

**VOLLEYBALL TIPS: BITE-SIZE TECHNIQUES TO
BOOST YOUR GAME**

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Get out and play. She later became a volleyball coach and coached in Italy, United States and China. If the other team wins a point and the ball is grounded on the servicing team side, the opponent team gets a point and a chance to serve . Much of this is due to the markings and lines on the typical volleyball court. Entering and exiting the court for substitutions should always take place alongside the second referee and exchanging players should touch hands so that it is clear for whom the substitution is meant. Worried about exams? Six basic types of sets Diagram 4: One Set - Set a foot or two over the net and Revi guides to help you adapt and survive your biology exam!