**VOLLEYBALL EXAM**

MATCHING

Directions: Write the letter of the choice that gives the best definition or best matches the term on your answer sheet.

\_\_\_\_\_ 1. defense system a. 4-2

\_\_\_\_\_ 2. save b. the setter is on the side opposite the hitter’s hitting hand

\_\_\_\_\_ 3. offensive system c. offensive drop shot

\_\_\_\_\_ 4. “roof” d. left front position

\_\_\_\_\_ 5. off-hand spike e. 2-1-3

\_\_\_\_\_ 6. kill f. blockers have their hands over the net

\_\_\_\_\_ 7. dink g. one-arm desperation play to save a hard-driven ball

\_\_\_\_\_ 8. strong side right-hander h. the setter is on the hitter’s strong-arm side

\_\_\_\_\_ 9. strong side left-hander i. no spin

\_\_\_\_\_ 10. topspin j. a spiked ball that isn’t returned

\_\_\_\_\_ 11. W-formation k. ball will float

\_\_\_\_\_ 12. back set l. puts topspin on the ball

\_\_\_\_\_ 13. bump m. ball will drop

\_\_\_\_\_ 14. off-speed hit n. right front position

\_\_\_\_\_ 15. free ball o. transfers forward momentum into upward momentum

\_\_\_\_\_ 16. opening up p. setter sets the ball over a head to the player behind the setter.

\_\_\_\_\_ 17. side out q. an easy return from the opponent

\_\_\_\_\_ 18. crosscourt hit r. a serve that is not returned

\_\_\_\_\_ 19. double hit s. serve reception

\_\_\_\_\_ 20. floater t. turning to face the player who is playing the ball

\_\_\_\_\_ 21. wrist snap u. a spike directed diagonally to the longest part of the court

\_\_\_\_\_ 22. heal plant v. the serve changes hands

\_\_\_\_\_ 23. open hand w. hand position of the blocker closest to sideline

\_\_\_\_\_ 24. ace x. a player plays the ball twice in succession

\_\_\_\_\_ 25. turn outside hand in y. a spike that is hit after the speed of the striking arm is greatly reduced

z. forearm pass

aa. correct hand position for spike and serve

MULTIPLE CHOICE

Directions: Select the **best** answer and mark it on your answer sheet.

26. The main difference in execution between the floater and the topspin serve is

a. how you stand in relation to the net in the ready position

b. where you contact the ball and how you follow through

c. in how you swing your hitting arm

d. how high you release the ball on the toss

27. The reason for a player being unsuccessful in serving accurately with an overhand serve is

a. no weight shift b. poor ball toss c. no backswing d. no arm extension e. All

28. An on-hand spike is

a. always performed by the right forward

b. hit on the opposite side of your body as the approaching set

c. hit without an approach

d. hit on the same side of your body as the approaching set

29. Once the serve is passed to the setter, the setter should make every effort to play the ball using

a. an overhead pass or set c. a block

b. an under hand pass d. a spike

30. A ball that is served to the opponent and hits the court in bounds without anyone hitting it is called

a. a kill b. a perfect serve c. an ace d. a spike

31. A ball not spiked by your opponent but returned to you high and easy is called

a. a block b. a free ball c. a cake d. a base defense

32. When your opponent plays the ball and you are waiting to see what they will do, you should be in

a. serve reception formation c. base defensive formation

b. free ball formation d. block + 2-1-3 defensive formation

33. When spiking a ball, the ball is contacted with

a. the heel of an open hand c. the side of a closed fist

b. the fingertips d. the front of a closed fist

34. The most accurate method of playing the ball is

a. the block b. the overhead pass c. the spike d. the forearm pass

35. The reason the floater serve moves during flight is because

a. The ball has no spin on it c. The ball has backspin

b. The ball has topspin on it d. The ball is hit with a closed fist

36. When performing a forearm pass, the arms generally

a. Swing upward with force c. Remain almost stationary

b. Make contact at shoulder level d. Follow through above the shoulders

37. The term used to describe one team’s losing the serve is

a. Hand out b. Side out c. Point d. Rotation

38. When the right back has called for the ball, indicating to his/her teammates that he/she will receive the

serve, all of his teammates should

a. Open up to the right back c. Get ready for the 2-1-3 formation

b. Run toward the right back to help out d. Call the lines for him/her

39. The following are all defensive plays, **except for**

a. A spike b. A block c. A dig d. A save

40. All the following terms are associated with the spike, **except**

a. Off-hand b. Cushioning c. Off-speed d. Step-close takeoff

41. The primary responsibility of the center back in the 2-1-3 defensive alignments is

a. To dig the spike c. To pick up all drinks that come over the block

b. To block the spike d. Not to play the ball, if at all possible

42. The purpose of the heel plant in the spike is to

1. Avoid too much force on the toes
2. Change forward momentum into upward momentum
3. Prevent wear and tear on the soles of your sneakers
4. To help you get greater arm swing