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दयानन्द आर्य कन्या महाविद्यालय
आर्य विद्या सभा द्वारा संचालित
(Regd. under Societies Act. XXI)
जरीपटका, नागपुर ४४००१४.



Brief Report

Brief Report of Project / Field/ Internship Work (1.3.3)

Name of the Project Undertaken	To Learning the Volleyball Skill	
Academic Session	2018-19	
Organizing Department/ Committee	Dept. of Physical Education	
Total Number of Students Participated in the Project	20	
Brief Report	<p>The Project entitled To Learning the Volleyball Skills was undertaken by the Department of Physical Education during the session of 2018-19 under the guidance of Internal Quality Assurance Cell of the Institution. Total – students participated in the project activity and successfully completed the project. The completion certificate has been given to the students. All students found it very interesting to learn through the experiential learning. They enjoyed the project work.</p>	
Criterion :1	Metric no-1.3.3	
Signature of Co-Ordinator	Signature & Stamp of IQAC Co-Ordinator	Signature of & Stamp of Principal
	 IQAC Coordinator Dayanand Arya Kanya Mahavidyalaya Jariptka, Nagpur	 Principal Dayanand Arya Kanya Mahavidyalaya Jariptka, Nagpur

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Students Information

S.N.	Name of Student	Program	Class
1	Nisha Nandanwar	To Learning the Volleyball Skills	BCOM III
2	Nisha Paswan	To Learning the Volleyball Skills	B COM III
3	Aakansha Kamble	To Learning the Volleyball Skills	B COM III
4	Chandani Pande	To Learning the Volleyball Skills	B COM III
5	Chandni Gupta	To Learning the Volleyball Skills	B COM III
6	Payal Thakre	To Learning the Volleyball Skills	B COM III
7	Kiran Nayak	To Learning the Volleyball Skills	B COM III
8	Kiran Tarekar	To Learning the Volleyball Skills	B COM III
9	Kiran Lalwani	To Learning the Volleyball Skills	B COM III
10	Komal Chouhan	To Learning the Volleyball Skills	B COM III
11	Mansi Pali	To Learning the Volleyball Skills	B COM III
12	Mansi Varma	To Learning the Volleyball Skills	B COM III
13	Mitali Dhanwate	To Learning the Volleyball Skills	B COM III
14	Nikita Sharma	To Learning the Volleyball Skills	B COM III
15	Prachi Thakre	To Learning the Volleyball Skills	B COM III
16	Pragati Dongre	To Learning the Volleyball Skills	B COM III
17	Pranali Rathod	To Learning the Volleyball Skills	B COM III
18	Priyanka Prajapati	To Learning the Volleyball Skills	B COM III
19	Priyanka Sahare	To Learning the Volleyball Skills	B COM III
20	Sakshi Patil	To Learning the Volleyball Skills	B COM III

To Learning the Volleyball Skills

History

In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball.

In 2016, the sport of Volleyball is over 120 years old!

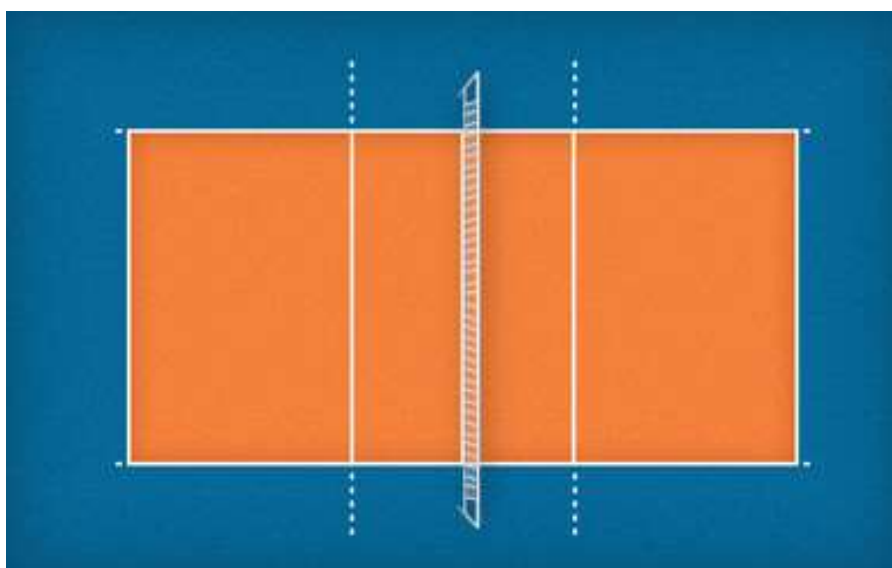
The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports.

Today there are more than 46 million Americans who play volleyball. There are 800 million players worldwide who play volleyball at least once a week.

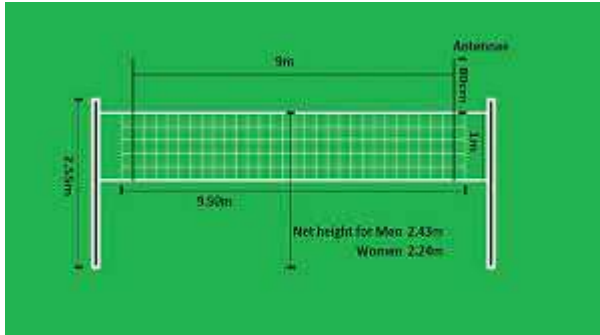
In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of Volleyball (at that time called, Mignonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man's head.

During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport. On July 7, 1896 at Springfield College the first game of "volleyball" was played.

