courts at the point of contact for the serve.
- A "**let**" is a situation requiring a replay (given for various reasons listed above).
- A 2 minute interval is allowed after each game.
- In the third game, players change ends when the leading team's score reaches 11 points.

Playing Courtesies:

- If in doubt about the bird's landing, always call it in favor of your opponent.
- If there is any question of you fouling at the net, be sure to call it against yourself.
- If there is any question about you throwing the bird, be quick to call the throw
- Do not question calls of your opponent.
- Do not smash at your opponent if the point could easily be won by placing the bird elsewhere.

IV. Study Guide Questions:

True or False: Write the correct answer to the following questions.

_____ 1. Badminton is a racquet game played with a shuttlecock.

_____ 2. The game badminton was invented by the Chinese people.

_____ 3. Badminton derives its name from Poona of India.

_____ 4. The size of a badminton regulation court is 44x20.

_____ 5. For singles game, the badminton court is best described as long and narrow court.

_____ 6. The serving court for doubles is long and wide.

_____ 7. Everytime there is a serve a point is scored.

_____ 8. If the score is even, you must serve on the left side of the court.

_____ 9.If the score is odd, you must serve on the right side of the court.

_____ 10.At 20-all,the side which gain 2points lead first, wins that game.

Multiple Choice. Circle the correct response to the questions below.

11. A game is played to ____ points?

A. 11

B. 15

C. 20

D. 21

12. Any infraction of the rules where the resulting penalty is loss of serve?

A. Fault

B. Rally

C. Side Out

13. An overhead stroke hit downward with force - usually used to score a point?

A. Clear

B. Drive

C. Drop Shot

D. Smash

14. Playing singles, your score is 4, the opponent 3, which serving courts do you serve from?

A. Left Service Court B. Right Service Court

15. A high shot that travels to the back of your opponents court?

A. Clear shot

B. Smash shot

C. Drive shot

D. Drop shot

Enumeration: Enumerate the following: 15 points

1-3 Badminton equipment

4-5 Two fundamental grip in Badminton

6-8 Two kinds of badminton serve

9-10 Basic Foundation of Badminton Strokes

11-15 Types of Badminton Stroke

V. Student Research and Assignment

Topic: **Badminton**

Task: Research and investigate the above topic.

Your report must be written in English with a clear and logical presentation of concepts and ideas. All sources need to be acknowledged and included in your Bibliography. You are encouraged to research widely and draw information from various sources including books, magazines, internet and computer resources.

As a minimum your assignment should cover the following recommended content:

History:

Who is credited with the sport's development?

What inspired the games creation?

How has the modern game changed from its original form?

Rules:

What are the Major rules of the game that give structure to how the game is played?

What happens if a player breaks each of these rules?

Which, if any, rules have changed over the past 5 years?

Equipment: What equipment and Facilities are required before this game can be played?

How much would it cost to buy the equipment so that a beginner could participate in this sport?

Skills: What skills and abilities will a player need to develop to become competitive in this sport?

Use diagrams to help describe some 'skill practice drills' to help learn these skills

Champions: Who are perhaps the most successful competitors within this sport? What were their achievements?

Who are the current World and/or National Champions?

Any appropriate graphs and charts can be used to visually illustrate some concepts within the report.

VI. Website Suggestions:

World Badminton Federation-	http://www.worldbadmintonfed.org
Singapore Badminton Assn -	www.singaporebadminton.org.sg/
International Badminton Federation (IBF) -	http://www.internationalbadminton.org/
Badminton Information -	http://www.badminton-information.com/

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VIII. Short Author CV

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M.A. in education from University Of Perpetual Help in the year 1995, laguna, Phils..

Graduate Certificate from Philippine Normal Univ. in the year 1990, manila, Phils.

AB in Psychology from Philippine Normal college in the year 1983, manila, Phils..

Specialization in P.E. from Philippine Normal College in the year 1989, Manila, Phils..

Experience:

-Working as a PED Lecturer for Prince Sultan University from 2002 to 2005,Riyadh, KSA

-Worked as a instructor COACH for University of Perpetual Help System from 1989 to 2002,Laguna, PHILIPPINES

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-Worked as a instructor COACH for University of Perpetual Help System from 1989 to 2002, Laguna, PHILIPPINES

-Worked as a College PE Instructor for AMA computer College from 1987 to 1989,Laguna, philis

-Worked as a PE Instructor for Saint Anthony School from 1984 to 1987,Binan, Phils

-Worked as a Recreational Assistant for Phil Refugees Processing Center from 1983 to 1984,Bataan, Phils

Fields of Interest:

Camping and Mountaineering

CHAPTER II

FOOTBALL

Mark Anthony Pornan

In this chapter the students will be able to know and understand the following:

- History of the game
- The Basic Equipment
- The Basic Skills in Football
- The Laws of the Game
- The Parts and Measurement of the Field

I. Introduction

Football is a team sport game played by two teams consisting of 11 players per side on a rectangular field, with the objective of driving the ball into the opponent's goal. The ball is controlled primarily by using the feet, only goalkeepers are allowed to handle the ball within the penalty area of the pitch. Football is a game that can be played in a park, in a patch of land or in a huge stadium. But wherever it is played, football inspires powerful emotions and high loyalties like no other game on earth.

History and Development of Football

According to Federation of International Football Association (FIFA 2009), the game of Football can be found in every corner of geography and history. The Chinese played "football" games as far back as 3000 years ago kicking a leather ball filled with feathers and hair measuring only 30-40cm in width into the small net fixed onto a long bamboo canes. Also originating from the Far East, was a Japanese Kemari dating back to 500 to 600 years ago. Early Romans (Harpastum) used football games to sharpen warriors for battle. In South and Central America a game called "Tlatchi" once flourished. But it was in England that football really begins to take shape. It all started in 1863 in England, when two football association (association football and rugby football) split off on their different course. Therefore, the first Football Association was founded in England.

When FIFA was founded in Paris in May 1904, it had seven founder members: France, Belgium, Denmark, Netherland, Spain (represented by the Madrid FC), Sweden and Switzerland. The German Football Federation cabled its intention to join on the same day.

