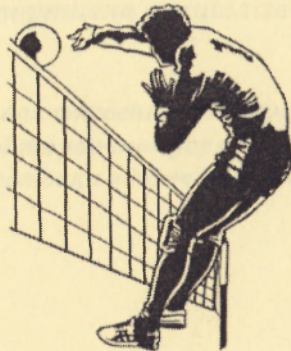


**Andriana Lytvyn**

# **VOLLEYBALL**



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

*Кафедра української та іноземних мов*

Андріана Литвин

# «ВОЛЕЙБОЛ»

**методична розробка  
з англійської мови**

*для самостійної та аудиторної роботи  
з теми*

*«Спортивна спеціалізація»*

*для студентів III курсу  
денної та заочної форми навчання  
за напрямками підготовки «фізичне виховання» та «спорт»*

Львів  
2013

УДК 796.325:811.111 (076 5)

ББК 75.569+81.2 анг

Л 64

Рецензенти:

*О.В. Матвієв* – старший викладач кафедри української та іноземних мов,  
в.о. завідувача кафедри української та іноземних мов  
Львівського державного університету фізичної культури;

*І.В. Ковцун* – кандидат наук з фізичного виховання та спорту, доцент,  
завідувач кафедри спортивних ігор  
Львівського державного університету фізичної культури.

*Ухвалено до друку Вченою радою факультету ПКПП та ЗО*

*Львівського державного університету фізичної культури*

*(протокол № 1 від 17 жовтня 2012р.)*

Литвин А. Волейбол: метод. розробка з англ. мови для сам. та ауд. роботи з теми  
“Спортивна спеціалізація” для студ. III курсу денної та заочної форми навчання за  
напрямами підготовки “фізичне виховання” та “спорт” / Андіріана Литвин. – Л.: ФОП  
Л. Квятковський В.С., 2013. – 20 с.

У методичній розробці представлено тему “Спортивна спеціалізація” (*Волейбол*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямами підготовки “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою.

УДК 796.325:811.111 (076 5)

ББК 75.569+81.2 анг

© Литвин А.А., 2013

## CONTENTS

<b>Text A. Volleyball</b> .....	4
<b>Text B. Volleyball history</b> .....	9
<b>Text C. Rules and regulations</b> .....	12
<b>Glossary</b> .....	16
<b>Volleyball Strategy</b> .....	19
<b>Reference list</b> .....	20

## VOLLEYBALL

### *Pre-text exercises*

#### **1. Read and learn the active vocabulary.**

back and forth	назад і вперед
to become dead	виходити з гри
bump, <i>n</i>	удар
set, <i>n</i>	подача
spike, <i>n</i>	напад
constitute a team	складати команду
rectangular court	прямокутне поле
frontline and backline player	гравець передньої та задньої лінії
knee pad, <i>n</i>	наколінники
net antennae, <i>n</i>	стовп, що позначає бокові лінії
to make an error	робити помилку
to commit a fault	зробити порушення
rotation of players	чергування гравців
to hit the ball in succession	вдаряти м'яч один за одним
to serve a ball	подавати м'яч
completion of the game	завершення гри
side-out, <i>n</i>	втрата подачі
to rotate clockwise (counterwise)	чергуватися за (проти) стрілкою годинника
to exchange positions	обмінюватися позиціями
offensive play	нападаюча гра
defensive play	захисна гра
to refine one's skills	удосконалювати навички
sand court	піщаний корт

## 2. Translate without using a dictionary.

Athletic program, boycott, bronze medal, center, control of the match, college classes, coordination, fundamental techniques, method, modification, National Volleyball Championship, opponent, pass, penalty, popularize, recreation, referee, regularly, seriously, strategy, standart position.

## 3. Read and translate the text.

### Volleyball

Volleyball is a game played with two teams of six players each. The object of the game is to hit the ball back and forth across the net, trying to prevent it from becoming dead on one's own half of the court. Also trying to cause the opponent to miss the ball. The perfect play in volleyball is: Bump, Set, Spike!

Volleyball for men and women is played on a rectangular court divided by a tightly stretched net. Six players constitute a team: three frontline players and three backline players. A leather ball weighing between 260 to 280 g is used. It is somewhat smaller than a basketball and resembles a soccer ball in size. Knee pads are not required equipment although they are highly recommended for safety purposes.

