

# English Tutorial Classes Week 13

## Volleyball

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# Volleyball

Volleyball is a team sport in which two teams of **six players** are separated by a **net**.

Each team tries to score points by grounding a ball on the other team's court.





# Origins

**William G. Morgan** invented the sport in 1895 while he was the YMCA physical education director in Massachusetts.

Because he originally derived the game from badminton, he initially named the sport mintonette.





# Origins

William G. Morgan was a one-time student of basketball inventor James Naismith and invented the game for his clients at the YMCA, most of whom were middle-aged businessmen for whom the physical demands of basketball were too great.



First played in 1895 in Holyoke, Massachusetts, U.S.

# Court and Equipment

Court dimensions: 18 m × 9 m, divided by a net.

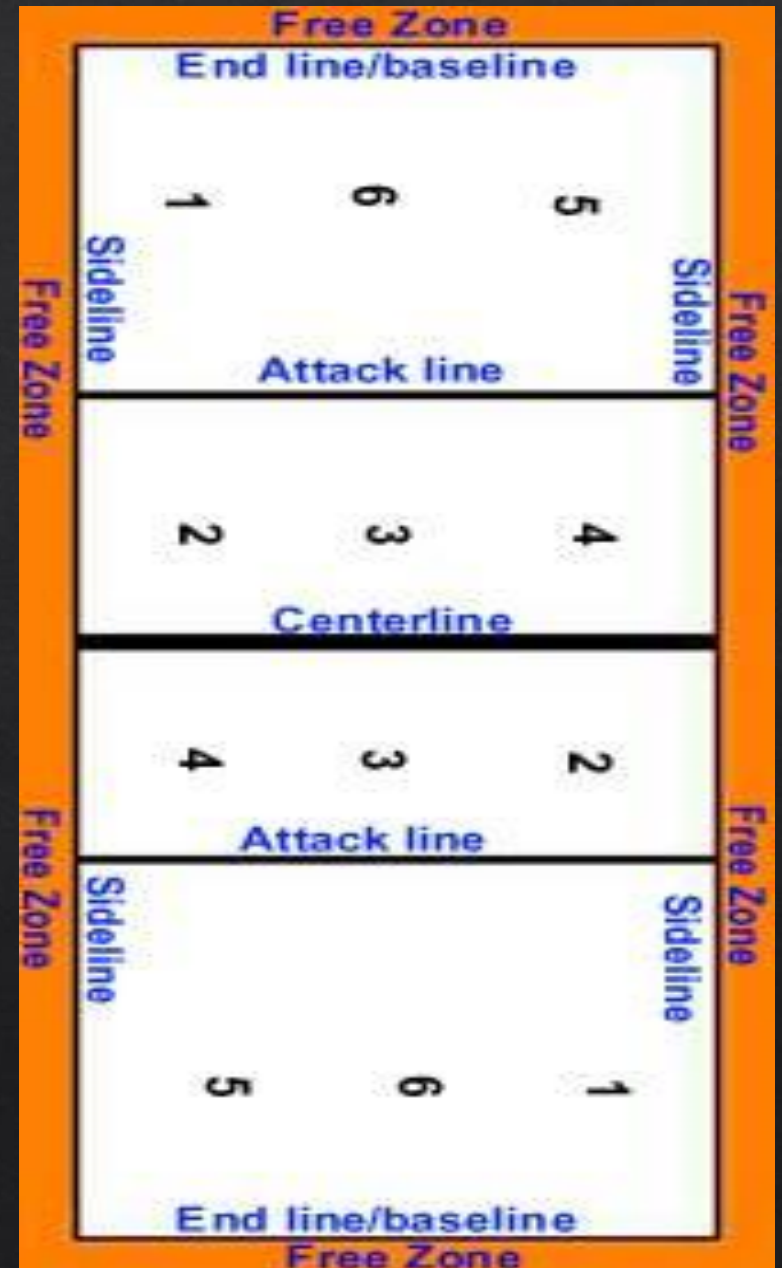
Net height:

