Volleyball Unit Test

Name

Period Grade

Teacher Mr. Misch (please circle the correct answer)



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

A) set, bump, spike spike, set

B) bump, set, spike C) spike, bump, set

D) bump.

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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American Association for Health,
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