The play begins with a serve by the right back player. The server stands with both feet in the service area. The serve consists of hitting the ball with the hand (open or closed) or any part of the arm so that it goes clearly over the net and within the boundaries designated by vertical extensions of the sidelines called the *net antennae*. The receiving team must return the ball over the net before it touches the floor. Each team may hit the ball a maximum of three times in returning it across the net. The ball is returned back and forth until one team makes an error. If the receiving team commits a fault, a point is scored. If the serving team makes the error or commits a fault, side-out is called and the other team serves following the rotation of players.

The ball must be cleanly hit in volleyball; *it may not come to rest* momentarily in the hands or on the arms. A player may not hit the ball twice in succession. The

server continues to serve until loss of serve or completion of the game. Following a side-out, the opposite team must rotate clockwise one position before serving. This rotational system is used so that every player rotates not only in serving but in position on the floor. Both teams must be in correct rotation order at the time the ball is served. However, after the serve players may exchange court positions.

Today the game of volleyball requires team strategies involving offensive and defensive plays and highly refined individual skills. Another modification that has become popular, especially on sand courts and beaches, is played with just (two players on each side. Most recently four-person volleyball has become popular across the nation.

*(Originated from Dave Mood, Frank F. Musker, Judith F. Rink. Sports and recreational activities)*

### **Notes**

*...it may not come to rest* – не може затримуватися

### **Post-text exercises**

#### **1. Give Ukrainian equivalents to the following phrases.**

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1) the object of the game         | 6) constitute a team              |
| 2) to hit the ball back and forth | 7) frontline and backline players |
| 3) to prevent from falling        | 8) to require an equipment        |
| 4) to become dead                 | 9) to stand with both feet        |
| 5) a rectangular court            | 10) to commit a fault             |

#### **2. Match the definitions to the following notions.**

- |             |  |
|-------------|--|
| 1) bump     | a) a type of material that is made of string, thread or wire woven or tied together, with small spaces in between; |
| 2) set      | b) a round object used for throwing, hitting or kicking in games and sports;                                       |
| 3) net      | c) the action or sound of sth hitting the hard surface;  |
| 4) to serve | d) to start playing by throwing the ball into the air and hitting it;  |

- |              |  |
|--------------|--|
| 5) ball      | e) an area where the enemies are facing each other during a war and where fighting takes place;  |
| 6) frontline | f) red-and-white striped pole attached to the net that extends 32 inches above the net and indicates out-of bounds;                              |
| 7) antennae  | g) to win points, goals etc. in a game or competition;   |
| 8) to score  | h) receiving a serve or the first contact of the ball with the intent to control the ball to another player;                                     |
| 9) pass      | i) players must retain their initial rotational order throughout the entire game, but once the ball is served they are allowed to move anywhere; |
| 10) rotation | j) a pass that puts the ball in place for a hitter to attack;  |

**3. Combine the following words and translate them.**

- |                             |                         |
|-----------------------------|-------------------------|
| 1) to hit the ball back and | a) the floor            |
| 2) to miss                  | b) a fault              |
| 3) net                      | c) of the game          |
| 4) to touch                 | d) positions            |
| 5) to make                  | e) the ball             |
| 6) to commit                | f) an error             |
| 7) completion               | g) clockwise            |
| 8) to rotate                | h) antennae             |
| 9) to exchange              | i) strategies           |
| 10) team                    | j) forth across the net |

**4. Insert prepositions where necessary.**

*across, in (3), on (4), with (2), between, over (2), of*

1. The main task of the game is to hit the ball back and forth ... the net.
2. "Bump, Set, Spike" is the motto of perfect play ... volleyball.
3. Men and women play ... a rectangular court divided by a tightly stretched net.



4. The volleyball play begins ... a serve by the right back player.
5. A leather ball used in volleyball weighs ... 260 to 280 g.
6. A ball goes clearly ... the net and within the boundaries designated by the *net antennae*.
7. The team must return the ball ... the net before it touches the floor.
8. The ball may not come to rest momentarily ... the hands or ... the arms.
9. A player is not allowed to hit the ball twice ... succession.
10. A game ... volleyball became popular ... sand courts and beaches, and is played ... just two players ... each side.

