

Title:

Introduction To Basic Volleyball

Word Count:

492

Summary:

The worst situation that a volleyball team could be in is to show up at a game without knowing

Keywords:

volleyball, ball, sport, volleyball rules, volleyball drills, mens volleyball, history of voll

Article Body:

The worst situation that a volleyball team could be in is to show up at a game without knowing

1. Serving. This is what always starts the game and helps to keep the game. There are two basi

2. Pass or reception. This is usually set up by the setter of the game. It is used in order to

3. Tip. A tip is used as a way to trick the other team into thinking that the ball is going fu

4. Dig. This is the ability for a player to save the ball from hitting the court after it has

5. Rebound. This occurs when the ball stays on one side, making the players rebound, or take t

With all of these different hits for a ball, you will want to make sure that the players have

The basics of volleyball hits can lead a long way when you are working towards playing the gam

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