This international football community grew steadily, although it sometimes met with obstacles and setbacks. In 1912, 21 national associations had been already affiliated to the Fédération Internationale de Football Association (FIFA). By 1925, the number had increased to 36, in 1930 - the year of the first World Cup in Uruguay - it was 41, in 1938, 51 and in 1950, after the interval caused by the Second World War, the number had reached 73. At present, after the 2007 Ordinary FIFA Congress, it has already 208 members in every part of the world.

Facilities and Equipments

Football field varies by: Length: minimum 100.58 meters, maximum 109 meters. Width: minimum 64 meters, maximum 73 meters.

Field markings - The field of play is marked with lines. These lines belong to the areas of which they are boundaries:

- The two longer boundary lines are called **touch lines / sidelines**
- The two shorter lines are called **goal lines**.
- All lines are not more than 12.7 cm wide.
- The field of play is divided into **two halves by a center line**.

The center circle (9.14 meters radius) - The centre mark is indicated at the midpoint of the halfway line. A circle with a radius of 9.14 meters is marked around it.

The goal area (5.48 x 5.48 meters) - A goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 5.48 meters from the inside of each goalpost. These lines extend into the field of play for a distance of 5.48 meters and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The penalty area (16.45 meters x 16.45 meters) - A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 16.45 meters from the inside of each goalpost. These lines extend into the field of play for a distance of 16.45 meters and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area.

The penalty spot (10.97 meters from the midpoint between the goalposts) - Within each penalty area a penalty spot is made 10.97 meters from the midpoint between the goalposts and equidistant to them.

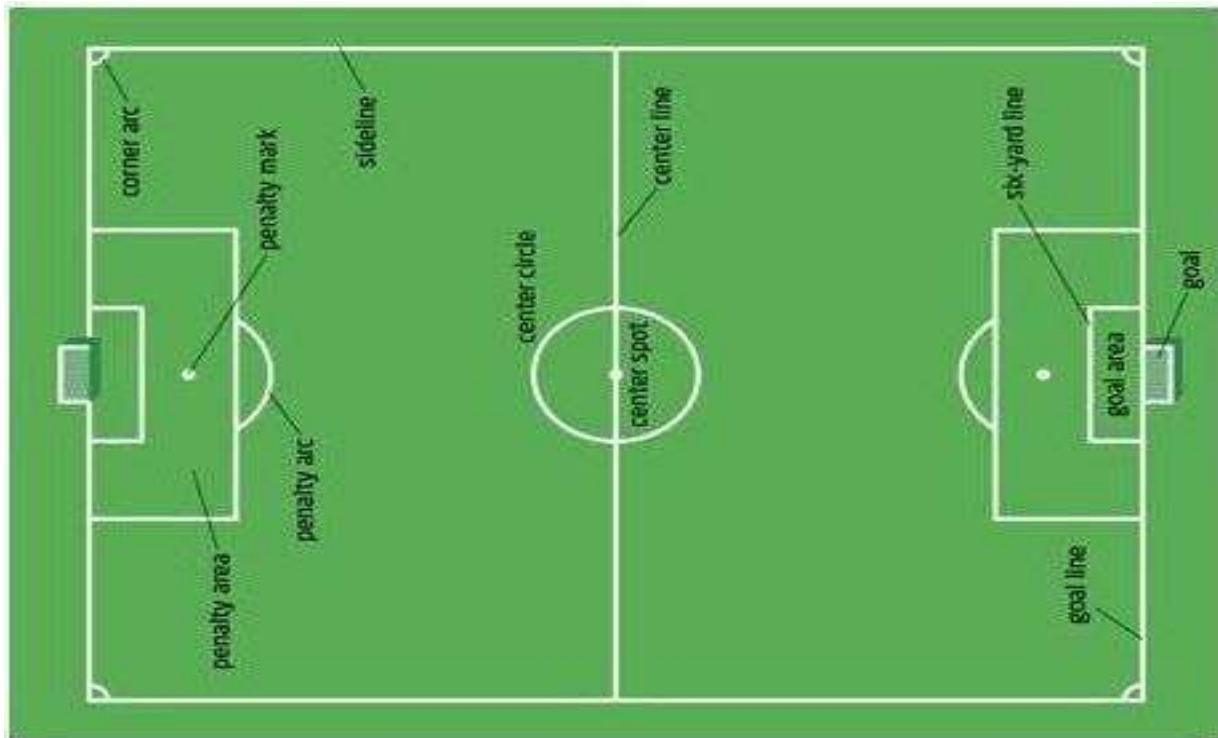
The arc - The arc with a 9.14 meters radius from each penalty spot is drawn outside the penalty area.

Flag post (1.52 meters high) - A flag post, not less 1.52 meters high, with a non-pointed top and a flag is placed at each corner. Flag posts may also be placed at each end of the halfway line, not less than 91.44 cm outside the touch line.

The corner arc (91.44 cm from each corner flag post) - A quarter circle with a radius of 91.44 cm from each corner flag post is drawn inside the field of play.

The goal post (2.43 meters high / 7.31 meters wide / 12.70 cm in diameter) -The goal must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The distance between the posts is 7.31 meters and the distance from the lower edge of the crossbar to the ground is 2.43 meters.

Both goalposts and the crossbar have the same width and depth which do not exceed 12.70 cm. The goal lines are the same width as that of the goalposts and the crossbar. Nets may be attached to the goals and the ground behind the goal, provided that they are properly supported and do not interfere with the goalkeeper. The **goalposts** and **crossbars** must be **white** in color.



Basic Equipment

The basic compulsory equipment of a player comprises the following:

- Jersey or shirt with sleeve
- Shinguards
- Shorts
- Football socks / Stockings
- Spike shoes

II. Fundamental Skills in Football

Fundamental skills involved in Football

Parts of the kicking foot



Inside of the foot – is the part of the foot located just above the arch of the foot. The inside of the foot is basically use for short passes and placement shots.



Instep of the foot – The instep is the part of the foot where shoelaces are tied. Usually it is use for taking power shots and for long passes.



Outside of the foot – is the outer portion of the foot basically use to do curve ball both for passing and shooting.

Types of Shooting Technique

Shooting is a skill when a player kicks the ball towards the opponent's goal in an attempt to score a goal.