**5. Match the two parts of the sentences.**

- |  |   |
|--|---|
| 1. The object of the game is ...                                   | a) ... a point is scored.   |
| 2. The perfect play in volleyball is: ...                          | b) ... side-out is called and the other team serves following the rotation of players.  |
| 3. Volleyball for men and women is played ...                      | c) ... three frontline players and three backline players.  |
| 4. Six players constitute a team: ...                              | d) ... it touches the floor.  |
| 5. Knee pads are not required equipment although ...               | e) ... they are highly recommended for safety purposes.   |
| 6. The play begins with ...  | f) ... a serve by the right back player.  |
| 7. The receiving team must return the ball over the net before ... | g) ... on a rectangular court divided by a tightly stretched net.   |
| 8. If the receiving team commits a fault ...                       | h) ... Bump, Set, Spike!  |
| 9. If the serving team makes the error or commits a fault ...      | i) ... the opposite team must rotate clockwise one position before serving.   |
| 10. Following a side-out ...                                       | j) ... to hit the ball back and forth across the net, trying to prevent it from becoming dead on one's own half of the court. |

**6. Answer the following questions.**

1. How many players constitute volleyball game?
2. What is the main object of the game?
3. What is the size of a ball?
4. What equipment is recommended for safety purposes in volleyball?
5. What does the serve consist of?
6. What must the receiving team do before the ball touches the floor?
7. What usually happens if the receiving team commits a fault?
8. What usually happens if the serving team makes the error?
9. May a player hit the ball twice in succession?
10. Do you enjoy playing volleyball? Why/ Why not?

**7. Finish the following sentences.**

1. The object of the game is ...
2. The perfect play in volleyball is: ...
3. Volleyball for men and women is played on ...
4. Six players constitute a team: ... .
5. Knee pads are not required equipment although ...
6. The play begins with ...
7. The serve consists of ...
8. A point is scored if ...
9. Side-out is called and the other team serves ...
10. Following a side-out, the opposite team must ...

***Text B***

**1. Read the text to find the information about:**

- 1) William J. Morgan;

- 2) USVBA Open Championship;
- 3) the countries who took the volleyball game the most seriously;
- 4) the highest results of the U.S. volleyball teams (both men's and women's);
- 5) the development of the volleyball today.

### **Volleyball History**

Volleyball was invented in 1895 by William J. Morgan, who was physical education director of the YMCA in Holyoke, Massachusetts. He developed the game to provide an indoor game for the winter months in which relatively large groups of men could participate in a small gymnasium. The principal features of tennis were employed, but the net was raised the players struck the bladder of a basketball with their hands instead of racquets. The YMCA is chiefly credited with promoting this very fine game throughout, the United States and in many foreign countries. In the United States volleyball is played regularly on playgrounds and in recreation centers, camps, and school and college classes and intramural programs. It recently has become one of the most popular sports in high school and college women's athletic programs. Also, it has become an excellent recreational game in the armed services and was played in both World War I and World War II. The YMCA held its first National Volleyball Championships in 1922. The annual YMCA tournament and the addition of the United States Volleyball Association (USVBA) Open Championship in 1928 further popularized the game, not only as a pleasurable sport but also as a competitive game. Volleyball was adopted as an Olympic sport in 1964 at Tokyo. Although at the time it was a sport played around the world, it was the Soviets and Japanese who took it most seriously. The Japanese women's teams introduced tenacious defense and increased the level of play by scraping and diving for every ball hit by an opponent. The Soviet's contribution to the game was the power offense. With the exception of 1976, when the Polish men's team defeated the Soviets for the gold medal, the Soviets or the Japanese won every men's and women's volleyball gold medal through 1980 (Soviet men three gold, women three gold; Japanese men one gold, women two

