

SERVING THE BALL ...

Vera Wellens

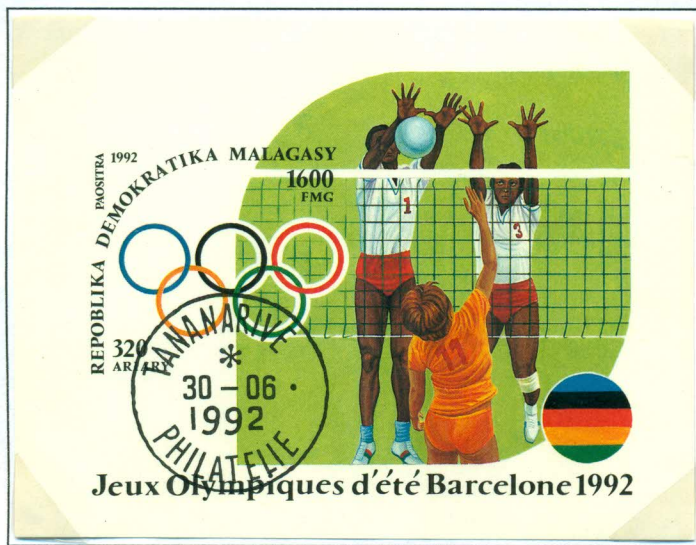


Volleyball is a team sport, played by two teams of 6 players using hands or arms. The complete set of rules is extensive and players must master these.



↑ Stamp booklet with adhesive stamps

The server ↑ must toss from behind the black boundary line of the court. The receiving team must not let the ball be grounded within their court. A ball may be served **underhand** (with arms outstretched) or **overhand** (mainly using the fingers). A player may not hit twice the ball twice in succession. A team rotates each time they win the serve.



Ball contact is short. An **attack** – eventually with a **smash** – is an attempt to direct the ball over the net in such a way that the receiving team receiving is unable to continue the rally.

Digging is preventing the ball to touch the ground, as it is nearly touching it. **Blocking** refers to the actions taken by players standing at the net to stop an opponent's attack.†



A **block** (one person or more) is performed by jumping and placing one's hands above the net with no penetration into the opponent's court and with the palms up and fingers pointing backwards.



Stationery USSR (1980) – Illustrated cover

An **overview of a game** phase with a pass, a digg, a smash, a reception, an attack and a defense. Good attacks and defenses make the difference between winning and losing.