

d. Bump

e. Carry

f. Lift

g. Dig

h. Dink

i. Double hit

j. Dump

k. Five-One & Six-Two

l. Free ball

m. Joust

n. Kill

o. Libero

p. Match Point

q. Middle hitter

r. Opposite hitter

s. Outside hitter

t. Rotation

u. Service / Serve

v. Set

w. Spike

x. Time out

4. Demonstrate and understand the different skills required for each position of volleyball.

Date completed _____

5. Demonstrate reasonable proficiency in the following areas:

- a. Underhand Serve
- b. Overhand Serve: The Floater
- c. Passing
- d. Hitting
- e. Blocking
- f. Setting
- g. Rolling

Date completed _____

6. If a beginning player, spend at least 4 hours learning and improving your volleyball skills from a more experienced player. If an experienced player, spend at least 4 hours helping a less skilled or younger player improve their skills in volleyball.

Date completed _____

7. Play at least ten games of volleyball with a full team (6 people). Show “fair play” during practice and games.

Date completed _____

8. Report through a paper, skit, or other display about a famous volleyball player. Talk about why you think this player is a good role-model for a Christian.

Date completed _____

9. Draw a to-scale volleyball court with properly defined boundaries. Label the dimensions including net height, sidelines, end lines, attack line, and center line.

Date completed _____

- 10.** Discuss, with your leader, pastor or teacher, the problems faced by the Seventh-day Adventist young person who wishes to compete at the secondary and college level. What alternatives are there to allow continuous involvement in the sport?

Date completed _____

- 11.** Discover and evaluate what Ellen G. White has to say about the proper use of competitive sports by Christians.

Date completed _____

- 12.** Share at least one spiritual lesson that you have learned from your experience with a volleyball team.

Date completed _____