gold). In fact, in the women's competitions from 1964 through 1980 the only time the gold or silver medal failed to go to the Soviets or Japanese was in 1980, when the Japanese boycotted the Olympics (silver to East Germany). Until 1984 the highest finish by a U.S. men's team was seventh in 1968, and the highest placement by a U.S. women's team was eighth in 1968. But in 1984 (when the Soviets boycotted) the U.S. men won the gold and the U.S. women won the silver (China won the gold). In 1988 the Soviet women's team regained the gold by beating Peru (with China capturing the bronze), but the U.S. men's team repeated its gold medal performance, this time by beating the Soviets 13–15, 15–10, 15–4, and 15–8. Both the men's and women's U.S. volleyball teams took the bronze medal at the 1992 Barcelona Olympics. The men's gold was won by Brazil and the women's gold by Cuba. In the 1996 Olympic Games neither U.S. team medaled. The men's gold was won by the Netherlands, and the women's gold was captured by Cuba. Today the game of volleyball requires team strategies involving offensive and defensive plays and highly refined individual skills. Most recently four-person volleyball has become popular across the nation.

**2. Are these sentences true or false? Correct any false sentences.**

1. William J. Morgan was volleyball trainer of the YMCA in Holyoke, Massachusetts.
2. In the United States volleyball is played regularly on playgrounds and in recreation centers, camps, and school and college classes and intramural programs.
3. During World War I and World War II volleyball wasn't played.
4. The first National Volleyball Championships was held by the YMCA in 1922.
5. Japan was the first country who adopted volleyball as an Olympic sport in 1964.
6. The Soviet women's teams introduced tenacious defense and increased the level of play by scraping and diving for every ball hit by an opponent.
7. The Japanese contribution to the game was the power offense.
8. The only time the gold or silver medal in 1964 – 1980 was won by the East Germany women's competitions.

9. What was the Japanese women's team contribution to the game? In 1988 the Soviet women's team won the gold by beating Peru, but the U.S. men's team repeated its gold medal performance, this time by beating the Soviets

10. The game of volleyball requires team strategies involving defensive and offensive plays and highly refined individual skills.

**3. Divide the text into paragraphs and give headings to them.**

**4. Answer the questions according to the text.**

1. When was volleyball invented?
2. Where is volleyball usually played?
3. What was the role of the game during World War I and World War II?
4. What organization stands for the popularization of the game?
5. Where was volleyball adopted as an Olympic sport?
6. What was the Japanese women's team contribution to the game?
7. What was the Soviets women's team contribution to the game?
8. What country defeated the Soviets for the gold medal in 1976?
9. What was the highest placement by the U.S. women's team?
10. Is the volleyball game profitable nowadays? Why / why not? Prove your point.

**5. Title the text and write an abstract of it.**

*Text C*

**1. Read the text. Translate it in a written form.**

**Rules and Regulations**

*Playing Area and Court Specifications*

The height of the net is the only difference between court specifications for men and women.

### ***Officials and Their Duties***

1. The first referee is the superior official and decides whether the ball is in play or dead and when point or side-out is made and imposes penalties for rule infractions. The first referee is in full control of the match and any judgement decisions rendered by the first referee are final,
2. The second referee assists the first referee wherever possible but is primarily responsible for net and centerline violations, supervision of substitutions, and overlap violations of the receiving team. This referee stands outside the court behind the standard, constantly changing positions as the ball changes sides of the court and should be positioned on the side of the net opposite the ball.
3. The scorer, seated on the side of the court opposite the referee, keeps the record on points scored, substitutions made, and time-outs called and supervises rotations of servers.
4. When two line judges are used, they are stationed diagonally opposite each other. They are responsible for decisions concerning boundary plays and serving errors.

### ***Players and Substitutes***

1. In official matches each team must consist of only six players. Player positions along the net are designated right front, and left front; those in the backcourt are called right back, center back, and left back.
2. When the ball is served, players must be in their rotational order. Side-to-side and front-to-back relationships of players must be maintained until the serve is contacted. In the frontline the center front must be between the right and left front. In the backline the center back must be between the right and left backs. Also, back-row players may not overlap with their corresponding frontline player. In other words, the left back must be deeper in the court than the left front. However, the left back does not need to be deeper in the court than the center forward because they do not have a side-to-side or front-to-back relationship. As soon as the serve is contacted, players may move anywhere on their side of this court.

