



# Volleyball

Name \_\_\_\_\_

- \_\_\_\_1. Do the following to learn about volleyball:
  - \_\_\_\_a. List the basic rules of volleyball.
  - \_\_\_\_b. Define the following terms: ace, side-out, dig, kill, assist, and block.
  - \_\_\_\_c. Demonstrate the referee signals.
  - \_\_\_\_d. Draw a court showing the attack area and label the measurements.
  - \_\_\_\_e. Explain the zones of the court.
  - \_\_\_\_f. **List the net height for men's, women's, and co-ed teams.**
  - \_\_\_\_g. List the size and weight of the ball.
- \_\_\_\_2. Do one of the following:
  - \_\_\_\_a. Attend or watch a volleyball tournament.
  - \_\_\_\_b. Attend or watch a college volleyball game.
  - \_\_\_\_c. Read a biography of a famous volleyball player.
- \_\_\_\_3. Demonstrate the following skills: serving, blocking, digging, passing, setting, and spiking
- \_\_\_\_4. Over a period of at least six weeks, participate in at least twenty sessions on different days where a session can be any of the following:
  - Team practice for an organized team
  - A game for an organized team
  - A professionally coached skills session, lesson, or class
  - At least one hour of pick-up games, skill improving games such as repeated passing and setting to oneself or passing to a specific spot, or skills practice

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Trail Badge Mentor Signature

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Date

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