

TEXAS VOLLEYBALL ACADEMY

“VOLLEYBALL 101 CLASS” FOR PARENTS/ATHLETES

Below is a sample of the “topics” that will be discussed.

What does it mean when a coach says we are running a 6-2, 5-1, etc.

Why is there 1 girl on the team that sometimes wears a different colored shirt?

What is overlapping?

Why do girls run around switching all over the court?

How many kinds of sets can a setter set?

Is there a limit on substitutions?

What are the substitution rules?

What is rally scoring?

What is perimeter (read defense) and rotation defense?

Is the serve allowed to hit the net?

What if the toss on a serve is bad...Can the server catch it and re-toss it and serve?

What are some differences between Club vb, high school vb and college vb (as far as rules are concerned)?

When is a player considered under the net?

What is the rule about crossing the plane of the net on blocking or hitting?

Why does the setter usually get called for jumping and hitting the ball over the net?

What do the numbers 1 through 6 mean on the court?

Are double hits legal?

What are the rules regarding back row attacks?

Can a back row player block at the net?

In addition we will review the referee signals that go with some of the above rules.

Plus.....

Any questions you might have that I have forgotten!!

WE HOPE TO SEE YOU THERE!