Instep of the foot shot



Inside of the foot shot



Outside of the foot shot

Tips for shooting

- Your non-kicking foot is known as the **supporting foot**. The distance of your supporting foot from the ball should not be very close or very far from the ball.
- Knee on the supporting foot should be a little bit bending.
- Keep arms wide for balance
- Lean over the ball slightly to keep the ball low
- Keep eyes on the ball and strike the mid part of the ball
- Follow through to keep shot accurate and powerful
- In close range shooting **accuracy is more important than power**

Types of Passing Technique

Passing is a skill to send a ball to other teammates in order to keep position of the ball to further create progression towards the opponent's field of play providing shooting opportunity.



Instep of the foot passing



Inside of the foot passing



Outside of the foot passing

Tips for passing technique

- The distance of your supporting foot from the ball should not be very close nor far from the ball.
- Knee on the supporting foot should be a little bit bending.
- Keep arms wide for balance
- Keep eyes on the ball and strike the mid part of the ball
- Bending your body over the ball will keep the ball low on the ground.
- Bending your body back will provide the high ball.
- Follow through for target accuracy.

Dribbling - is a basic skill of advancing the ball with the feet within a favorable playing distance. Following some types of dribbling.



Instep of the foot dribbling



Inside of the foot dribbling



Outside of the foot dribbling

Tips for dribbling

- Try to keep the ball within playing distance in front of you
- Keep arms wide out to maintain balance
- Keep head up to see teammates and opponents
- Use both sides of each foot for controlling and changing direction.

Ball Control is a skill to keep the ball within limits while on the ground or in the air.



Instep of the foot control



Inside of the foot (ball coming on air)



Inside of the foot control (ball on the ground)



Outside of the foot control



Tip of the toe control



Thigh control



Chest trap (chest level ball)



Chest trap (high ball)



Head trap

Tips for ball control

- Decide the controlling part of the body as early as possible.
- Before receiving a ball be aware of the situation in the area
- Keep arms wide out to maintain balance
- Move the controlling part towards the ball on arrival, withdraw the controlling part to reduce pace of the pass at impact.
- Head up as ball approaches

Basic Turning



Outside of the foot turn



Inside of the foot turn



Drag Back



Cruyff Turn

Tips in turning with the ball

- Be aware of the situation
- Keep arms out wide to maintain balance
- Accelerate at speed upon turning
- Disguise your intention

III. Basic Rules in Football

The Player

A match is played by two teams, consisting of eleven players each team, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players.

Kick-off

A **kick-off** is a way of starting or restarting play:

- at the start of the second half of the match
- at the start of each period of extra time, where applicable
- a goal may be scored directly from the kick-off.

The duration of the match

The match last for **two equal periods of 45 minutes**

Half-time interval

- Players are entitled to an interval at a half-time.
- The half-time interval must not exceed **15 minutes**.
- For extra time during a championship match, two halves of 15 minutes should be played.

Goal scored

A goal is scored when the **whole of the ball** passes over the goal line, between the goalposts and under the crossbar, provided that no offence of the Laws of the Game has been committed previously by the team scoring the goal.

Game officials

- **Referee** – has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed.
- **Assistant referee** (2 Assistant referees) –acts as linesmen during the match.
- **Fourth referee** - assists with any administrative duties before, during and after the match, as required by the referee.

Fouls and misconduct

A **direct free kick** is awarded to the opposing team if a player commits any of the following nine offences in a manner considered by the referee to be careless, reckless or using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

Penalty kick

A penalty kick is awarded if any of the above 9 offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect free kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offences:

- takes more than six seconds while controlling the ball with his hands, before releasing it from his possession
- touches the ball again with his hands after it has been released from his possession and has not touched any other player
- touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee, commits any of the following four offences:

- plays in a dangerous manner
- obstruction /impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

Ball out of play

The ball is out of play when:

- it has wholly crossed the goal line or touch line whether on the ground or in the air play has been stopped by the referee

Ball in play

The ball is in play at all other times, including when:

- it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play
- it rebounds off either the referee or an assistant referee when they are on the field of play

Offside

Offside Position - It is not an offence in itself to be in an offside position.

A player is in an offside position if:

- he is nearer to his opponents' goal line than both the ball and the second last opponent

A player is not in an offside position if:

- he is in his own half of the field of play or
- he is on the same line with the second last opponent or
- he is on the same line with the last two opponents

Offence

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- interfering with play or
- interfering with an opponent or
- gaining an advantage by being in that position

No offence

There is no offside offence if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

Infringements and sanctions

In the event of an offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the offside occurred.

IV. Summary

From the above details, I have discussed the basic knowledge and skills involved in football. It includes general information such as the history, the fundamentals skills, the laws of the game, and the dimension and parts of the football field. I hope that you find this manual interesting and helpful as a guide for beginner football players. "It's Wonderful the World is Playing Football! FIFA(2007).

V. Study Questions

Multiple Choice. Write your answer on the space provided before each item. Write the letter of your best choice. (15 points)

_____ 1. The first football association was founded in:
A. Scotland B. Argentina C. England D. Uruguay

_____ 2. The football governing body (FIFA) was founded in the year:
A. 1912 B. 1915 C. 1904 D. 1910

_____ 3. FIFA's total national association (country member) member at present:
A. 105 B. 120 C. 175 D. 204

- _____ 4. Maximum length of a football field:
A. 110 yards B. 140 yards C. 120 yards D. 135 yards
- _____ 5. The measurement of the penalty area|:
A. 15 x 15 yds. B. 18 x 18 yds C. 12 x 12 yds D. 20 x 20 yds
- _____ 6. The radius of the center circle:
A. 15 yards B. 12 yards C. 10 yards D. 8 yards
- _____ 7. The measurement of the goal area:
A. 5 x 5 yards B. 6 x 6 yards C. 8 x 8 yards D. 9 x 9 yards
- _____ 8. The duration of a football match:
A. Two equal halves of 40 minutes B. Two equal halves of 45 minutes
C. Two equal halves of 35 minutes D. none of the above
- _____ 9. The height of the goal post:
A. 8 feet B. 6 feet C. 9 feet D. 7 feet
- _____ 10. The radius of the corner arc:
A. 2 yards B. 1 yard C. 3 yards D. 1.5 yards
- _____ 11. The height of the flag post:
A. 7 feet B. 4 feet C. 5 feet D. 6 feet
- _____ 12. The diameter of the goal post:
A. 6 inches B. 4 inches C. 5 inches D. 7 inches
- _____ 13. The width of the goal post:
A. 5 yards B. 7 yards C. 9 yards D. 8 yards
- _____ 14. The measurement of the penalty spot from the center of the goalpost:
A. 15 yards B. 12 yards C. 10 yards D. 14 yards
- _____ 15. The measurement of the arc on top of the penalty area from the penalty spot:
A. 15 yards B. 12 yards C. 10 yards D. 9 yards
- _____ 16. Refers to the two longer boundary lines of the football field:
A. Center line B. Touch lines C. Goal lines D. none of the above
- _____ 17. The duration of extra / extension time during championship game:
A. 2 halves of 10 minutes B. 2 halves of 20 minutes C. 2 halves of 15 minutes
D. none of the above
- _____ 18. Game officials required in a football match:

