

Volleyball Unit Test

Name _____

Period _____ Grade _____

Teacher Mr. Misch (please circle the correct answer)



1. What is the ideal order of hits that would take place after a serve?

- A) set, bump, spike B) bump, set, spike C) spike, bump, set D) bump, spike, set

2. Which is not a cue when setting?

- A) get in forward stride position
B) form a window with hands above the face
C) contact the ball with the forearms
D) follow through in the direction of the intended flight

3. Which is not a cue for the bump pass?

- A) get in forward stride position
B) interlock hands
C) contact the ball with the finger pads
D) follow through in the direction of the intended flight

4. Which is not a cue for the underhand serve?

- A) stand straight up with feet together to start the serve
B) hold the ball in the non dominant hand
C) swing arm like a pendulum
D) transfer weight from rear foot to front foot

5. What is the best hit to use when the ball approaches you waist height or below?

- A) bump B) set C) spike D) underhand serve

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Guillaume Favre



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