

Basic Skills of Volleyball

Volleyball is very popular beach game, played by both men and women as it lacks physical contact. It is mainly considered to be a sport played on a beach in the summer yet due to the increasing popularity of volleyball it is also now an indoor game.

There is nothing worse than showing up to a game without knowing what skills are needed to actually win it. Basic things like hitting the ball and being in the right place at the right time is something that can be applied to almost any sport, this article is going to cover the basics of how to play volleyball, these basics will be able to help you gain the skills required to win games possibly even every game.

I have split this article into 5 main sections:

1. Serving, this is the start of the game, there are two main basic types of serves, one is called overhand; this is where the player throws the ball into the air then hits it. The second is known as underhand, this is the server holds the ball, swings their other arm underneath the ball to hit it. There are a number of other types of serves however these are the basics two and the most common it doesn't matter what one is used they both have the same goal to help the server to get the ball over the net and get the game going.
2. Pass or reception. This is generally set up by the setter of the other team, it is used to take the ball and give it to another player on your team. This then gives the other player the ability to put the ball on the other side of the net. There are two ways you can pass the ball, one is by using your forearm or by hitting the ball overhead.
3. Tip. A tip is often used to trick the other team into thinking that the ball is going further than it actually will. This is done by the player hitting the ball lightly making it go over the net but not too far into the other team's area, this makes it harder for them to hit it back. This type of move can increase the chances of winning a game but can take a while to master.
4. Dig. This is used by a player to save the ball from hitting his/hers side of the court after it has been spiked. To make this work it requires one player from the team to slide underneath the ball on the court or to dive underneath the ball.
5. Rebound. This is when the ball stays on one side of the court, making it possible for other players on the same team to hit the ball again making it go over the net.

With all the various hits available for this sport, it is important that the players on your team have the ability to move freely and effectively.

Learning the basics of volleyball hits and techniques can work as a massive advantage when playing the game, with practice and different skills of team members you will all find out the who is best at what and gel together as a team, this will increase your chances of winning.

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