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Volleyball Study Guide Physical Education VOLLEYBALL SHOTS: TIPS: 1- Use your legs for your main power source, your arms should be there to guide the ball. 2- Move your feet and make sure that you are in position to contact the ball. 3-Communicate with your teammates, this will add to your success. Volleyball Study Guide - cgcsd.org

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VOLLEYBALL STUDY GUIDE PHYSICAL EDUCATION SALEM COMMUNITY HIGH SCHOOL HISTORY: The sport of volleyball originated in the United States. In 1895, William G. Morgan decided to blend elements of basketball, baseball, tennis, and handball to create a game for all his classes of businessmen who wanted less physical contact than basketball.

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Physical Education Department / Volleyball Study Guides

Volleyball Study Guide Physical Education court BLOCK - To stop the ball from coming over the net BUMP - The first of three hits in volleyball, when you put your hands together and lift the ball with your forearms Volleyball Study Guide - Stratford Public Schools THE SERVE: Server must serve from behind the end line (dark green/blue) until after contact. Ball may

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Physical Education (Volleyball) Study Guide. STUDY. PLAY. Athletic Position. 1. Stay low (bend your knees and your hips) 2. Weight on the balls of your feet. Bumping. 1. Move your feet to get your body in position to hit the ball 2. Interlock your hands, thumbs together 3.

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The sport of volleyball has more participants than any other sport in the world with the exception of soccer. There are more than 800 million people worldwide who play volleyball, with an estimated 46 million participants in the United States. William Morgan, an instructor at a YMCA in Holyoke, Massachusetts, invented the game in 1895. (T he game of basketball was invented 4 years earlier ...

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Physical Education Department Volleyball Unit

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Volleyball Study Guide. o When setting the volleyball, you should use your finger pads for maximum control of the ball. o It is best to use the set when the ball is above your shoulders. o The forearm pass is also referred to as the bump. ... Physical Education > Volleyball Study Guide

Volleyball Study Guide - Stratford Public Schools

Physical Education Winooski High School Volleyball Study Guide History William G. Morgan invented the game of volleyball, originally called "mintonette", in 1895, after the invention of basketball by only 4 years. Morgan, a graduate of the Springfield College of the YMCA, designed the game to be a combination of basketball, tennis and handball.

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