

*PHYSICAL*

*EDUCATION*

*PRACTICAL FILE*



•• Submitted by

# I N D E X

S.No	Content	Page.no.	Teacher's Signature
1.	Motor fitness test		
2.	Yoga		

## ACKNOWLEDGEMENT

I thank my God for providing me with everything that I required in complete this project. I am highly indebted to the teacher in charge Sanjay Kumar Singh for his guidance and constant supervision as well as for providing necessary information regarding this project and also for his support in completing the project.

Last but not least I would like to express my gratitude towards my parents, friends, classmates for their valuable support and co-operation.

Name - \_\_\_\_\_

Class - XII

Roll. no. - \_\_\_\_\_

## CERTIFICATE

This is to certify that the content of the project on 'Motor fitness test' and 'Yoga' by Jashashwi is the bonafide work of her submitted to R.S.M. Public School, Supaul for consideration in Partial fulfilment of the requirement of the senior secondary Certificate in Physical Education.

The original research work was carried out by her under my supervision in the academic year 2022-23. On the basis of the declaration made by project report for evaluation.

Sanjay Kumar Singh  
Project Guide  
Signature \_\_\_\_\_

## ∴ General Motor Fitness Test ∴

### → Meaning of Physical fitness :

The physical fitness is considered as the ability of an individual to perform a specific physical task at a high level of effort. It is not only covers the physical aspect but also has many other aspects on which the physical fitness varies. The statement issued by the American Medical Association clearly defines... "fitness for living implies freedom from disease enough strength, a agility endurance and skill to meet the demands of daily living, reserves sufficient to withstand ordinary stresses without mental and emotional adjustment appropriate to the mature of the individual. Physical fitness for living rests first of all upon a solid fundamental of foundation of basis of basic good health.

Physical fitness is a combination of qualities that enable a person to perform well in vigorous physical fitness refers to maximal.

System of the body. Every time when we have we are exercising and keeping our body tuned in good running order. The enrichment of body muscles matters a lot in shaping a body.

When we do any work or exercise it helps in improving our health and builds up our energy stamina level.

The first and primary objective of physical education is to develop a good physical through physical training. The efficiency of organic systems like respiratory system, circulatory system, digestive system, endocrine system, muscular system and neuro-muscular system improves.

These organic development lead to the development of physical fitness components. The physical fitness includes strength, speed, flexibility, ability and endurance.

Physical fitness enables a person to perform vigorous physical activities. Generally physical fitness is a good health are considered the same, but it is wrong. Therefore vigorous physical growth and development.

According to David R. Physical fitness is defined as the capacity to meet the present and potential physical challenges of life with success.

# Fitness tests Administration for all times youth.

## Fitness test :

### 1. Pull ups :

The students are advised to warm up before they participate in test. All the student must be medically fit. This test has six following terms :

- (a) Pull ups for boys.
- (b) flexed arm stand for girls.
- (c) Sit ups.
- (d) Shuttle run.
- (e) Standing long jumps.
- (f) 50 yard dash.
- (g) 600 yard run walk.

(a) Pull ups for boys :

→ Purpose : To measure arms and shoulder strength.

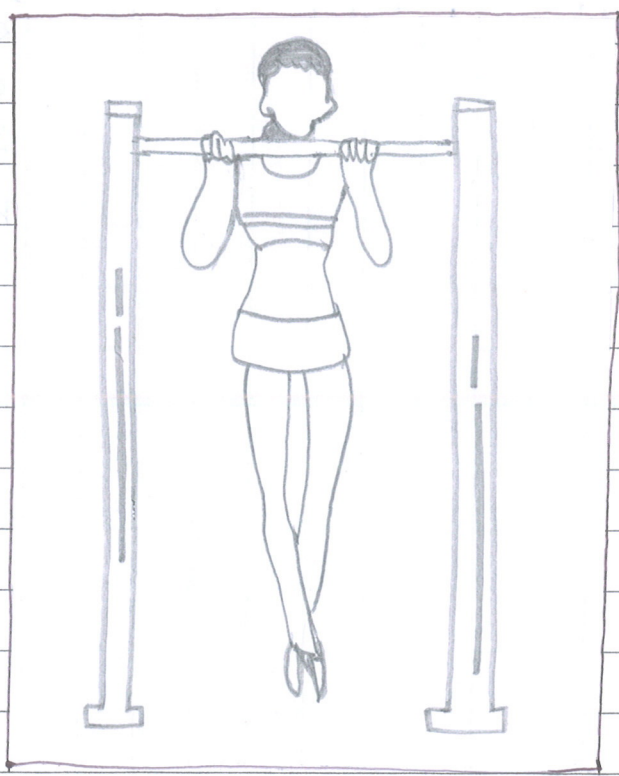
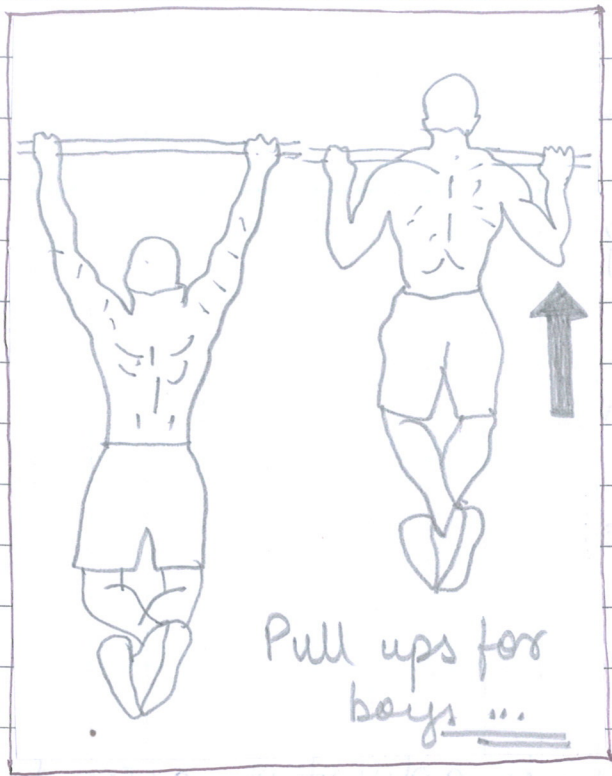
→ Procedure : The bar is adjusted according to the height of the student. The bar is held with palm facing away from him. The student is advised to raise body so that the chain reaches the level of bar. One score is awarded for each pull-ups.