Men – 2.43 m

Women – 2.24 m

**Attack line (linija napada):** 3 m from the center line on each side (separates front row from back row).

**Service zone (servisna zona):** behind the end line, extending across the width of the court.

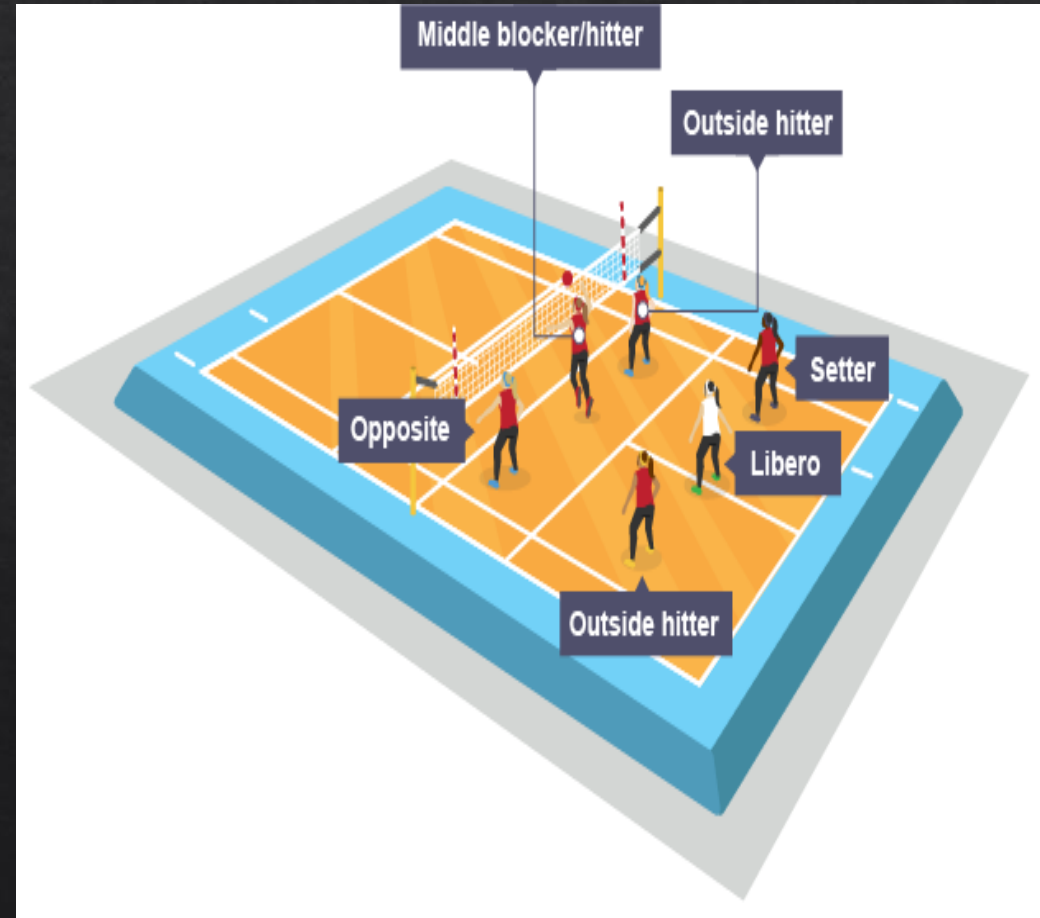


# Players and Positions

**Outside hitter (OH) – (Primač)** Attacks from the left side; often primary passer.