A. 3 B. 4 C. 6 D. 8

_____ 19. The year when the first FIFA World Cup was played:

A. 1925 B. 1945 C. 1930 D. 1920

_____ 20. The governing body of Football:

A. FIBA B. FIVB C. FIFA D. FIBA

Identification. Identify the following fouls written below. Write **DFK** (if it's within the 9 offence) and **IDFK** (for fouls awarded as indirect free kick). Write your answer on the space provided before each item.

_____ 1. Kicks or attempts to kick an opponent

_____ 2. As a goalkeeper he takes more than 6 seconds while controlling the ball with his hands before releasing it from his possession

_____ 3. Plays in a dangerous manner

_____ 4. Obstruct or impedes the progress of an opponent

_____ 5. Charges an opponent

_____ 6. Handles the ball

_____ 7. As goalkeeper touches the ball with his hands after receiving it directly from a throw-in taken by a team-mate

_____ 8. Pushes an opponent

_____ 9. Jumps at an opponent

_____ 10. As player, he prevents the goalkeeper from releasing the ball from his hands

_____ 11. Trips or attempts to kick an opponent

_____ 12. Strikes an opponent

_____ 13. Holds an opponent

_____ 14. Spits at an opponent

_____ 15. As a goalkeeper touches the ball with his hands after it has been deliberately kicked to him by a team-mate

VI. Websites Suggestions

- <http://www.fifa.com/>
- <http://www.all-soccer-info.com/>
- [http://en.wikipedia.org/wiki/Football_\(soccer\)](http://en.wikipedia.org/wiki/Football_(soccer))
- <http://www.about-soccer.com/>

- <http://www.soccertricks.org/>
- http://www.soccerhelp.com/Soccer_Tactics_Soccer_Tips_Index.shtml
- <http://www.amazon.com/Soccer-Strategies-Defensive-Attacking-Tactics/dp/189094632X>

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Bobby Charlton Soccer School. *Soccer Skills and Techniques* (2006), Leicestershire, England.
 Bisanz, G., & Vieth N.(1999). *Success in Soccer Advanced Training*. German Soccer Association. Germany.
 Luxbacher, J.(1996), *Second Edition Soccer Steps to Success*, Pittsburgh, USA.
 Fédération Internationale de Football Association. (FIFA). *History of Football, Field Dimension and Illustration*. Retrieved February 10, 2009, from www.fifa.com

VIII. Short Author CV

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Education

Masters Degree of Science in Physical Education, University of the Philippines, Diliman, College of Human Kinetics.

Bachelor of Science in Physical Education, University of Santo Tomas, Manila, Philippines 1993

Working Experience

Physical Education Faculty /Asst. Coach University Football Team Football, Prince Sultan University, Riyadh, Kingdom of Saudi Arabia, March 2006 to present

Instructor, College of Art and Sciences, Physical Education Department, Western Visayas College of Science and Technology, Lapaz, Iloilo City Philippines, June 2004 - 2006

Instructor , College of Arts and Sciences, Physical Education Department, University of the Philippines in the Visayas, Iloilo City, Philippines, June 1994 - 2004

Instructor,Physical Education Department, Sinaran Pelangi School, Bandar Seri Begawan, Brunei Darussalam 1993-94

Participant, 9th Asian Federation of Sports Medicine Congress (AFSM), November 19-22, 2006, Riyadh, Kingdom of Saudi Arabia

Assistant Coach, Men's Football Team, University of the Philippines Diliman, Quezon City, Philippines 2003 – 2004 (1st runner –up University Athletic Association of the Philippines (UAAP) Football Tournament

Philippine Football Federation (PFF) Coaching Instructor 2004 to 2005

Philippine Representative “ Football Coaching Observation Tour Korea-Japan 2002 FIFA World Cup, May 26 to June 11, 2002

Project Coordinator, Kasibulan Football Development Program, Province of Iloilo, Philippine Football Federation and Department of Education, Culture and Sports Region IV, 2000, Iloilo, Philippines

Playing Coach “ 1st Studio 23 International Beach Soccer Cup” (Champion), Cocomangas Beach Resort, Boracay Island, Philippines, May 12 – 14, 2000

Team member Indira Football Club, Bandar Seri Begawan Semi Pro League, Brunei Darussalam, 1992-93

Awards

Physical Education Faculty of the Year Award 2008, Prince Sultan University, Riyadh, Kingdom of Saudi Arabia

Public Service Award, 1st Saudi Arabian National Collegiate Athletics Association, 2008 Riyadh, Kingdom of Saudi Arabia

100 Outstanding Alumni of the Century 1905 - 2005, Sports Category, Western Visayas College of Science and Technology Centennial Celebration, September 2005

Most Outstanding Project Chairman, National Winner, Philippine Jaycees National Convention, Cagayan De Oro City, Philippines, September 1999.

Chapter III

VOLLEYBALL

Dr. Antonio Müller

In this chapter the readers will be able to find information and better understand:

- Volleyball history;
- Place of volleyball in the human life and modern stages;
- Basic game rules and game understanding of Olympic volleyball;
- Basic techniques in volleyball;
- Prepared to review the concepts by assessments.