b) Flexed arm stand for girls :

→ Purpose : To measure arm and shoulder strength.

→ Procedure : The bar is adjusted according to the standing height of the student. The bar is held with over hand grasp. The student lifts his/her body so that his/her chest reaches the bar level. The elapsed time taken as score. The score is nearest second.





pull ups for girls ...

## Pull-ups And Flexed Arms

### (a) Pull-ups for Boys.

Percentile scores  
Based on Age / Test  
scores in number of  
pull-ups in Age.

### Pull-ups for girls

Percentile scores  
Based on Age / Test  
scores in number of  
pull-ups in Age.

Percentile	14	15	16	17 +	14	15	16	17 +	Percentile
100 <sup>th</sup>	27	20	26	23	65	83	69	79	100 <sup>th</sup>
95 <sup>th</sup>	12	15	14	15	35	36	31	34	95 <sup>th</sup>
90 <sup>th</sup>	10	12	12	13	29	28	24	28	90 <sup>th</sup>
85 <sup>th</sup>	9	11	11	12	26	25	20	22	85 <sup>th</sup>
80 <sup>th</sup>	8	10	10	11	23	21	17	19	80 <sup>th</sup>
75 <sup>th</sup>	7	9	10	10	21	18	15	17	75 <sup>th</sup>
70 <sup>th</sup>	7	9	9	10	18	14	12	14	70 <sup>th</sup>
65 <sup>th</sup>	6	8	8	9	15	12	10	14	65 <sup>th</sup>
60 <sup>th</sup>	5	7	8	8	13	10	8	10	60 <sup>th</sup>
55 <sup>th</sup>	5	7	7	7	11	9	7	9	55 <sup>th</sup>
50 <sup>th</sup>	4	6	7	7	9	8	6	8	50 <sup>th</sup>
45 <sup>th</sup>	4	5	6	6	8	7	5	7	45 <sup>th</sup>
40 <sup>th</sup>	3	5	6	6	7	5	4	6	40 <sup>th</sup>
35 <sup>th</sup>	3	4	5	5	5	5	4	6	35 <sup>th</sup>
30 <sup>th</sup>	2	4	5	5	5	4	3	5	30 <sup>th</sup>
25 <sup>th</sup>	2	3	4	4	3	4	3	3	25 <sup>th</sup>
20 <sup>th</sup>	1	2	3	3	3	3	2	2	20 <sup>th</sup>
15 <sup>th</sup>	1	1	3	2	2	2	1	2	15 <sup>th</sup>
10 <sup>th</sup>	0	1	2	1	0	1	1	1	10 <sup>th</sup>

(c) Sit ups :

→ Purpose : To measure abdominal strength of body and endurance.

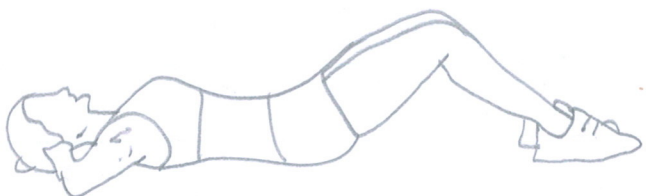
→ Procedure : The student is advised to lie on floor on his / her back, keeping knees bent. The angle of knees should be around  $90^\circ$ . The feet are held by partner as shown in the diagram. They are further advised to put fingers interlocked and put behind the head. The student curls up and touches the elbow to knees. The score is counted as maximum number of sit ups in 60 seconds.

(d) Shuttle run :

→ Purpose : To measure speed and agility.

→ Procedure : Two parallel marked 30 feet apart and two wooden blocks  $2 \times 4$  inches are kept on one side of the marked line. The student stands opposite to the line where wooden blocks are placed. On start the student towards blocks and pick one of them. The score is elapsed of two trials is taken as final scores in elapsed time for complete trial. The better of two trials is taken as final score.

Sit ups...