**Middle blocker (MB) – (Srednji bloker)** Specializes in blocking and quick middle attacks.

**Opposite hitter (OPP) – (Korektor)** Attacks from the right; often a strong hitter.



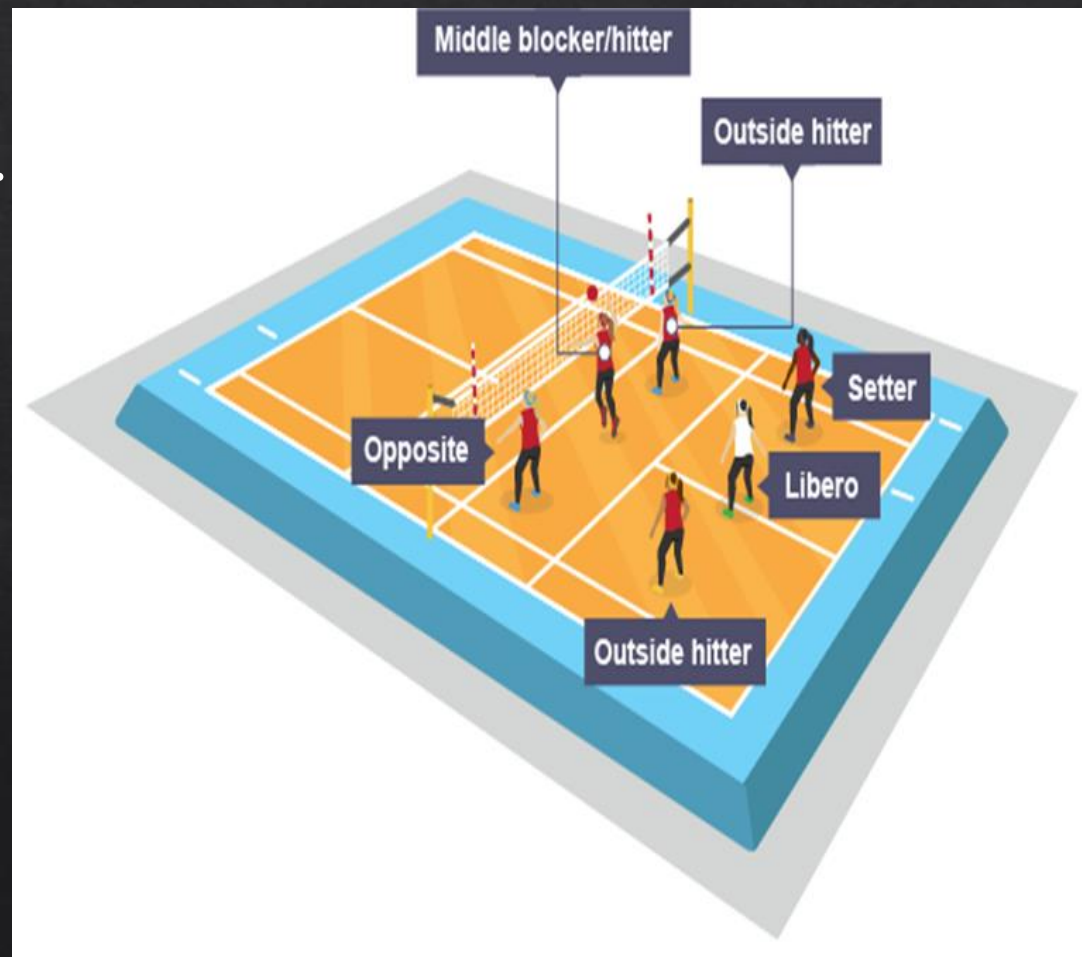


# Players and Positions

## Setter (S) – (Tehničar/Dizač)

Orchestrates the offense, sets up attackers.

