

# Beach Volleyball

## TEACHERS RESOURCE



### PURPOSE OF ACTIVITY:

The purpose of Beach Volleyball is to cultivate healthy competition among peers, burn energy, build physical fortitude, and grow in personal confidence. It is an exciting, fast paced sport in which two teams, separated by an elevated net, compete to down the ball on the opponent's side of the court. It is an opportunity for both personal and team growth, and to enjoy personal victory while benefitting the team through individual success. No participant is ever to be forced into involvement but should be encouraged to expand their comfort zone by challenging themselves.

Traditionally Beach Volleyball is played with 2 people per side. If the rules of Traditional Indoor Volleyball with a full team of 6 are desired, that is fine at MVR.

### RULES:

- You are allowed to use any part of your body to hit the ball.
- The ball can touch the net (provided it goes over) but no player's body or clothing may touch it.
- The ball cannot be caught or held.
- No player is allowed to touch the ball twice in succession.
- You are not allowed to use your hands to catch the ball during play.
- The ball can only be hit a **maximum of 3 times** to get the ball over the net.

### GAMEPLAY:

The primary objective in volleyball is to make the ball hit the floor on the opponent's side of the court, while preventing it from dropping on your side.

The teams are divided into rows on each side of the net, with the ball being served from the back right player. The ball rests on the player's non-dominant palm and is hit with the top of their dominant fist.

The ball may touch the net provided it passes over to the other side, if the serve is missed a point goes to the other team. If the opposing team wins the point the team rotates through, and play is turned over to the opposing team.

After the ball is served over the net, the players on that side need to keep the ball off the ground and send it back to the other side, the ball cannot be caught or held, the player needs to hit it back up into the air either for a team mate to hit or to hit the ball over the net themselves.