Sit-ups

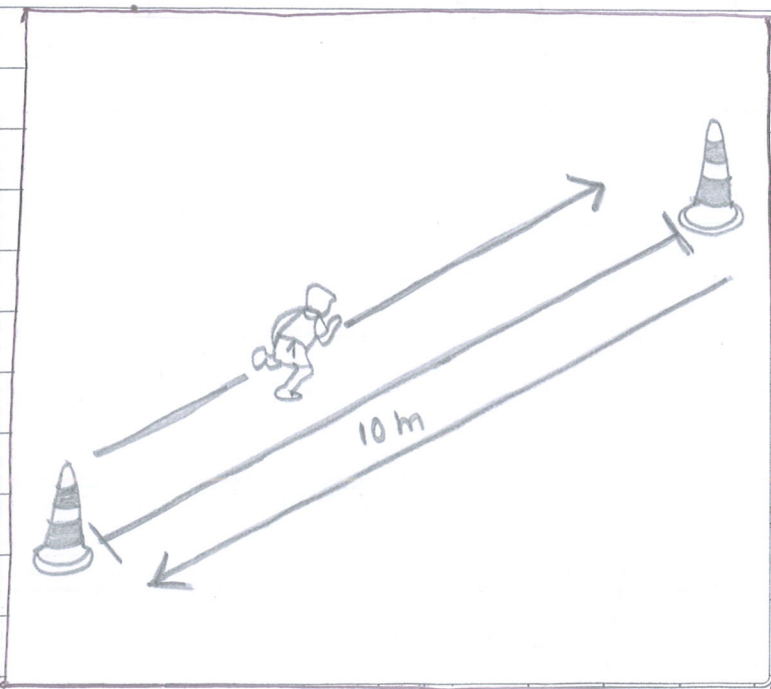
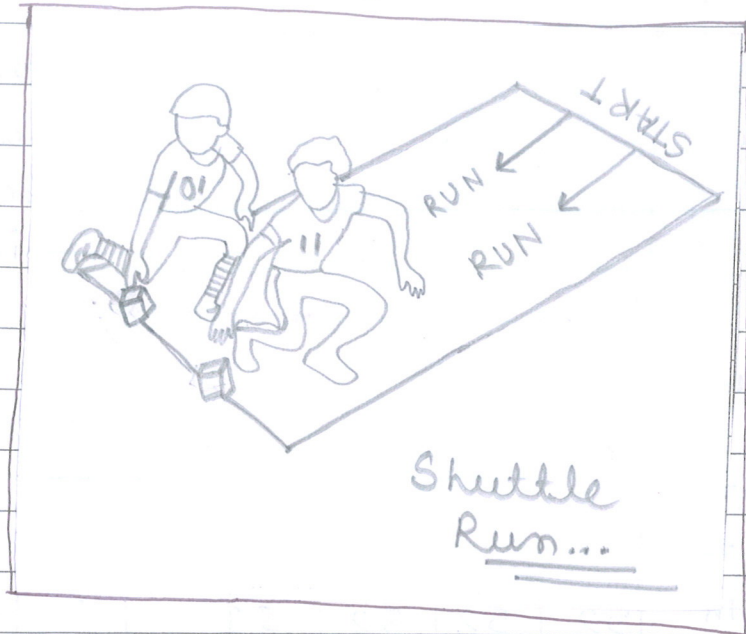
(c) Boys (flexed leg).

Girls (flexed leg)

Percentile scores  
Based on Age / Test  
scores in numbers of  
sit-ups in 60 seconds.

Percentile scores.  
Based on Age / Test  
scores in numbers of  
sit-ups in 60 seconds.

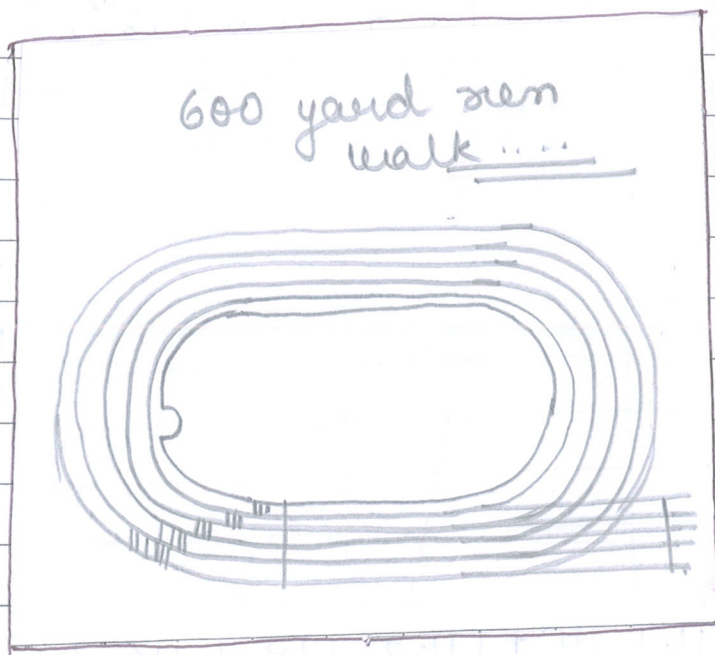
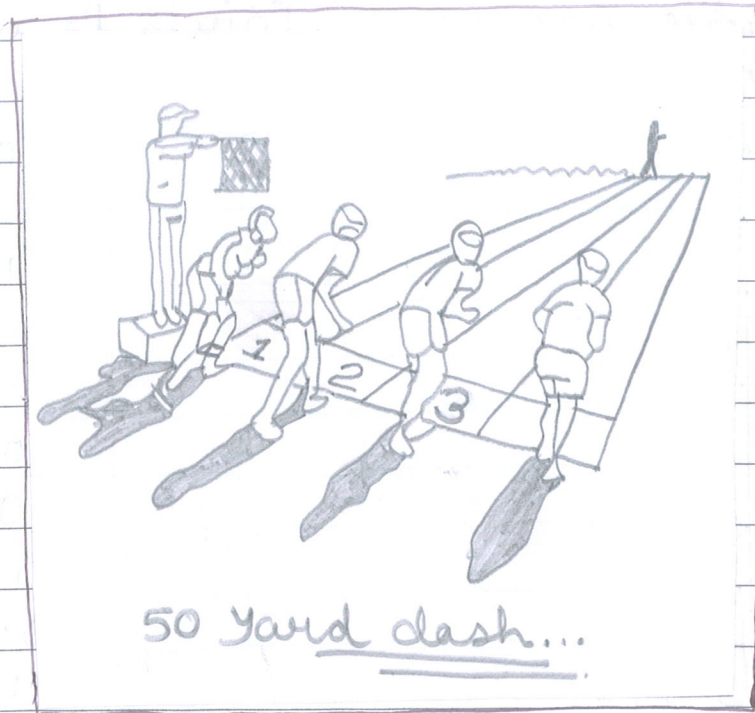
Percentile	14	15	16	17 +	14	15	16	17 +	Percentile
100 <sup>th</sup>	73	72	76	66	52	58	75	60	100 <sup>th</sup>
95 <sup>th</sup>	55	57	55	54	47	47	43	45	95 <sup>th</sup>
90 <sup>th</sup>	52	52	52	51	43	42	40	47	90 <sup>th</sup>
85 <sup>th</sup>	50	50	50	49	41	40	38	40	85 <sup>th</sup>
80 <sup>th</sup>	49	49	49	47	39	38	36	36	80 <sup>th</sup>
75 <sup>th</sup>	47	48	47	46	35	35	34	34	75 <sup>th</sup>
70 <sup>th</sup>	45	46	45	45	37	36	35	35	70 <sup>th</sup>
65 <sup>th</sup>	44	45	44	43	35	34	33	33	65 <sup>th</sup>
60 <sup>th</sup>	43	44	43	42	33	33	32	32	60 <sup>th</sup>
55 <sup>th</sup>	41	43	42	42	32	32	31	31	55 <sup>th</sup>
50 <sup>th</sup>	41	42	41	41	30	31	30	30	50 <sup>th</sup>
45 <sup>th</sup>	40	41	40	40	30	30	28	30	45 <sup>th</sup>
40 <sup>th</sup>	38	40	40	39	29	29	27	28	40 <sup>th</sup>
35 <sup>th</sup>	37	39	38	38	27	28	26	27	35 <sup>th</sup>
30 <sup>th</sup>	35	38	37	37	25	26	25	26	30 <sup>th</sup>
25 <sup>th</sup>	34	37	35	35	24	25	24	25	25 <sup>th</sup>
20 <sup>th</sup>	32	33	34	34	22	23	22	22	20 <sup>th</sup>
15 <sup>th</sup>	21	34	32	32	20	22	20	20	15 <sup>th</sup>
10 <sup>th</sup>	27	30	30	30	18	20	18	18	10 <sup>th</sup>
5 <sup>th</sup>	24	24	28	26	16	15	15	14	5 <sup>th</sup>