I. Introduction

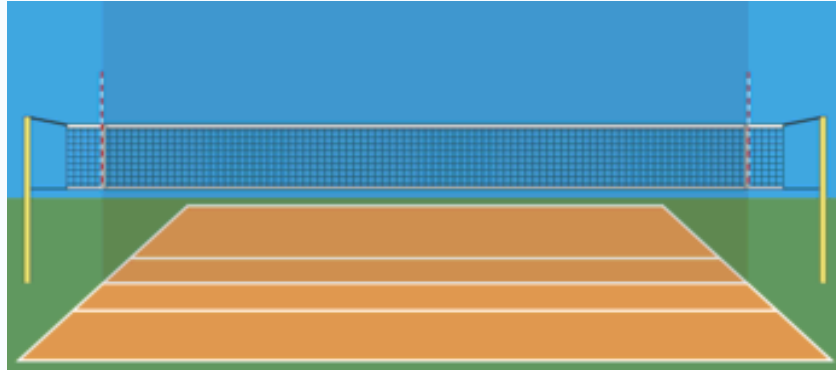
Volleyball is one of the most successful and popular competitive and recreational sports in the world. Yet volleyball comprises several crucial overlapping elements whose complimentary interactions render it unique amongst rally games. Volleyball is, however, unique amongst net games in insisting that the ball is in constant flight – a “flying ball” - and by allowing each team a degree of internal passing before the ball must be returned to the opponents. The introduction of a specialist defensive player – the *Libero* – has moved the game forward in terms of rally length and multi-phase play. Modifications to the service rule have changed the act of service from simply a means of putting the ball in play to an offensive weapon. The concept of rotation is entrenched to allow for all-round athletes. The rules on player positions must permit teams to have flexibility and to create interesting developments in tactics.

History and Development of Volleyball

Volleyball was created in 1895, in Holyoke, Massachusetts (USA), by William G. Morgan, a physical education teacher. The game took some of its characteristics from tennis, German *faustball* and handball. *Mintonette* was the first name and changed to Volleyball because of the similarity of Tennis Volley. Volleyball was developed after basketball to be played indoor sport less physical contact than basketball for women and older people.

Game developed all over the world and rules changed throughout the years to increase the interest of the game. In 1919, about 16,000 volleyballs were distributed by the American Expeditionary Forces to their troops and allies, which sparked the growth of volleyball outside of the USA, especially in Europe. During the First World War, American soldiers used to play volleyball during the free time in Europe. That situation helped to increase the interest and introduced volleyball and many areas. Until the early 1930s Volleyball was for the most part a game of leisure and recreation, and there were only a few international activities and competitions. An international federation, the Fédération Internationale de Volleyball (FIVB), was founded in 1947, and the first World Championships were held in 1949 for men and 1952 for women. There were different rules of the game in the various parts of the world; however, national championships were played in many countries Volleyball thus became more and more a competitive sport with high physical and technical performance. The sport is now popular in

Brazil, in Europe and in other countries including China and the rest of Asia, as well in as the United States (FIVB, 2009).



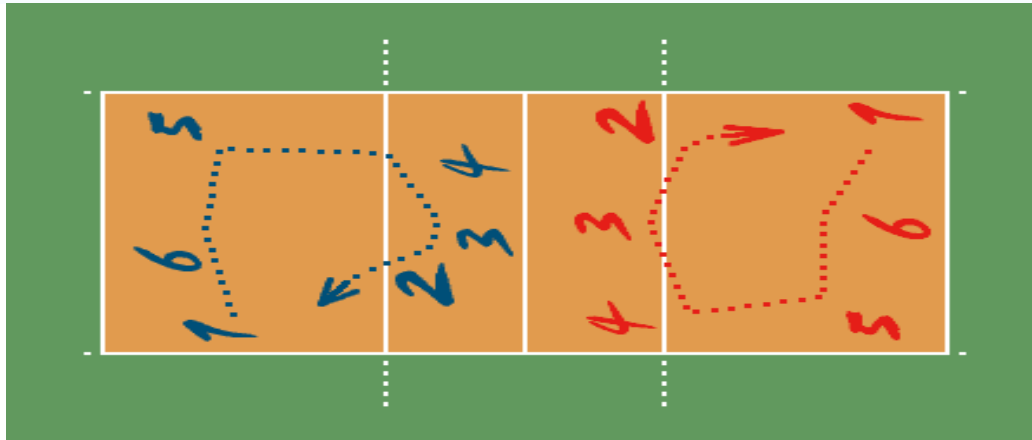
Antennas are used to delimit the area that ball must cross the net, without touching it.

Game play

Volleyball is a sport played by two teams on a playing court divided by a net. The objective of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (exception for block contact). The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise. Each team consists of six players, and six more in the bench. The three contacts usually consist first of the *bump* or *pass* so that the ball's trajectory is aimed by the net, towards the player designated as the *setter*; second of the *set* (usually an over-hand pass using wrists to push finger-tips at the ball) by the setter so that the ball's trajectory is aimed towards a spot where one of the players designated as an *attacker* can hit it, and third by the *attacker* who *spikes* (jumping, raising one arm above the head and hitting the ball so it will move quickly down to the ground on the opponent's court) to return the ball over the net.

Rotation

The concept of **rotation** is entrenched to allow for all-round athletes. The rules on player positions must permit teams to have flexibility and to create interesting developments in tactics. Rotational order is determined by the team's starting line-up, and controlled with the service order, and players' positions, throughout the set. **Player's position** is determined one to six starting from the service. However the position number is the opposite from the rotation (Figure below). When the receiving team has gained the right to serve, its players rotate one position clock-wise: the player in position 2 rotates to position 1 to serve; the player in position 1 rotates to position 6, etc.



Rotation is clockwise direction and position's numbers follow the anti-clockwise direction, starting from service.

Scoring

The FIVB changed the rules in 1999 to use the current scoring system (known as *rally point system*), primarily to make the length of the match more predictable and to make the game more spectator- and television-friendly, meaning marketing money and increasing interest. When the ball contacts the floor within the court boundaries or an error is made, the team that did not make the error is awarded a point, whether they served the ball or not. The team that won the point serves for the next point. If the team that won the point served in the previous point, the same player serves again. If the team that won the point did not serve the previous point, the players of the team rotate their position on the court in a clockwise manner. The game continues, with the first team to score 25 points (and be two points ahead) awarded the set. Matches are best-of-five sets and the fifth set (if necessary), called "Tie-Break" is played to 15 points.

Libero

In 1998 the *libero* player was introduced, meaning *free* in Italian because does not count as a regular (6) substitutions. . When the ball is not in play, the *libero* can replace any back-row player, without prior notice to the officials. This replacement does not count against the substitution limit each team is allowed per set, although the *libero* may be replaced only by the player whom they replaced. The *libero* is a player specialized in defensive skills: the *libero* must wear a contrasting jersey color from his or her teammates and cannot block or attack the ball when it is entirely above net height.

