

## VOLLEYBALL 34M

Nine Weeks

### Suggested Reference:

Sports for Recreation  
by The Staff of Intramurals -- University of Michigan

### History

### Place in the Program

### Summary of the rules

### The fundamental skills

- a. Passing
  - 1. underhand
  - 2. Overhand
  - 3. One hand
- b. Serving
  - 1. Underarm
  - 2. Overarm
  - 3. Sidearm

### The Attack

### Feeding

### Boosting

### Spiking

### Team Strategy

### Defensive Play

### Team Work

### Additional References:

Volleyball, a Man's Game -- Robert Lavagea

### Examination

- a. Two written
- b. Practical
  - 1. Serving
  - 2. Setting up
  - 3. Spiking
  - 4. Actual play
- c. Written paper concerning volleyball