## Shuttle Run.

(d) Boys Percentile scores | Girls Percentile scores  
Based on Age / test scores Based on Age / test  
second and tenth. | second and tenth.

Percentile	14	15	16	17+	14	15	16	17+	Percentile
1									
100 <sup>th</sup>	7.0	7.0	7.3	7.0	7.8	7	7.8	8.2	100 <sup>th</sup>
95 <sup>th</sup>	9.2	9.1	8.9	8.6	9.7	9.9	10.0	9.6	95 <sup>th</sup>
90 <sup>th</sup>	9.3	9.2	8.6	9.8	10.0	10.0	9.1	13.1	90 <sup>th</sup>
85 <sup>th</sup>	9.5	9.2	8.9	9.7	10.9	10.9	9.8	12.1	85 <sup>th</sup>
80 <sup>th</sup>	9.6	9.3	9.1	9.6	10.2	10.4	9.6	10.5	80 <sup>th</sup>
75 <sup>th</sup>	9.8	9.5	9.3	9.3	10.3	10.5	11.1	10.3	75 <sup>th</sup>
70 <sup>th</sup>	9.8	9.6	9.2	9.2	10.6	11.1	13.1	10.7	70 <sup>th</sup>
65 <sup>th</sup>	10	9.7	9.4	9.1	10.7	11.1	17.1	10.7	65 <sup>th</sup>
60 <sup>th</sup>	10.1	9.7	9.6	9.4	10.9	12.3	10.5	11.1	60 <sup>th</sup>
55 <sup>th</sup>	10.2	9.8	9.7	9.7	11.0	13.4	11.1	13.1	55 <sup>th</sup>
50 <sup>th</sup>	10.1	9.8	9.9	9.9	11.2	13.5	13.4	10.4	50 <sup>th</sup>
45 <sup>th</sup>	10.2	10.0	10.0	10.0	11.5	14.1	9.6	10.3	45 <sup>th</sup>
40 <sup>th</sup>	10.4	10.0	10.1	10.8	11.6	15.6	9.5	10.7	40 <sup>th</sup>
35 <sup>th</sup>	10.6	10.1	10.2	10.9	11.4	11.1	13.4	10.1	35 <sup>th</sup>
30 <sup>th</sup>	10.7	10.2	10.5	10.7	11.6	12.1	11.3	10.2	30 <sup>th</sup>
25 <sup>th</sup>	10.9	10.4	10.1	10.4	11.7	13.4	16.1	10.5	25 <sup>th</sup>
20 <sup>th</sup>	11.0	10.5	11.1	9.8	11.1	16.1	17.1	17.1	20 <sup>th</sup>
15 <sup>th</sup>	11.3	10.8	11.2	11.4	12.1	19.1	15.1	12.1	15 <sup>th</sup>
10 <sup>th</sup>	11.9	11.1	11.3	11.4	12.3	12.1	14.1	13.4	10 <sup>th</sup>
5 <sup>th</sup>	18.6	11.1	11.4	11.9	13.4	12.4	12.1	14.1	5 <sup>th</sup>
0	11.1	17.6	11.6	17.0	12.1	17.8	18.1	15.6	0





(e) Standing long jump :

→ Purpose : To increase power.

