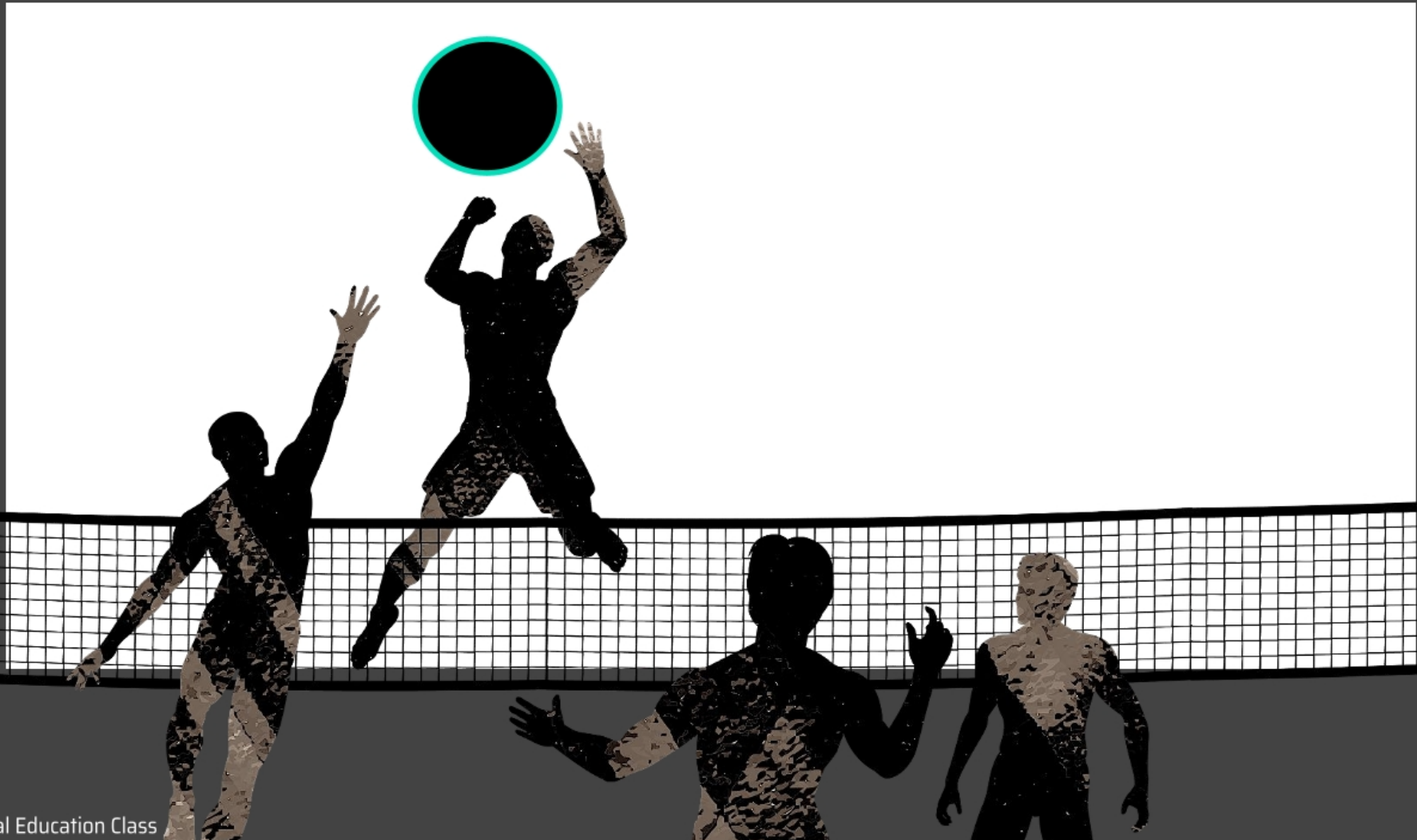


# Volley - Tennis



# What is Volley-Tennis?

Volley-Tennis, as the name implies, is a combination of tennis and volleyball. It incorporates some features and rules of each.



# The Team

A team is composed of no less than *four* players and no more than *eight* players.



# Objective of the Game

Following a bounce serve, the objective of the game is to volley the ball back and forth over a four foot net.

The players of each team must try to prevent the ball from becoming dead within their half of the court. Traditionally the game is played the first team to reach *15 points* with a 2 point advantage.



