Volleyball/Beach Volleyball

When athletes come together from around the world to compete in the Olympic and Paralympic Games, they are fulfilling their dreams and competing at the highest level. Billions of people across the globe join in; watching, listening to and reading about the greatest global celebration of sport. To celebrate the London 2012 Games, the British Council is making a wide range of classroom resources available for learners of English worldwide.

A game similar to volleyball was played in the Middle Ages. The modern sport has its roots in a game called 'mintonette'. It was designed as a gentle alternative to basketball for older players. What else do you know about volleyball? Have you ever played it? What about beach volleyball? Find out about the differences between the two sports.
1. Vocabulary

a. Write the correct words in the spaces provided.

<table>
<thead>
<tr>
<th></th>
<th>a. net</th>
<th>b. side line</th>
<th>c. spike</th>
<th>d. end line</th>
<th>e. serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>f.</td>
<td>dig</td>
<td>g. set</td>
<td>h. attack line</td>
<td>i. bump</td>
<td>j. centre line</td>
</tr>
</tbody>
</table>

![Diagram of volleyball players and a net with numbers 1 to 10 corresponding to different parts of the court and actions.](image-url)
2. The rules of volleyball

- Volleyball and beach volleyball are played on a court with a **net**.
- Teams must prevent the ball from touching the floor on their side of the court.
- Players **hit** or **pass** the ball but cannot catch or throw it.
- Teams cannot hit the ball more than 3 consecutive times.
- Individual players cannot hit the ball 2 consecutive times.
- Teams win a point when the ball hits the floor on the other side of the court.
- The ball is **out of bounds** when it falls outside the **side line** or **end line**.
- Players have to **rotate** before their team serves.
- Teams get a point if the other team commits a **fault**.
- Beach volleyball is played **outdoors**. The court is covered in sand.
- There are 2 players on each side.
- They wear swimsuits or shirts and shorts but no shoes.
- Teams need 21 points and a **lead** of 2 points to win a **set**.
- Teams must win 2 sets to win a **match**.
- For indoor volleyball, there are 6 players on each side.
- They wear shirts, shorts and shoes.
- Teams need 25 points and a lead of 2 points to win a set.
- Teams must win 3 sets to win a match.

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**a. Match the words in the table with their definitions below.**

<table>
<thead>
<tr>
<th>a. net</th>
<th>b. end line</th>
<th>c. set</th>
<th>d. match</th>
<th>e. rotate</th>
</tr>
</thead>
<tbody>
<tr>
<td>f. pass</td>
<td>g. outdoors</td>
<td>h. out of bounds</td>
<td>i. fault</td>
<td>j. lead</td>
</tr>
</tbody>
</table>

1. Outside of a building.
2. A single volleyball game.
3. One team has more points than the other team.
5. Hitting the ball.
6. A line at each end of the court.
7. A competition with several sets.
8. When the ball falls outside of the court area.
9. A device that separates the two teams.
3. Questions & Answers

When was volleyball invented?
It was invented in 1895 in the state of Massachusetts, in the USA.

Wasn’t that where basketball was invented?
Yes! Basketball was invented in 1891 in a nearby town. William Morgan created volleyball as a gentler alternative to basketball.

A gentler alternative to basketball? But volleyball’s not really a gentle sport, is it?
Not at all! It is very fast and quite physical. The ball can travel at speeds of up to 90 kilometres per hour!

And it’s got a net, like tennis.
That’s right! Morgan wanted to combine several sports, and tennis was one of them. But the net isn’t low like in tennis. It’s more than 2 metres high.

There’s a player on each side wearing a different colour. Why is that?
They’re called liberos. Think of them as football goalies. Their only job is to run around and keep the ball off the floor.

Liberos? That sounds like a form of currency!
They are certainly invaluable, but only in indoor volleyball. There aren’t any liberos in beach volleyball.

Has the game changed since it was invented?
Yes. People all over the world contributed to the rules. For example, the set and spike attack was developed in the Philippines in 1916.

Is beach volleyball a recent invention?
No. Beach volleyball was invented in 1920. It wasn’t added to the Olympics, though, until 1996. Indoor volleyball has been played in the Olympics since 1964.

Are there any star volleyball players?
Absolutely! Karch Kiraly is a famous US men’s volleyball player and perhaps the best in the world. He just retired in 2007. Juliana Felisberta and Larissa Franca are top-ranked Brazilian beach volleyball players and fierce competition for Kerri Walsh and Misty May-Treanor from the US.
a. Choose the best answer.

1. Volleyball was invented as an alternative to ________.
   a. football
   b. basketball
   c. tennis
   d. golf

2. A special defence player in indoor volleyball is called a ________.
   a. goalie
   b. pass
   c. server
   d. libero

3. The ________ was developed in the Philippines.
   a. bump
   b. set and spike
   c. overhand serve
   d. dig

4. Beach volleyball was introduced as an Olympic sport in ________.
   a. 1996
   b. 1964
   c. 1920
   d. 2007

5. Kerri Walsh and Misty May-Treanor are ________ players.
   a. Brazilian
   b. US volleyball players
   c. retired volleyball
   d. Canadian

b. Read and complete with was or were.

1. Volleyball .............. invented in 1895.

2. Volleyball and basketball .............. invented in Massachusetts.

3. Volleyball rules .............. developed by players in many countries.

4. Indoor volleyball .............. introduced in the 1964 Olympic Games.

5. Beach volleyball .............. added in 1996.
Exercise 1a
1. c; 2. a; 3. g; 4. i; 5. e; 6. f; 7. h; 8. j; 9.d; 10. b

Exercise 2a
1. g; 2. c; 3. j; 4. i; 5. f; 6. b; 7. d; 8. h; 9. a; 10. e

Exercise 3a
1. b; 2. d; 3. b; 4. a; 5. b

Exercise 3b
1. was; 2. were; 3. were; 4. was; 5. was