→ Procedure : The student is advised to stand on restraining line with feet close and he/she dips at knee and swinging arms before jumping. The student lands on both feet together. The distance from take off line to the heel is measured in inches. The best of three trials is recorded as final score.

(f) 50 yard dash :

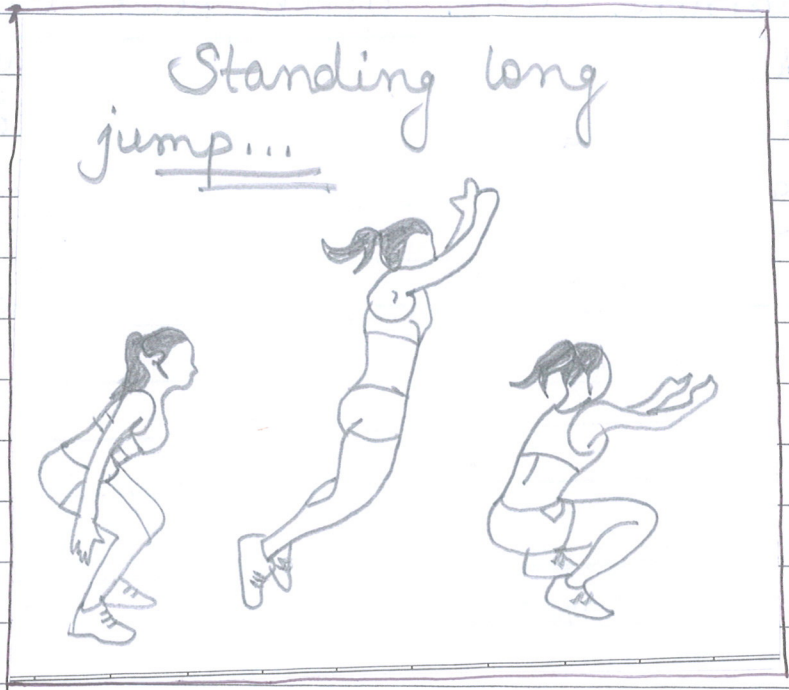
→ Purpose : To measure speed.

→ Procedure : To student is advised to run 50 yards & the time is recorded nearest to  $10^{\text{th}}$  of a second.

(g) 600 yard run-walk :

→ Purpose : To measure endurance.

→ Procedure : The student is advised to run or run for 60 yards and the time is recorded in minutes and second.



(e)

## Standing long jump

Boys Percentile scores  
Based on age / test  
scores in feet & inches.

Girls Percentile scores  
Based on age / test  
scores in feet & inches.

Percentile	14	15	16	17+	14	15	16	17+	Percentile
100 <sup>th</sup>	7'0"	9'0"	9'2"	9'10"	7'5"	8'0"	7'7"	7'6"	100 <sup>th</sup>
95 <sup>th</sup>	7'6"	8'0"	8'2"	8'5"	6'8"	6'7"	6'6"	6'9"	95 <sup>th</sup>
90 <sup>th</sup>	7'2"	7'7"	7'11"	8'12"	6'3"	6'6"	6'3"	6'9"	90 <sup>th</sup>
85 <sup>th</sup>	6'11"	7'3"	7'6"	8'0"	6'0"	6'3"	6'6"	6'3"	85 <sup>th</sup>
80 <sup>th</sup>	6'10"	7'2"	7'4"	7'10"	5'11"	6'0"	5'11"	6'2"	80 <sup>th</sup>
75 <sup>th</sup>	6'8"	7'0"	7'3"	7'9"	5'10"	5'11"	5'9"	6'0"	75 <sup>th</sup>
70 <sup>th</sup>	6'6"	7'11"	7'2"	7'14"	5'6"	5'9"	5'6"	5'11"	70 <sup>th</sup>
65 <sup>th</sup>	6'4"	6'10"	7'1"	7'6"	5'14"	5'6"	5'3"	5'7"	65 <sup>th</sup>
60 <sup>th</sup>	6'3"	6'9"	7'0"	7'5"	5'3"	5'6"	5'3"	5'7"	60 <sup>th</sup>
55 <sup>th</sup>	6'2"	6'8"	7'11"	7'3"	5'2"	5'5"	5'2"	5'5"	55 <sup>th</sup>
50 <sup>th</sup>	6'1"	6'6"	6'6"	7'2"	5'1"	5'3"	5'1"	5'3"	50 <sup>th</sup>
45 <sup>th</sup>	5'11"	6'5"	6'6"	7'10"	4'11"	5'2"	5'0"	5'2"	45 <sup>th</sup>
40 <sup>th</sup>	5'10"	6'0"	6'4"	6'10"	4'10"	5'1"	4'10"	5'0"	40 <sup>th</sup>
35 <sup>th</sup>	5'8"	6'3"	6'3"	6'8"	4'9"	5'0"	4'9"	4'9"	35 <sup>th</sup>
30 <sup>th</sup>	5'6"	6'1"	6'2"	6'6"	4'8"	4'11"	4'7"	4'7"	30 <sup>th</sup>
25 <sup>th</sup>	5'4"	5'11"	6'2"	6'4"	4'7"	4'9"	4'6"	4'7"	25 <sup>th</sup>
20 <sup>th</sup>	5'2"	5'9"	6'11"	6'4"	4'6"	4'7"	4'4"	4'6"	20 <sup>th</sup>
15 <sup>th</sup>	5'0"	5'6"	6'10"	6'2"	4'5"	4'15"	4'2"	4'4"	15 <sup>th</sup>
10 <sup>th</sup>	4'8"	5'2"	6'9"	6'0"	4'4"	4'4"	4'0"	4'1"	10 <sup>th</sup>
5 <sup>th</sup>	4'8"	5'0"	6'8"	5'10"	4'3"	4'12"	3'10"	3'3"	5 <sup>th</sup>
0	4'4"	4'8"	6'7"	5'8"	4'2"	4'0"	3'8"	3'0"	0

# ∴ Yoga ∴

★ What is Yoga?

