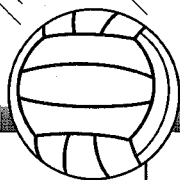
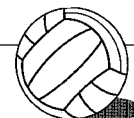


COVER the Net!

Your task is to block as much of the net as possible. Complete the tasks in any order you want. When you are done with a task, put an X over it.



| | | | | | | | | |
|--|--|--|---|--|--|---|--|---|
| Check out a book about volleyball from the library. | Set with a friend for 5 minutes. | Invent a new way to practice your volleyball skills. | Pass with a friend for 5 minutes. | Forearm pass to yourself 20X in a row. | Go to a middle school, high school, college or pro volleyball match. | Draw a picture of a regulation-size volleyball court. | Play a volleyball game with some friends. | Set to yourself 20X in a row. |
| Visit one of the volleyball websites on the back side. | Invent a volleying game with a friend. | Serve back and forth with a friend for 5 minutes. | Eat 3 pieces of fruit shaped like a volleyball. | Who invented the game of volleyball? | Find out if the park closest to your house has a volleyball court. | Practice serving for 10 minutes. | Define the following volleyball words: Dig, spike, bump. | Practice passing to a target for 5 minutes. |



Cover 7-10 Recreation League Champ Cover 11-14 Beach Champion Cover 15-18 Olympic Champion



Some Things You Really Must Know

*** We'd Play it if we Could Say It!**

Mintonette....Where do you come up with a name like that? Nobody seems to know, but that is what William G. Morgan named the game he invented in 1895. Morgan, who worked at a YMCA in Holyoke, Massachusetts, wanted to create an activity that required less physical contact than basketball (it seems too many people were getting hurt playing the newly invented game). So he had players strike the bladder of a soccer ball back and forth over a borrowed tennis net. During one game, someone remarked to Morgan that the players seemed to be volleying the ball and, perhaps, "volleyball" would be a more suitable name. We're glad Morgan agreed.

*** Did They Run Out of Jerseys?**

Why is one player on each team wearing a different colored jersey than their teammates? It's not because someone forgot to pack enough jerseys, but because this player is a specialist called the "Liberero." Before the 2000 Olympics in Sydney, Australia, the Federation Internationale de Volleyball added this player who can be substituted for any other player in the backcourt. The Libero isn't allowed to spike the ball, serve, block or rotate into the front line. Their duties include returning serves and playing backcourt defense.

Setting You Up!

Q – Why did the volleyball visit the bank?
 A – To determine its net worth!

Q – How do volleyball players stay cool?
 A – They sit next to their fans!

Q – Why are volleyball players always so dirty?
 A – They spend a lot of time digging!

Q – Why do volleyball players make bad drivers?
 A – They like to bump!

GRADES 3-6

MATCH PLAY

Here are some interesting websites to check out when you need a break. Remember, there isn't much time between games of a volleyball match. You are most needed on the court showing off your skills. Who else do we expect to serve when it is match point? Go get 'em, Spike!



<http://www.usavolleyball.org/>

The United States Volleyball Association is the National Governing Body for the sport of volleyball in the United States and is recognized by the Federation Internationale de Volleyball (FIVB) and the United States Olympic Committee.

<http://www.volleyhall.org/>

The Volleyball Hall of Fame located in Holyoke, MA, the birthplace of volleyball.

<http://www.fivb.ch/>

Federation Internationale de Volleyball – Official site of the international governing body, which oversees Olympic competition and the World Championships.