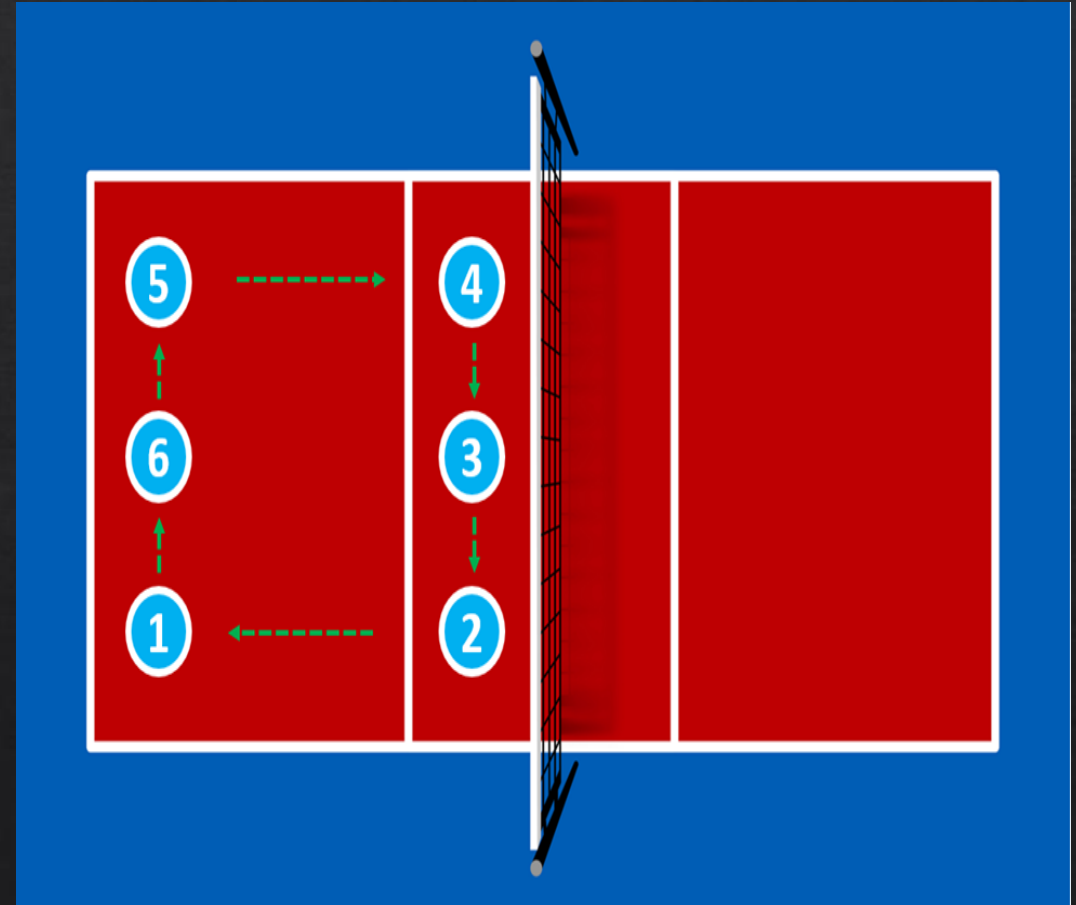
**Libero (L) – (Libero)** Defensive specialist, wears a different-colored jersey, cannot attack above the net height.



# Rotation

Every time a team wins a rally (poen) on the opponent's serve (servis), players rotate clockwise (u smeru kazaljke na satu).

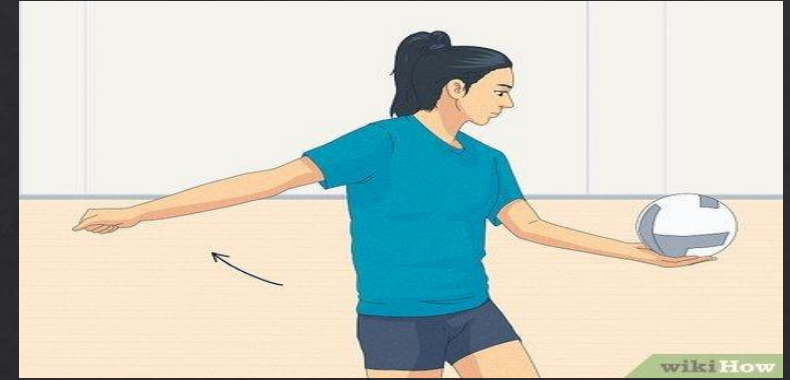
Players must start each rally (poen) in correct rotational positions (rotacione pozicije), but can move after the serve.