→ Yoga is an ancient practice that involves physical poses, concentration and help of deep breathing.

A regular yoga practice can promote endurance, strength, calmness, flexibility and well being. Yoga is now a popular form of exercise around the world. According to a 2017 national survey, one in seven adults in the United States practiced yoga in the past 12 months.

★ History of Yoga:

→ The first mention of the word "Yoga" appears in Rigveda, a collection of ancient texts. Yoga comes from Sanskrit and 'Yuj' means 'union' or 'to join'.

→ Yoga can be traced back to northern India over 5000 years ago.

→ Indian monks spread their knowledge of yoga in the west during the last 1890s. Modern yoga teaching technique became widely popular in western countries by the 1970.

## ★ Philosophy :

→ The overall philosophy of yoga is about connecting the mind to body and spirit.

→ There are six branches of each branch represent a different focus and set of characteristic.

The six branches are :-

- Hatha Yoga :- This is the physical and mental branch that aim to prime the body and mind.
- Raja Yoga :- This branch involves meditation and strict adherence to a series of disciplinary steps known as the eight limb of yoga.
- Karma Yoga :- This is a path of service that aims to create a future free from negativity and selfishness.
- Bhakti Yoga :- This aims to establish the path of devotion, a positive way to channel emotions and cultivate acceptance and tolerance.
- Jnana Yoga :- This branch of yoga is about wisdom the path of the scholar and developing the intellect through study.
- Iyengar Yoga :- This is the pathway of ritual, ceremony of a relationship.

## ★ Benefits of Yoga ?

→ That way, yoga can support the healing process and help the person experience symptoms with more enteredness and less distress.

- Yoga improves strength, balance & flexibility.
- Yoga helps back pain relief.
- Yoga can ease arthritis symptoms.
- Yoga can benefit heart health.
- Yoga releases you, to help you sleep better.

### Q: 1 As Yoga good for beginners ?

→ Beginners should do yoga as often as possible, even if its only 15 minutes a day or once a week. Don't feel you can't practise, because you don't have enough time. Yoga is flexible to fit into your schedule and even 5 minutes a day will be beneficial.

### Q: 2 What is the best time to do yoga ?

→ Iyengar advise doing early in the morning or late in the evening, nothing that these are advantages to each. "Practise in the morning make one work better at one's vacation. In the evening it removes the fatigue of the days strain and makes one fresh and calm". he said.

## ★ Asanas :-

- An asana is a body posture that is performed to benefit the health and mind. The term has been derived from a Sanskrit word that means "Posture" or "Peace". While the gym is a new concept but performing different types of yoga asana is an old concept but performing different while often people feel that asana do not involve intense cardio and weights. Studies proves that asana can help one in losing weight, stabilise period, cramps and shoot up the health of the heart and digestion.
- Asana can even be performed at home without any instruments.

## ★ Benefits of Asana :

- It brings together physical and mental discipline to achieve a peaceful body and mind.
- It helps manage stress and anxiety and keeps you relaxed.
- It improves respiration, energy and vitality in yoga.

Bhujangasana...



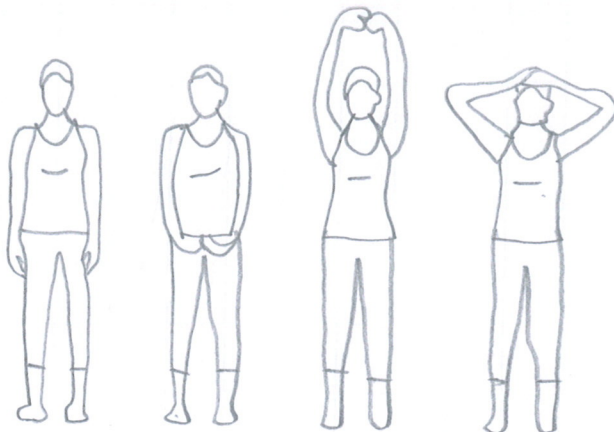
Gomukhasana...



Balasana...



Tadasana...





## ★ Different Types of Asanas :

1. Sukhasana or Easy Pose.
2. Naukasana or Boat Pose.
3. Pharusana or Bow Pose.
4. Vakraasana or Twisted Pose.
5. Kakasana or Crow Pose.
6. Bhyangasana or Cobra Pose / Stretch.
7. Halasana or Plough Pose.
8. Sarvangasana or Shoulder Stand.
9. Gomukhasana or Cow face Pose.
10. Shirshasana or Head stand.

→ Yoga asanas are the simplest and the easiest way to reduce our excess weight and to mediate our body and mind. The ancient practise type of yoga asanas provides a wide range of mind and body benefits, inclusions other benefits like giving strength and flexibility, stress relief and even cure many diseases.

→ Yoga is all about something our body in different forms and meditation. Yoga poses like Surya namaskar (sun salutation), Dhanurasana (Bow pose), Bhyangasana (Cobra pose), Kapalabhati, pranayamas yoga and so many other effective yoga asans helps in reducing our weight as well as our belly fat.

→ Patience is a key to doing yoga, strong perseverance back by passion for doing yoga is a must hard work, dedication, and proper diet can lose our weight naturally. Losing weight is not hard, But we have to keep our mind only controlling eating habit is not enough to lose weight. The article yoga pose name as well as yoga for beginners. It is all about doing them.