3. A substitute may replace any player when the ball is dead, provided the player has reported to the scorer and received permission of the referee. A player taken out of a game may reenter once, but must return to the original position in the serving order.

4. In international rules, a substitute who enters the game and is then removed cannot reenter until the next game. In high school rules a player is permitted three entries into a game, with starting the game counting as one entry. Effective in 1998 in collegiate rules a maximum of 12 team substitutions are allowed with no entry limitations per player.

### ***Returning the Ball***

1. A return may be hit in any direction, A player may use any part of the body above (and including) the waist to hit the ball. Inadvertent play of the ball below the waist is permitted. For example, a hand-driven spike that rebounds unintentionally off a player's foot would be a legal play on the ball. However, if the defensive player stuck his or her leg out to block the ball and it rebounded off the foot, it would be illegal.

2. A return that passes over that part of the net between the net posts or their imaginary extensions is in play even if it touches the top of the net while in flight.

3. A return may be recovered from the net, provided the player avoids contact with the net.

4. After once contacting the ball, a player may not touch it again until it has been touched by some other player, (Note: After the ball has been blocked at the net, any of the blockers may make the next contact.)

### ***Restrictions in the Play of Backline Players***

1. Backline players may not participate in the action of blocking.

2. Backline players may not spike from the attack area, but may from behind the attack line.

3. In as much as the attack line extends indefinitely, a backline player may not hit a ball into the opponents' court from above the height of the net while outside the court and within such limits of the attack area.

### ***Infractions***

If any member of the receiving team commits any of the infractions listed, point is credited to the serving side; if the infraction is made by the serving team, side-out is called.

1. Serving illegally or serving out of turn.
2. Catching or holding the ball or failing to make a legal return.
3. Touching the ball twice in succession with any part of the body.
4. Contacting the net.
5. Touching the ball when it has already been played three times without passing over the net.
6. Completely crossing the centerline when not directly involved in a play on the ball is permitted
7. Reaching under the net and intentionally or unintentionally interfering with the opponent's play of the ball.
8. Changing player positions before the serve has been made.
9. Violating substitutions or time-out regulations.
10. Unnecessarily delaying the game.

**2. Compile a vocabulary of volleyball terms.**

**3. Make up a presentation of volleyball.**



## Glossary

**Ace** – A serve that results directly in a point.

**Antenna** – Red-and-white striped pole attached to the net that extends 32 inches above the net and indicates out-of-bounds along the sideline.

**Assist** – Passing or setting the ball to a teammate who attacks the ball for a kill.

**Attack Attempt** – The attempt by a player to terminate a play by hitting the ball to the floor on the opponent's side.

**Back Row Attack** - When a back row player takes off to jump behind the 10-foot/3-meter line and attacks the ball.

**Block** – A successful attempt by any front row player to intercept the ball near the net that results in the termination of the rally.

**Block Assist** – A successful attempt by any two or more front row players to intercept the ball near the net that results in the termination of the rally. Any person involved in the block attempt that terminates the rally receives a block assist.

**Block Solo** – A successful attempt by any one front row player to intercept the ball near the net that results in the termination of the rally.

**Blocking Error** – A violation that consists of touching the net, crossing the center line, blocking a set or any other violation which pertains to illegal blocking.

**Blocking Error** – A violation that consists of touching the net, crossing the center line, blocking a set or any other violation which occurs while making a block attempt.

**Court Dimensions** – 59 feet from end line to end line and 29 feet, 6 inches wide (18m x 9m).

**Cross-Court Attack** – An attack that is directed diagonally from the point of attack.

**Dig** – Act of retrieving an attacked ball close to the floor and making a successful pass.

**Dink** – A one-banded, soft hit into the opponent's court using the fingertips.

**Dump** – Usually performed by the setter, who delivers the ball into the opponent's court on the second contact.

**Extension Roll** – A move to the floor which enables a player to dig the ball.

**Forearm Pass** – Contacting the ball with the forearms in order to deliver the ball to the setter in an underhanded manner.

**Free Ball** – Returning the ball to the opponent without the intent to get a kill.

**Hitter** – A player who attacks the ball.

**Hitting Percentage** – A statistic derived from total kills minus total attack errors and divided by total attempts.

**Jump Serve** – A top spin serve delivered by a player in midair.

**Joust** – When two opposing players contact the ball simultaneously above the net causing the ball to momentarily come to rest; the point is replayed if this is called by the official.