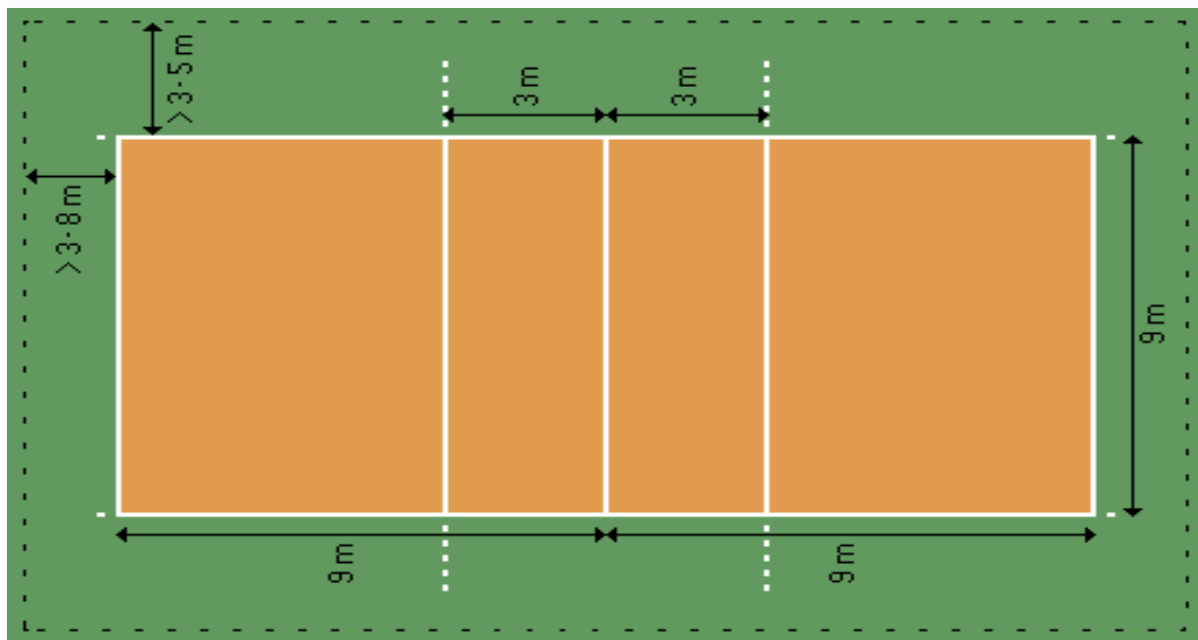
Recent rule changes

In 2000 other rule changes, include allowing serves in which the ball touches the net, as long as it goes over the net into the opponents' court. Also, the service area was expanded to allow players to serve from anywhere behind the end line but still within the theoretical extension of the sidelines. Other changes were made to lighten up calls on faults for carries and double-

touches, such as allowing multiple contacts by a single player ("double-hits") on a team's first contact provided that they are a part of a single play on the ball.

Facilities and Equipments

Volleyball is played in 18 meters by 9 meters divided by the net and the **center line**. Each side of the court is 9 meters by 9 meters. The **attack line** is marked 3 meters from the center line in each side of the court. The 3 meters line is used to divide back row and front row players. Back row players cannot make any offensive play (blocking or attacking) over the net inside of the 3 meters line. The **service line** is laterally limited by two short lines, each 15 cm long, drawn 20 cm behind the end line as an extension of the sidelines. The **net height** is 2.43m for men and 2.24m for women. The minimum **ceiling height** should be 8 meters. The **antennas** are considered as part of the net and laterally delimit the crossing space. If a team makes a play from outside of the court, the ball must travel in between the two antennas to be a legal play.



Official volleyball court and dimensions.

II. Fundamental Skills

Competitive teams master six basic skills: serve, pass, set, attack, block and dig. Each of these skills comprises a number of specific techniques that have been introduced over the years and are now considered standard practice in high-level volleyball.

Ready Position

Since volleyball is a fast and "air" game, players need to be ready to play. The basic position during the "rally" is very important to anticipate serve receive and defense for next play. The "ready position" make easier to move in different directions to dig or receive the ball. Ready

position is the first skill that any player needs to learn and use it to then be able to play better and to learn next skills.



Ready Position must be used during the rally to receive or dig the ball.

Serve

The service is the act of putting the ball into play, by the back right player, placed in the service zone. Service is the beginning of the rally and is the only fundament that the player can stop the ball. A player stands behind the line and serves the ball, in an attempt to drive it into the opponent's court. His or her main objective is to make it land inside the court; it is also desirable to set the ball's direction, speed and acceleration so that it becomes difficult for the receiver to handle it properly. A serve is called an "ace" when the ball lands directly onto the court or travels outside the court after being touched by an opponent. Most of beginners use the **Underhand** service. The most common service is the **Tennis** or **Overhead** service because is easy to realize and hard to be received by the opponent. Different types of service are used in higher level, such as **Jump** service and **Jump Floated**.

Execution of the Service

- The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone.
- After the hit, he/she may step or land outside the service zone, or inside the court.
- The server must hit the ball within 8 seconds after the first referee whistles for service.
- A service executed before the referee's whistle is cancelled and repeated.



Preparation for “Overhead” service.



Foot behind the lines.



Toss preparation. Elbow extension.



Toss in front and high.



Hitting the ball with the full hand over the head and arm extension.

Pass

Also called reception, the pass is the attempt by a team to properly handle the opponent's serve, or any form of attack. Proper handling includes not only preventing the ball from touching the court, but also making it reaches the position where the setter is standing quickly and precisely.

The skill of passing involves fundamentally two specific techniques: underarm pass, or bump, where the ball touches the inside part of the joined forearms or platform, at waist line; and overhand pass, where it is handled with the fingertips, like a set, above the head. Either form (joined forearm or overhand pass) are acceptable in professional and beach volleyball.



Forearm hand preparation.



Forearm passing arms position/platform.



Ready position for forearm passing.



Ball must touch forearms area.

Set

The set is usually the second contact that a team makes with the ball. The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court. The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will actually attack the ball.