→ Asanas are many physical pose in hath yoga, people who practise yoga use asanas to free energy and stimulate an imbalanced chakra.

Thank you .

R. S. M. PUBLIC SCHOOL, SUPAUL

PHYSICAL EDUCATION

PROJECT WORK

SESSION (-----)

NAME:-

CLASS:-

ROLL NO:-

R. S. M. PUBLIC SCHOOL, SUPAUL

## History of Volley - Ball

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

He created the game of volleyball (at that time called mintonette). Morgan borrowed the net from tennis and raised it 6 feet - 6 inches above the floor, just above the average men's head.

During demonstration gaming someone remarked to Morgan that the players seemed to volleyball which volleying the ball back and forth over the net and perhaps "volley ball" would be more descriptive name for the sports.

In 1995, the sports of volleyball was 100 years old. The sports originated in the United state 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.

## Events related to Volleyball :

- 1896, July 7th :- At Spring field college the first game of volleyball was played.
- 1900 :- A special ball was designed for the sport.
- 1900 :- YMCA spread volleyball to Canada, the orient, and southern hemisphere.
- 1905 :- YMCA spreads volleyball to Cuba.
- 1907 :- Volleyball was presented at the playgrounds of American connection as one of the most popular sports.
- 1909 :- YMCA spreads volleyball to Puerto Rico.
- 1912 :- YMCA spreads volleyball to Uruguay.
- 1913 :- Competition of volleyball held in far eastern games.
- 1916 :- In the Philippines an offensive style of passing the ball in a high trajectory to be straggled by another player (the set and spike) were introduced. The Philippines developed the "bomba" or kill and the better a "bomberino".

1917 :- YMCA spread volleyball to Brazil.

1917 :- The game was changed from 21 to 15 points.

1919 :- American expeditionary forces distributed 16000 volleyballs to its troops and allies. This provided a stimulus for the growth of volleyball in foreign lands.

1920 :- Three hits per side and back row attached rules were instituted.

1922 :- The first YMCA national championship was held in Brooklyn, 27 teams from 11 states were represented.

1928 :- It becomes clear that tournaments and rules were needed the United States Volleyball Association was formed.

1930 :- Recreational sports programs become an important part of American life.

1930 :- The first two men beach game played.

1934 :- The first approval and recognition of national volleyball referees.

1937 :- At the AAV Convention in Boston, action was taken to recognise the U.S. volleyball association as the official national governing body in the U.S.

1947 :- The federation International De Volleyball (FIVB) was founded in Paris.

1957 :- The International Olympics committee (IOC) designated volleyball as an olympic team sport to be included in the 1964 olympic game.

1959 :- International University Sports federation (FISU) held the first university game in Turin, Italy. Volleyball was one of the eight competition.

1964 :- Volleyball was important introduced to the olympic games in Tokyo.  
The Japanese volleyball used in 1964 olympic consisted of a rubber carcass with leather panelling.

1965 :- The California Beach Volleyball associated on was formed.

1995 :- The sports of volleyball was 100 years old.

## Skill related to Volleyball :

- (i) **SERVE** :- A player stands behind the inline and serves the ball in an attempt to drive it into the opponents court. The main objective is to make it land inside the court. It is also desirable to set the ball's direction, speed and acceleration so that it becomes difficult for the receiver to handle it properly. A serve is called 'ace' when the ball lands directly into the court or bounces outside the court after being touched by an opponent.

- Types of SERVE :-
- (i) Underhand.
  - (ii) Skyball Serve.
  - (iii) Topspin.
  - (iv) Float.
  - (v) Jump serve.
  - (vi) Jump float.

- (ii) **PASS** :- Also called Reception the pass is the attempt by a team to properly handle the opponents serve or any form of attack.



(iii) SET :- The set is usually the second contact that a team makes with the ball. The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court.

(iv) ATTACK :- The heart also known as the spike is usually the 3rd contact a team makes with the ball. The object of attacking is to hand.

Types of attacking techniques :-

- (i) Back court.
- (ii) Line and cross-court shot.
- (iii) Dip / Dink / tip / cheat / Dump.
- (iv) Tool / wipe / Block - abuse.
- (v) Off speed hit.
- (vi) Quick hit.
- (vii) Slide.
- (viii) Double quick hit.

(v) **Blocks** :- Blocking refers to the action taken by players standing at the net to stop or after an opponents attack.

