

## 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
- how you stand in relation to the net in the ready position
  - where you contact the ball and how you follow through
  - in how you swing your hitting arm
  - 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
- no weight shift
  - poor ball toss
  - no backswing
  - no arm extension
  - All
28. An on-hand spike is
- always performed by the right forward
  - hit on the opposite side of your body as the approaching set
  - hit without an approach
  - 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
- an overhead pass or set
  - an under hand pass
  - a block
  - a spike
30. A ball that is served to the opponent and hits the court in bounds without anyone hitting it is called
- a kill
  - a perfect serve
  - an ace
  - a spike
31. A ball not spiked by your opponent but returned to you high and easy is called
- a block
  - a free ball
  - a cake
  - a base defense
32. When your opponent plays the ball and you are waiting to see what they will do, you should be in
- serve reception formation
  - free ball formation
  - base defensive formation
  - block + 2-1-3 defensive formation
33. When spiking a ball, the ball is contacted with
- the heel of an open hand
  - the fingertips
  - the side of a closed fist
  - the front of a closed fist
34. The most accurate method of playing the ball is
- the block
  - the overhead pass
  - the spike
  - the forearm pass
35. The reason the floater serve moves during flight is because
- The ball has no spin on it
  - The ball has topspin on it
  - The ball has backspin
  - The ball is hit with a closed fist

36. When performing a forearm pass, the arms generally
- a. Swing upward with force
  - b. Make contact at shoulder level
  - c. Remain almost stationary
  - 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
  - b. Run toward the right back to help out. Call the lines for him/her
  - c. Get ready for the 2-1-3 formation
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
  - b. To block the spike
  - c. To pick up all drinks that come over the block
  - d. Not to play the ball, if at all possible
42. The purpose of the heel plant in the spike is to
- a. Avoid too much force on the toes
  - b. Change forward momentum into upward momentum
  - c. Prevent wear and tear on the soles of your sneakers
  - d. To help you get greater arm swing