Volleyball Measurement: -



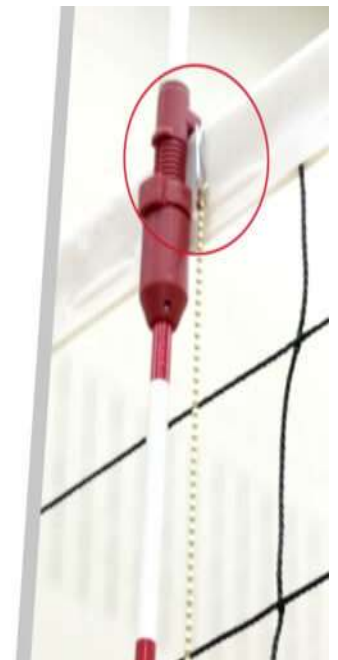
The game is played on a volleyball court 18 meters (59 feet) long and 9 meters (29.5 feet) wide, divided into two 9 m × 9 m halves by a one-meter (40-inch) wide net placed so that the top of the net is 2.43 meters (7 feet 11 5/8 inches) above the centre of the court for men's competition, and 2.24 meters



GUIDE TO REGULATION VOLLEYBALL NET HEIGHTS

WOMEN'S VOLLEYBALL NET HEIGHTS

	Measured at the center of the net	Measured at the antennas
Standard	7' 4 1/8"	2.24m
Ages 45+	7' 2 1/8"	2.19m



RULES AND REGULATION:

6 players on a team, 3 on the front row and 3 on the back row. Maximum of three hits per side. Player may not hit the ball twice in succession (A block is not considered a hit) Ball may be played off the net during a volley and on a serve. The ball must be returned over the net in 3 hits or less. It is legal to contact the ball with any part of the body as long as the ball rebounds immediately.

A point is scored when a team wins a rally:

They do this in one of two ways. If your team sends the ball over the net and the defending team fail to return the ball, you score a point. You can also win a point if the other team hit the ball out of the designated court boundary.



Volleyball Skills: List of Volleyball Skills:

Serving · Passing (Bumping)

Setting · Hitting (Attacking)

Spiking · Blocking · Digging

Rolling (Sliding)

Passing (Bumping)

Hitting (Attacking)

Spiking · Blocking

Service: is the first weapon that can generate an immediate point, begin a game, or ignite an offense.

A well-placed serve (whether to a weak passer, at the setter, at the quick attacker, or to a weak formation) that is also difficult to pass puts the opponent at a disadvantage. Focus on correct technique and strive for success. In addition, always serve to score points, NOT just to get the ball into the opponent's court. Keywords (Floater): Keywords (Topspin): • 90°- 90° (tossing and hitting)

Passing (Overhand, Overhead or Setting):

Overhead passing or setting is the next important part of the pass-set-spike sequence for a successful attack. In fact, an excellent set from a bad pass can still result in a "kill". The athlete forms a triangle with the fingers and thumbs of both hands around the ball above the forehead (thumbs do not touch). Index fingers and thumbs form the triangle around 3 panels (18-panel ball). The elbows point slightly forward. Feet are approximately shoulder-width



apart with right foot slightly forward. Knees are slightly bent, and body is leaning slightly forward. Eyes are focused on the ball. The athlete receives the ball with hands on the outside of the ball. The athlete extends the knees and straightens the arms to follow-through in the desired direction.



Attack (Hitting) Options: There are several attack options that can be effectively performed in a game. An attacker should be able to hit the following: shots off the block (using the hands), high sets, low sets, sets off the net, off-speed shots, tipping, and a variation of play sets including back court hitting options. Providing a great deal of practice and repetition of each will depend on the age and ability of the athletes. Ensure the fundamental technique of hitting is effective and efficient so that it can be performed at a high-level during Competition.





Blocking – Attack: Defend A well-timed and effective block diffuses an offensive attack. The athlete is near the net, moves into position with hands up quickly. Athlete focuses on the ball and jumps vertically so that maximum height is achieved when the ball is above net and contacted. Arms are raised and extended above the head; hands are close together with fingers open; wrists are in line with arms (wrist parallel), and hands are slightly forward. A firm and straight-arm position is maintained so that the ball rebounds off hands and is not struck. If possible, athlete reaches up and over the net with arms and hands pointed in a downward position for a rebound. The athlete lands facing the net while keeping the upper body in control and knees bent to absorb the shock. Depending upon whether right side or left is blocking will determine which hand should be turned inside.



Defensive Skills – Rolling; Sliding: When the ball does not come directly at an athlete, it may be impossible to play the ball from a regular underhand passing standing position. The athlete still focuses on the ball and takes a step with the near foot in the direction of the oncoming ball. The body is extremely low when playing the ball. To ensure that the athlete does not hurt himself/herself, the athlete will continue the momentum and either slide or roll out of the play. The goal is to get the ball up to the target and safely return to the ready position as quick.



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ARYA VIDYA SABHA'S

DAYANAND ARYA KANYA

MAHAVIDYALAYA

Jaripatka, Nagpur.

'Skill Development Course'

Organised By

Department of Physical Education

CERTIFICATE

This is to certify that Ku. Nisha Nandanwar

Student Of **B.COM III** participated in "**SKILL Development Short**

- Term To Learning the Volleyball Skills Certificate Course" from 15

Nov. to 30 Nov. 2018 -19



Co-Ordinator
Dr. Meena Balpande
Dept. Of Hindi
DAKM, Nagpur


Principal
Dayanand Arya Kanya Mahavidyalaya
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Principal
Dr. Shradha Anilkumar