

Name: _____

Period: _____

Due Date: _____

Volleyball Learning Packet

Be sure to answer ALL parts of the questions in COMPLETE SENTENCES. Not all the answers will be found in the packet. You will have to use other resources to find all the answers.

Name three positive benefits form playing volleyball?

How many points are needed to win a volleyball game? How many games are needed to win a match?

Explain the proper technique when using the forearm pass?

Explain the proper technique used to perform an overhand serve?

Explain the "W" formation as it relates to volleyball.

Using your own words, explain how a volleyball game is played?

Explain how teams rotate positions and why they need to rotate.

Explain the difference between rally scoring and side-out scoring?

In what years did the North Tonawanda Volleyball team win the state volleyball championship?

There are multiple venues that host leagues and tournaments. Please find 3, list them and their contact information.