As with passing, one may distinguish between an overhand and a bump set. Since the former allows for more control over the speed and direction of the ball, the bump is used only when the ball is so low it cannot be properly handled with fingertips, or in beach volleyball where rules regulating overhand setting are more stringent. In the case of a set, one also speaks of a front or back set, meaning whether the ball is passed in the direction the setter is facing or behind the setter. There is also a jump set that is used when the ball is too close to the net. In this case the setter usually jumps off his or her right foot straight up to avoid going into the net. The setter usually stands about $\frac{2}{3}$ of the way from the left to the right of the net and faces the left (the larger portion of net that he or she can see).



Hand/arms triangle position for setting.



Touching the ball with 10 fingertips.



Absorb the ball with elbows and knees flexions.



Pushing the ball with a full body extension.

Attack

The attack (or spike, the slang term) is usually the third contact a team makes with the ball. The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended. A player makes a series of steps (the "approach"), jumps, and swings at the ball.

Ideally the contact with the ball is made at the apex of the hitter's jump. At the moment of contact, the hitter's arm is fully extended above his or her head and slightly forward, making the highest possible contact while maintaining the ability to deliver a powerful hit. The hitter uses arm swing, wrist snap, and a rapid forward contraction of the entire body to drive the ball. A "kill" is the slang term for an attack that is not returned by the other team thus resulting in a point.



To approach for jumping and spiking, first step (left foot), than final step (right/left together).



Jumping with explosion using arm swing.

Prepare to spike with a full arm extension.

Block

Blocking refers to the actions taken by players standing at the net to stop or alter an opponent's attack. **Blocking** is the action of players close to the net to intercept the ball coming from the opponents by reaching higher than the top of the net. Only front-row players are permitted to complete a block.

A block that is aimed at completely stopping an attack, thus making the ball remain in the opponent's court, is called offensive. A well-executed offensive block is performed by jumping and reaching to penetrate with one's arms and hands over the net and into the opponent's area. It requires anticipating the direction the ball will go once the attack takes place. It may also require calculating the best foot work to executing the "perfect" block. Blocking is also classified according to the number of players involved. Thus, one may speak of single (or solo), double, or triple block.

Successful blocking does not always result in a "roof" and many times does not even touch the ball. While it's obvious that a block was a success when the attacker is roofed, a block that consistently forces the attacker away from his or her 'power' or preferred attack into a more easily controlled shot by the defense is also a highly successful block. At the same time, the block position influences the positions where other defenders place themselves while opponent hitters are spiking.

To be following the rules interpretation, blocking is defined by: **Block Attempt:** A block attempt is the action of blocking without touching the ball. **Completed Block:** A block is completed whenever the ball is touched by a blocker. **Collective Block:** A collective block is executed by two or three players close to each other and is completed when one of them touches the ball.



Blocking starting position close to the net.



Penetration over the net.

Dig

Digging is the ability to prevent the ball from touching one's court after a spike or attack, particularly a ball that is nearly touching the ground. In many aspects, this skill is similar to passing, or bumping: overhand dig and bump are also used to distinguish between defensive actions taken with fingertips or with joined arms.

Some specific techniques are more common in digging than in passing. A player may sometimes perform a "dive", i.e., throw his or her body in the air with a forward movement in an attempt to save the ball, and land on his or her chest. When the player also slides his or her hand under a ball that is almost touching the court, this is called a "pancake". The pancake is frequently used in indoor volleyball.

Sometimes a player may also be forced to drop his or her body quickly to the floor in order to save the ball. In this situation, the player makes use of a specific rolling technique to minimize the chances of injuries.

III. Basic Rules in Volleyball (Based on FIVB official volleyball rules new edition 2009-2012)

Position Fault - The team commits a positional fault, if any player is not in his/her correct position (rotational order) at the moment the ball is hit by the server.

Service

- The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.
- The server must hit the ball within 8 seconds after the first referee whistles for service.
- A service executed before the referee's whistle is cancelled and repeated.

Ball "In" - The ball is "in" when it touches the floor of the playing court including the boundary lines.

Ball "Out" –

- the part of the ball which contacts the floor is completely outside the boundary lines;
- it touches an object outside the court, the ceiling or a person out of play;
- it touches the antennae, ropes, posts or the net itself outside the side bands;
- it crosses the vertical plane of the net either partially or totally outside the crossing space;
- it crosses completely the lower space under the net.

Four Hits: a team hits the ball four times before returning it.

Catch: the ball is caught and/or thrown; it does not rebound from the hit.

Lift: Carrying the ball and the player's hands remains in contact with the ball too long.

Double Contact: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

Penetration Under the Net

- It is permitted to penetrate into the opponents' space under the net, provided that this does not interfere with the opponents' play.
- To touch the opponent's court with a foot(feet) is permitted, provided that some part of the penetrating foot(feet) remains either in contact with or directly above the centre line.
- To touch the opponent's court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play.

Contact with the Net

- Contact with the net by a player is not a fault, it interferes with the play.
- Players may touch the post, rope or any other object outside the antennae, including the net itself, provided that it does not interfere with play.
- When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
- A player touches the ball or an opponent in the opponents' space before or during the opponents' attack hit.
- A player interferes with the opponent's play while penetrating into the opponent's space under the net.
- A player's foot (feet) penetrates into the opponents' court.

Substitution of Players

- A substitution is the act by which a player, other than the Libero or his/her replacement player, after being recorded by the scorer, enters the game to occupy the position of another player who must leave the court at that moment. Substitution requires the referee's authorization.
- Six substitutions is the maximum permitted per team per set. One or more players may be substituted at the same time.
- A player of the starting line-up may leave the game, but only once in a set, and re-enter, but only once in a set, and only to his/her previous position in the line-up.
- A substitute player may enter the game in place of a player of the starting line-up, but only once per set, and he/she can only be substituted by the same starting player.

IV. Summary

Volleyball was created in 1895 by William G. Morgan. Volleyball and was developed to be played indoor sport with less physical contact for women and older people. Game developed all over the world and rules changed throughout the years to increase the interest of the game. Making Volleyball one of the most successful and popular competitive and recreational sports in the world, nowadays. Volleyball today occupies a prominence position in the international sports scenario. Great quantity of practitioner makes volleyball one of the most practiced sports worldwide. Each time more, matches are followed for an immense quantity of enthusiasts. In this panorama children and adolescents demonstrate a great interest to learn and to develop its technical abilities to practice the sport with quality. In this chapter people can recognize the characteristics of the game as well the basic skills to be able to both understand the rules and how better enjoy the pleasurable game of volleyball.