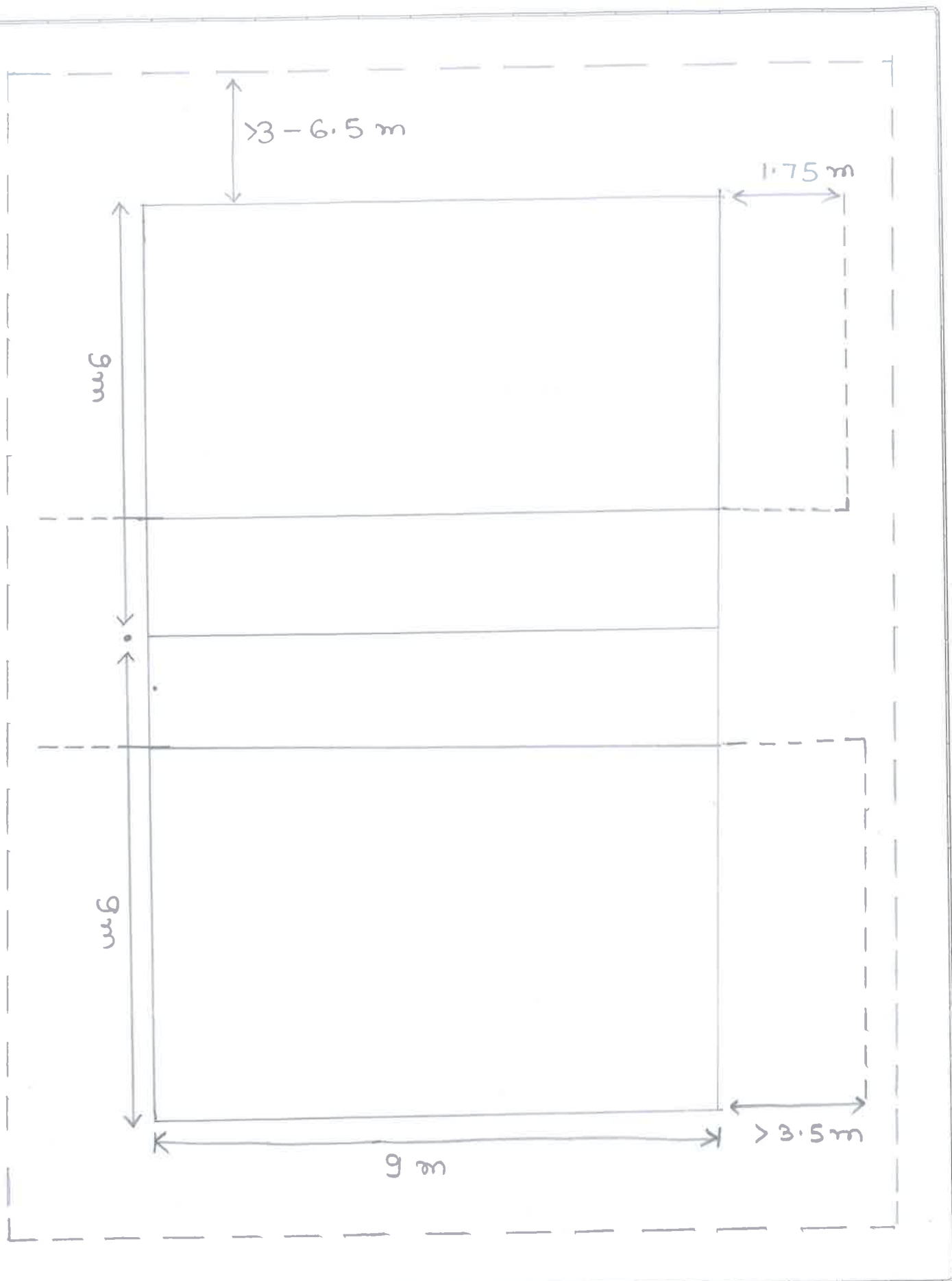
Blocking is of offensive and defensive. It is also classified according to the no. of players involved.

Thus, one may speak of single (or solo) double or triple block.

Successful blocking does not always result in a "roof" and many times does not even touch the ball.

(vi) **DIGG** :- Digging is the ability to prevent the ball from touching the ground after a spike or attack, particularly a ball that is nearly touching the ground.

It is especially important while digging for the player to stay on their fine toes, several players to stay on their fine toes several players choose to employ a split step to make sure they have ready to move in a direction.



Court of Volleyball

## ★ Rules of the Game Volleyball :

- The court dimensions :- A volleyball court is  $9\text{m} \times 18\text{m}$  ( $29.5\text{ft} \times 59.1\text{ft}$ ) divided into equal squares halves by a net with a width of one meter ( $39.4$  inch). The top of the net is  $2.43\text{m}$  ( $7\text{ft} + 116\text{in}$ ) above the centre of the court for the men's competition ~~and~~ and  $2.24\text{m}$  ( $7\text{ft} + \frac{3}{16}$ ) for women's competition, varified for veterans and junior competitions.
- The minimum height clearance for indoor volleyball court is  $7\text{m}$  ( $23\text{ft}$ ), although clearance of  $8\text{m}$  ( $26.2\text{ft}$ ) is recommended.
- A line  $3\text{m}$  ( $9.8\text{ft}$ ) from and parallel to the net is considered the "attack line". This  $3\text{m}$  line divide the court into "back row" and "front row" areas. These terms are divide into 3 areas each :
- Area 1 : Position of serving player.
- The team courts are surrounded by an area called free zone which is a minimum of 3 meter wide and within the player may enter and play which after the service of ball.

- The Ball :- FIVB regulations states that the ball must be spherical, made of leather or synthetic leather have circumference of 65-67 cm, a weight of 260-280g and an inside pressure of 0.30 - 0.325 kg/cm<sup>2</sup>.
- Scoring :- When the ball contacts the floor with in the court boundaries or an error is made the team that did not make the error is awarded a point, whether they service the ball or not.
- Libero :- The libero players was introduced internationally in 1998 and made its debut for NCAA competition in 2002.

## Indian Volleyball Team :

### Indian Men's Volleyball Team (National).

→ Represents Indian international volleyball competition which is managed by volleyball federation of India.

→ Some of the volleyball players :-

(i) Timmy George :- He was born in peranas on march 8th 1955 and died in nov 30th 1987.

(ii) A. Palanisamy :- He was a volleyball player who hailed from Tamil Nadu. He was nicknamed Black Panther because of the ferocity of his mont. on the course.

(iii) K.T. Kapildav :- An Indian volleyball player from Kerala. At national level championship, Kapildav represents Indian railway.

Kapildav has been selected for Arjuna Award on 29 August 2010.

← Thankyou.