

Name _____

Date _____

Period _____

Volleytennis

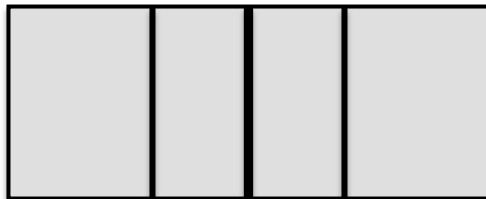
1. Cite specific examples of using the mature technique of a forearm pass.

2. Describe the key elements of the forearm pass.

- “Ready Position” = feet shoulder width apart, knees bent and hips face the target

-
-
-
-
-
-

3. Draw the service-receive position and the service position on the court provided. Describe at least one offensive strategy and one defensive strategy.



Service

Service-Receive

Offensive strategy-

Defensive strategy-

Rules of Volleytennis

General Rules

1. Maximum number of players on the court is 6.
2. Rotate clockwise.
3. Communication is important. When you are able to play the ball, call "mine".
4. "Encouragement" is an excellent way to demonstrate sportsmanship.
5. To insure safety, proper warm up is important before game play.
6. Have FUN!

Serving Rules

1. Rally scoring is in effect.
2. The ball may touch the net on a serve.
3. The serve is from the center back position to the center front position.
4. The center back must serve underhand.
5. The center front may serve overhand or underhand after the bounce.
6. The center back must have a least one-foot behind the line on a serve.

Rally Rules

1. Players cannot reach over the net at any time.
2. Players may not touch the net at any time.
3. Liners are good.
4. Ball must bounce once between hits.
5. There must be 3 hits per side.
6. The first hit must be a bump, the second a set, the third can be a spike or bump.
7. Back row players cannot over hand hit in front of the 10' line.
8. Once the ball bounces outside the court, the ball is dead.

Name _____

Date _____

Period _____

THE FOREARM PASS

Each group consists of 3 students; a passer, a recorder and a tosser.

- The passer will perform 3 forearm passes.
- The recorder will “X” out the successful trials. Record the total score.
- The tosser will underhand toss a ball to the passer

Passing Technique	PRE	PRE	#1	#2	#3	Total Score
“Ready Position” •Feet shoulder width apart •Knees bent •Hips face target						/3
Shoulders shrug to ears						/3
Arms off chest						/3
Arms extend to target						/3
Thumbs parallel						/3
Contact on forearm						/3
Passes to target above head level						/3

Triangle Pass Test _____

Self Bump Test _____

(Advanced)	A= 20+
(Proficient)	B= 15
(Basic)	C= 10
(Below Basic)	D= 5

Summary of Skills- Circle your current skill level in Volleytennis.

Beginner

Intermediate

Advanced