## The Court

- The court used for volley tennis is the dimension of a volleyball court which is *59 feet long and 29.5 feet wide*
- With a tennis court net, *four feet high.*



# Skills for Volley-Tennis

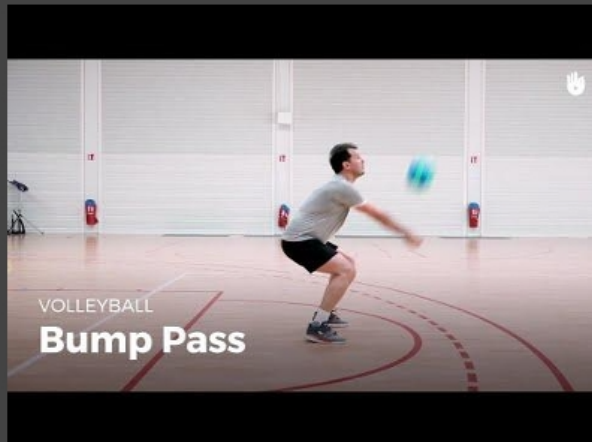
- 01 The Serve
- 02 The Forearm Pass
- 03 The Overhead Pass

# The Serve

- The serve consists of dropping the ball from the hand in such a manner that it strikes the surface of the court behind the back line, then striking the ball after the bounce with a closed hand.
- The served ball must bounce in the opponent's court before it is played by the opponents.
- A ball hitting the net on the serve is a fault.
- If a member of the receiving team catches or hits the ball when it is first served before the ball hits the floor, the serving team gets a point.



# The Forearm Pass



## Ready Position 01

- Player is relaxed with shoulders square to the ball.
- Feet slightly wider than shoulder width with knees flexed.
- Trunk is leaning forward slightly with arms in front of the body.

## Pre Contact 02

- Arms straighten and hands grip together to form a flat contact surface from wrists to elbows.
- Knees are bent to 90°.
- One foot is slightly in front of the other.

## Contact 03

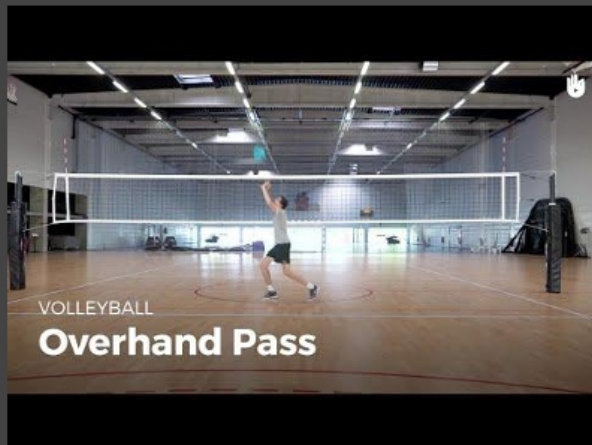
- Arms are straight
- Trunk is straight with a forward lean.
- The ball contacts both forearms at a point slightly above the wrists.
- Arms stay together and straight as they swing slightly upward and forward as contact is made.

## Follow Through 04

- The body moves forward towards the target.
- Player then returns to ready position in preparation for the next action.



# The Overhead Pass



## Ready Position 01

- Player moves under the ball.
- Feet should be slightly wider than shoulder width with one foot slightly ahead of the other.
- Hands are placed just above forehead in a triangle position. Elbows should be bent and facing out.

## Contact 02

- Eyes stay on the ball through the triangle.
- Contact with the ball is made with fingers only (not palms).
- Ball is kept above the forehead throughout the motion.

## Push 03

- Push is made with arms and legs until body is fully extended.
- The arms' action will determine the ball's direction.

## Follow Through 04

- Arms push until they are fully extended.
- Wrists do not flick.
- Once the pass is completed the player returns to the ready position.



# Rules for Gameplay

- Play begins when a bounce serve is made by the right back player (server) standing with both feet behind the back line.
- After the game is started, the other team (known as the receiving team) must return the ball legally back over the net.
- A maximum of three direct passes are permitted by a team while returning the ball over the net. After the serve, the ball may not bounce between hits on the same side of the net.
- A volley-tennis player may not reach over the net to contact a ball.
- A ball that touches the wall or ceiling is out of bounds.

# Final Points

## Scoring

Rally scoring will be used meaning a point is awarded each play to the team not committing an error.

## Strategy

The best strategy is to set the front line player who would then spike the ball.