V. Volleyball Glossary

Ace: A point scored on a serve when the serve is either untouched or the first player to touch it cannot keep the ball in play.

Attack: Any hit into the opposing team's court, other than a serve or block, such as a **spike**, **tip**, or **dump**.

Bump: Pass using the forearms, with the hands clasped together and arms locked at the elbows to direct the ball to the setter or attacker. Also known as the forearm or underhand pass.

Decoy: Deception strategy in which a player that is not going to hit the ball jumps at the same time as a player actually receiving the set.

Dig: Difficult defensive hit that keeps a **kill** attempt in play.

Dump: A surprise hit, usually by the setter on the second shot, pushed over the net when the opponent would normally expect the ball to be set.

Floater: A serve with no spin on the ball, which causes the ball to float over the net.

Jump serve: Serve in which the server throws the ball in the air, then runs, jumps before the end line, hits the ball in the air, and lands on either side of the end line.

Kill: An **attack**, usually a **spike**, that the opposing team cannot return.

Lifting: Illegal hit, usually during a set or overhead pass, in which the player's hands remains in contact with the ball too long.

Net ball: A playable ball that hits the net and goes over to the opponent's side.

Overhead pass: Hit similar to a set, except used to send the ball over the net or to a teammate who doesn't spike it.

Pass: Passing to complete the three contact including a **bump**, **overhead pass**, **set**, and **dig**.

Red card: A card given to a player or coach by a referee for behaving in an unsportsmanlike manner.

Rally: The length of play that begins with the serve and ends when a team scores a point.

Rally scoring: Modern scoring method in which a point is scored on every **rally**.

Roof: A block that grounds the ball on the opponent's court and results in a point.

Serve: Hit used to start every **rally**. Serves can be either underhand or overhand, and the serve can hit the net as long as it lands on the opponent's side.

Set: Controlled pass using the fingertips to pass the ball to an attacking teammate, who usually spikes the ball.

Sideout scoring: Old scoring system in which only the team that serves can score a point.

Spike: An aggressive, one-handed hit meant to ground the ball in the opponent's court. A player is usually in midair during a spike.

Stuff: When a blocked ball is hit back at the player who originally spiked it.

Switch: Once the ball is in motion from a serve, players return from their designated rotational spots to the optimal spots for their positions.

Tip: A soft hit from a front-row player that goes over the opposing blockers and lands in an open area of the court. The front-row player usually jumps and fakes a spike, then lightly hits the ball over any of the three blockers.

Wipe: When the attacker deliberately hits the ball so that it bounces off the blocker's hand and goes out of bounds.

VI. Study Questions

1. The Volleyball creator is:
a. ___ James Nashmith b. ___ Willian Morgan c. ___ Steve Miller
2. Volleyball court is a rectangle of:
a. ___ 9x9m b. ___ 18x20m c. ___ 18x9m
3. The attack line divide players from:
a. ___ back row and front row b. ___ blockers and attackers c. ___ service line
4. Rotation define the player's position and:
a. ___ substitution zone b. ___ service order c. ___ transition
5. Each game finished in:
a. ___ 15 points b. ___ 30 points c. ___ 25 points
6. Tie-break is:
a. ___ the first set b. ___ the third set c. ___ the decisive set
7. *Libero* is a player specialized in:
a. ___ Defense b. ___ Blocking c. ___ Service
8. Collective block is:
a. ___ tentative of blocking b. ___ the ball is touched c. ___ executed by two or three players
9. Ball "out" is:
a. ___ ball touches the line b. ___ ball touches the net c. ___ ball is completely outside the lines
10. "Floater" is a type of:
a. ___ service b. ___ spiking c. ___ blocking

VII . Student Research and Assignment

1. Define the main differences between "indoor" volleyball and "beach" volleyball.
2. According to FIVB the best volleyball team and volleyball players from the history are?
3. Explain the main purpose of the new volleyball rules.
4. From 1960 to nowadays volleyball was dominated from different countries. Explain what are the differences and characteristics of each decade country's domination

VIII. Website Suggestions

Volleyball International Federation
Brazilian Volleyball Confederation
United States Volleyball
Volleyball Magazine
Volleyball website – information

www.fivb.org
www.cbv.com.br
www.usavolleyball.org
www.volleyballmag.com
www.volleyball.com

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X . Short Author CV

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Doctor in Education from The University of Texas at El Paso in the year 2004, El Paso, USA.
Master in Physical Training - Volleyball from Universidade de Nova Iguacu in the year 1998, Rio de Janeiro, Brazil.
Bachelor in Physical Education from Universidade de Blumenau in the year 1990, Blumenau, Brazil.

Experience:
-Worked as a Professor for INSTITUTO CATARINENSE DE POS GRADUACAO from 2005 to 2008, BLUMENAU, Brazil
-Worked as a Professor for Universidade de Brusque from 2006 to 2008, Brusque, Brazil
-Worked as a Assistant Principal for Paso Del Norte Academy from 2003 to 2004, El Paso, USA
-Worked as a Professor for The University of Texas El Paso from 2001 to 2003, El Paso, USA
-Worked as a Assistant Volleyball Coach for The University of Texas El Paso from 2000 to 2002, El Paso, USA
-Worked as a Volleyball Coach/Professor for Colegio Bom Jesus from 1988 to 2000, Blumenau, Brazil

-Worked as a Professional Volleyball Player for Sadia from 1981 to 1987,Concordia, Brazil

Awards:

Brazilian National Volleyball Player in 1984.

Publications:

Müller. A.J. Fases de desenvolvimento do jogador de voleibol . Book. Publicado em 2008.

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Müller. Antonio J. Voleibol: Transicao da Iniciacao Para o Alto Nivel. 1998.

Monografia

Researches:

Sports and Higher Education. Sport and Inclusion in Poor Schools in Brazil.

Volleyball Development Phases

Member of Professional Society:

Confederacao Brasileira de Voleibol.

American Volleyball Coach Association

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Sports and education. Sports and inclusion. Critical theory and pedagogy. Volleyball systems and players development.