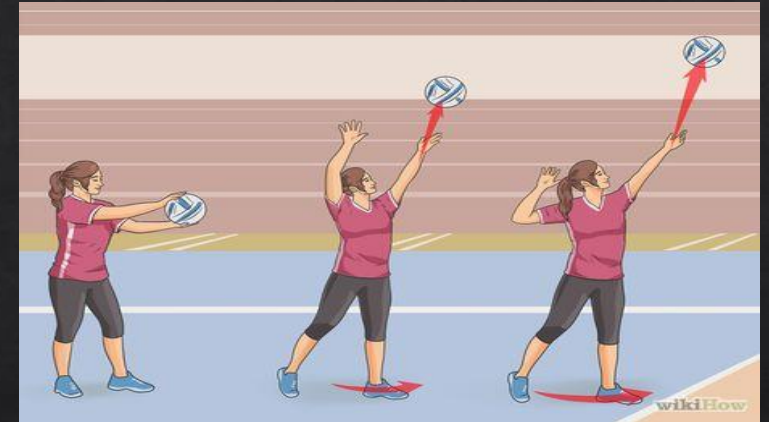


# Skills and Techniques

Underhand serve (servis odozdo)



Overhand serve (servis iz ruke / udarac iznad glave)



Jump serve (skok-servis)



# Passing (Prijem)

Forearm pass / bump  
(prijem rukama odozdo)  
Players form a forearm  
platform or a bump („čekić“)



Overhead pass (prijem iznad  
glave ili prijem  
hvatanjem/dizanjem iznad  
glave )





# Setting (Dizanje)

Overhead set (dizanje iznad glave ili dizanje prstima)

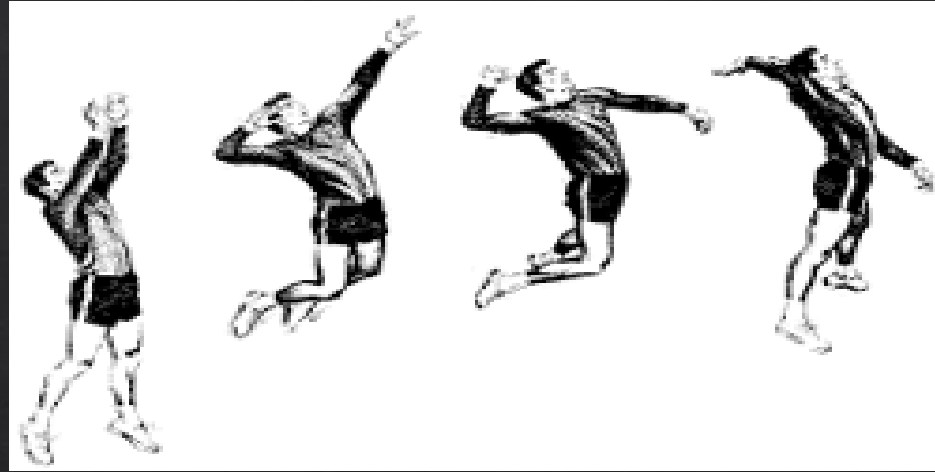


Bump set (dizanje „čekićem“ ili dizanje podlakticama)



# Attacking (Spiking) (Napad / smeč)

Approach (zaletište)



Contact (kontakt)





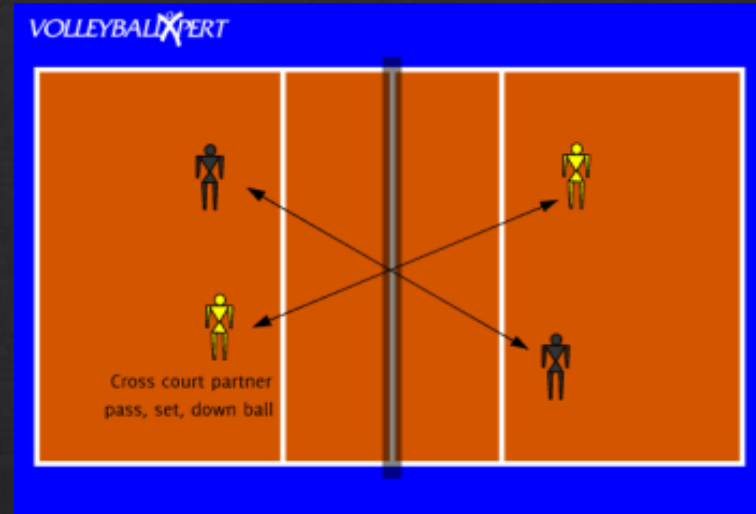
# Types of spikes (vrste smečeva)

