



VOLLEYBALL CONCEPTS **STUDY GUIDE**



Below is a list of concepts that you should be familiar with while preparing for your Volleyball test. Please review your “Student Volleyball Handbook” so that you can do your best work! In case you misplace this Study Guide, you can find it on Coach I’s PE4Kids website. Just look under “Homework for 7th Grade”.

1. Ready position
2. Set pass
3. Bump (forearm) pass
4. Underhand serve
5. Net recovery
6. Volleys – 3 basic volley skills.
7. Spike – not much on the test, but be somewhat informed.
8. Some of the history of volleyball
9. Basic rules – “What is Volleyball?”
10. Rally scoring – What is it?
11. How to rotate and when.
12. Warm up exercises