**Kill** – An attack that results directly in a point or sideout.

**Linesman** – Officials located at the corners of the court; each linesman is responsible for ruling if the ball is legally in play along the lines for which or she is responsible.

**Middle Blocker** – Usually plays in the middle of the net when in the front row and moves laterally to her blocking assignments.

**Net Height** – Seven feet, 4-1/8 inches high.

**Outside Hitter** – Usually plays at the ends of the net when in the front row.

**Overiap** – A violation called when a team lines up out of rotation on a service attempt.

**Pass** – Receiving a serve or the first contact of the ball with the intent to control the ball to another player.

**Quick Set** – An extremely low vertical set used to beat the opponent's blocks.

**Rally Scoring** – Scoring method used in the fifth game of matches where points can be won by the serving or receiving team.

**Red Card** – Given by the official to a player or coach for flagrant misconduct resulting in a point/side out to the opponent.

**Red And Yellow Card** – Given by the official to a player or coach for a major violation. Also received automatically after two red cards. Results in automatic ejection and a point/side out for the opponent.

**Rotation** – Players must retain their initial rotational order throughout the entire game, but once the ball is served they are allowed to move anywhere.

**Set** – A pass that puts the ball in place for a hitter to attack.

**Side Out** – A rally won by the team who is receiving serve, resulting in the right to serve. You cannot score a point if your team is trying to side out.

**Side Out Scoring** – Scoring method used in games one through four of matches where points can be won only by the serving team.

**Slide Attack** – A low back set to the antenna that the middle hitter swings behind the setter to attack.

**Substitution** – Allows one player to replace another player already on the court. Each team is allowed 15 substitutions per game. Each player is allowed an unlimited number of entries.

**Ten Foot/3-Meter Line** – The line extended across the court to signify the point which a back row player must leave the ground behind to attack the ball.

**Yellow Card** – Given by the official to a player or coach as a warning of misconduct. Two yellow cards results in an automatic red card.

## Volleyball Strategy

A vital part of volleyball offense is the spike, a powerful smash over the net. To spike the ball a player must jump high in the air, using good timing in hitting the ball powerfully and placing it so that it is very difficult to return. Back-row players may spike if their takeoff is from behind the 3-meter attack line. A ball well placed, at varying heights and near the net for a teammate to spike it, is called a set. A tip, or placement, is a lightly hit ball deflected or dropped into the court of the opponents and is used by a spiker to surprise opposing blockers when they anticipate a spike. Recovery of the ball from the net after the first or second hit is permissible, as long as one player does not hit the ball twice in succession.

Defensively, single or multiple blocks are usually employed in volleyball. In such a defense, one or more front-row players jump up on their side of the net, with hands and arms placed in front of an attacking spiker, to hit back the spiked ball or deflect it to a teammate who can then return it across the net. In the indoor game, a block, while counting as a touch to regain possession for a team, does not count as one of the three hits a team is allowed on each possession.

A number of skills contribute to successful team play. One of these is accurate service, optimally to a weak spot on the opposing side, delivered either with topspin and speed or as a deceptive floater – that is, a ball that seems to wobble and slip uncertainly in the air. Control is also important in receiving the service, and in recovering a spike and deflecting the ball accurately to fellow team members.

*(Originated from Microsoft® Encarta® 2006. © 1993-2005 Microsoft Corporation.)*

## REFERENCE LIST

1. Dave Mood, Frank F. Musker, Judith E. Rink. Sports and recreational activities. – Mosby, 1991.- 427 p.
2. Macmillan English Dictionary for Advanced Learners / [ed. by M. Rundell]. – London: Macmillan Publishers Limited, 2007.
4. Microsoft ® Encarta ® 2006. © 1993-2005 Microsoft Corporation.
5. Wikipedia, the free encyclopedia [Электронный ресурс]. – Режим доступа: <http://www.en.wikipedia.org/wiki>
6. The Oxford Dictionary and Thesaurus / [ed. by S. Tulloch]. – Oxford: OUP, 1993.