cross-court (dijagonala)

line (paralela)

tip (kratko spuštanje lopte)

roll shot (mekani smeč s rotacijom)



# Blocking (Blok)

Solo block (jedinačni blok /  
blok 1 na 1)



Double/triple block (dvojni/trojni blok)



Soft block (mekani blok)





# Defensive Skills (Odbrambene veštine)

Digging (odbrana od  
smeča, poluupijač)



Pancake (odbrana  
klizanjem dlana ispod  
lopte, upijač)

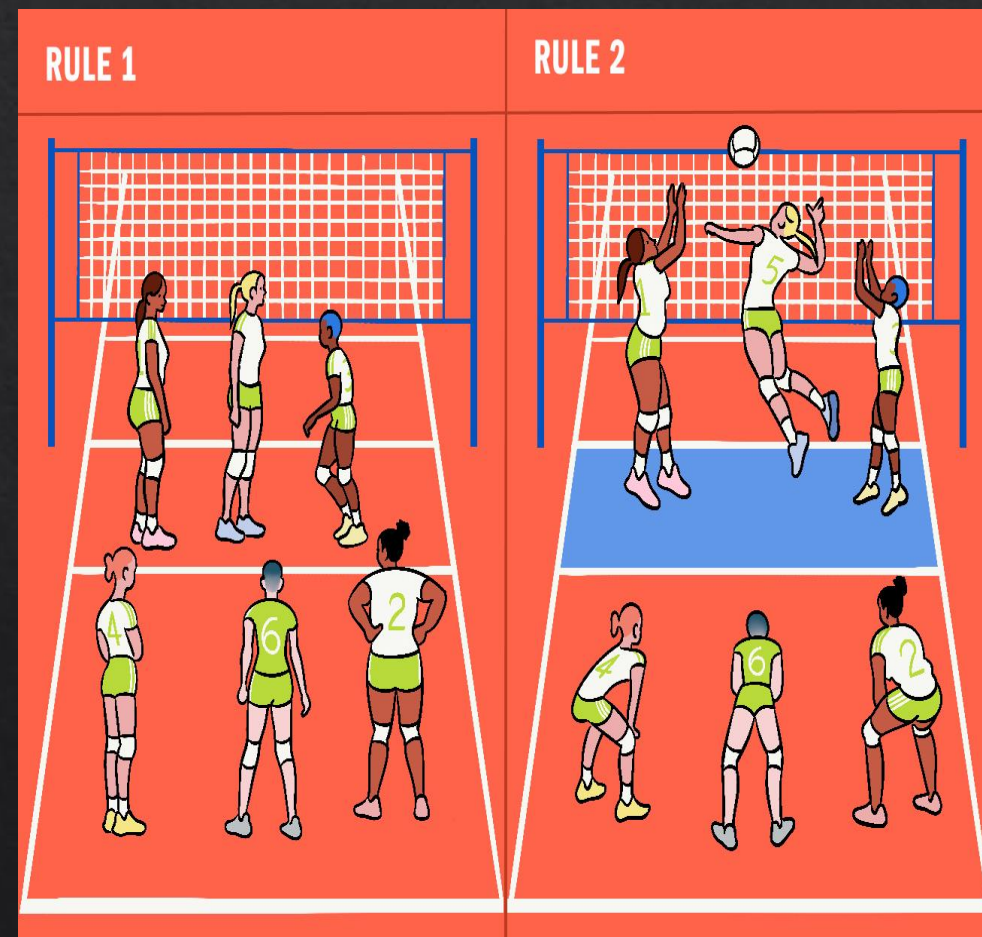


# Rules and Scoring

**Rally point scoring (bodovanje po sistemu poena po akciji):** every rally earns a point for one team.

A set (set) is won when a team reaches 25 points (must have at least a 2-point lead).

A match is played as best of five sets; the fifth set is played to 15 points.





# Ball Contact Rules

Maximum three touches per side before sending the ball over.

The same player cannot hit the ball twice in a row (except after a block).

The ball may touch the net during play and serve.



# Faults

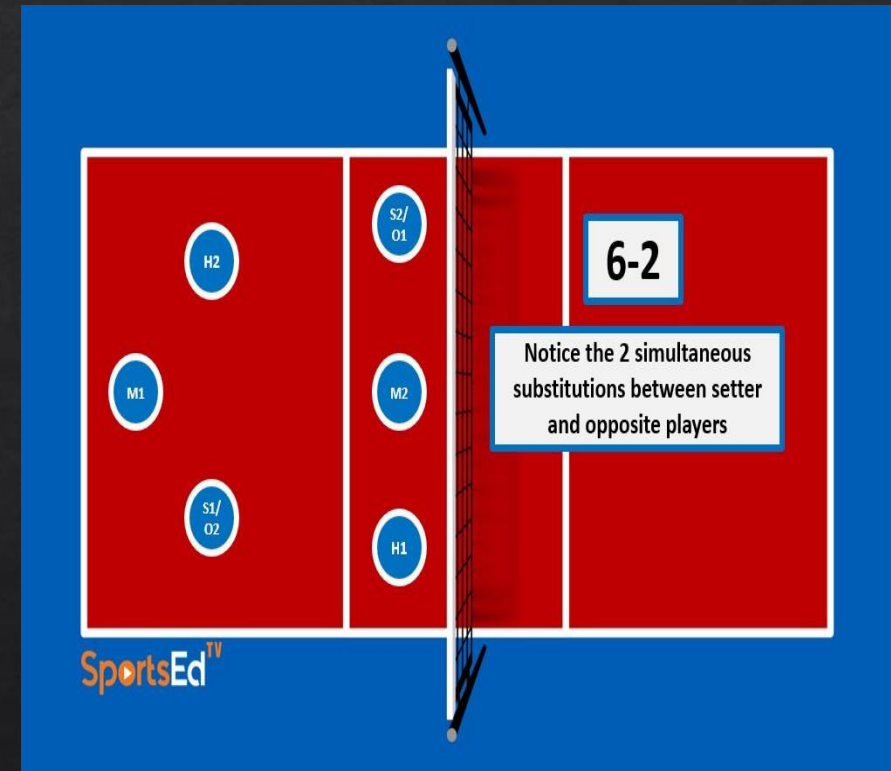
- Ball lands out of bounds (lopta izlazi van terena).
- Player touches the net during play.
- Center line fault (prelazak preko srednje linije (prestup) celim stopalom/telom).
- Illegal hit (nedozvoljen udarac) – carry/lift (zadržana ili bačena lopta), double contact (dupli dodir).
- Foot fault on serve (pogrešan korak prilikom servisa – prestup, gaženje linije).

# Offensive Systems

**5–1:** one setter plays all rotations; five attackers (jedan dizač igra sve rotacije; pet napadača).

**6–2:** two setters; only front-row setter sets (dva dizača; samo dizač u prednjoj liniji diže loptu).

**Quick attacks (brzi napadi)** – udarci iz sredine, combination plays (kombinovane akcije), back-row attacks (napadi iz zadnje linije).





# Defensive Systems

Perimeter defense (perimetarska odbrana) – defenders spread out toward sidelines and baseline.

Rotational defense (rotaciona odbrana) – defenders rotate to cover expected attack angles.



Thank you for your attention!