

**O‘ZBEKISTON RESPUBLIKASI MAKTABGACHA VA MAKTAB
TA’LIMI VAZIRLIGI CHIRCHIQ DAVLAT PEDAGOGIKA
UNIVERSITETI**

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SPORTDA XORIJIY TIL (Ingliz tili)

O‘QUV QO‘LLANMA

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Sportda xorijiy til (ingliz tili): o'quv qo'llanma/ 149 b.

Ushbu o'quv qo'llanma Oliy o'quv yurtlarining 61010200-sport faoliyati (faoliyat turlari bo'yicha), 1-bosqich volleybol yo'nalishi talabalari uchun mo'ljallangan. Mazkur o'quv qo'llanmaning asosiy maqsadi — bo'lajak sport mutaxassislarini va o'qituvchilarini ingliz tilini kasbiy yo'nalishda o'zlashtirishga yo'naltirish, nutqiy vaziyatlardan samarali foydalanishga o'rgatish hamda fonetik, grammatik, leksik va stilistik jihatdan to'g'ri nutq ko'nikmalarini shakllantirishdir. Shu bilan birga, ushbu qo'llanma sport sohasi mutaxassislarining ingliz tilida kasbiy darajada muloqot qila olish, fikr va munosabatini erkin ifoda eta olish qobiliyatini rivojlantirishni ko'zlaydi. Qo'llanmada ingliz tilidan olib boriladigan amaliy mashg'ulotlar barcha asosiy til ko'nikmalarini — ya'ni tinglab tushunish, o'qish, yozish va gapirishni qamrab oladi. Har bir mavzuga oid qiziqarli savollar va topshiriqlar bilan birga, muhim terminlar jamlangan glossariy ham keltirilgan.

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Ushbu “Xorijiy til (ingliz tili)” nomli o'quv qo'llanma ChDPU Ilmiy kengashining “28” yanvar 5-sonli yig'ilishida muhokama qilingan va nashrga tavsiya qilingan.

ANNOTATSIYA

Mazkur o‘quv qo‘llanma 61010200 – Sport faoliyati (faoliyat turlari bo‘yicha) ta’lim yo‘nalishida tahsil olayotgan I bosqich talabalari uchun mo‘ljallangan bo‘lib, unda “Sportda xorijiy til (ingliz tili)” fanining o‘quv-maqсадlari va vazifalari ilmiy-metodik asosda bayon etilgan. Qo‘llanma tarkibida xorijiy tilning to‘rt asosiy kompetensiyasini — tinglab tushunish, o‘qish, yozish va og‘zaki nutq ko‘nikmalarini rivojlantirishga yo‘naltirilgan didaktik mashqlar va amaliy topshiriqlar majmuasi jamlangan. Shuningdek, dars jarayonida zamonaviy innovatsion pedagogik texnologiyalarni qo‘llash orqali xorijiy tilni kasbiy yo‘naltirilgan holda samarali o‘qitish, ta’lim jarayonining sifatini oshirish va talabalarda kasbiy-kommunikativ kompetensiyalarni shakllantirish masalalari atroflicha yoritilgan.

ANNOTATION

This educational manual is intended for first-year students of the 61010200 – Sports Activity (by types of activity) educational program. It scientifically and methodologically outlines the learning objectives and tasks of the subject “Foreign Language in Sports (English). The manual includes a set of didactic exercises and practical tasks aimed at developing the four core language competencies — listening, reading, writing, and speaking skills. In addition, it thoroughly covers the issues of effective foreign language teaching in a professional context using modern innovative pedagogical technologies during the lessons, improving the quality of the educational process, and developing professional-communicative competencies in students.

АННОТАЦИЯ

Данное учебное пособие предназначено для студентов первого курса образовательного направления 61010200 – Спортивная деятельность (по видам деятельности). В нём на научно-методической основе изложены цели и

задачи учебной дисциплины «Иностранный язык в спорте (английский язык)».

В состав пособия включены комплексы дидактических упражнений и практических заданий, направленных на развитие четырёх основных языковых компетенций — восприятия на слух, чтения, письма и устной речи. Кроме того, подробно освещаются вопросы эффективного преподавания иностранного языка в профессиональной направленности с использованием современных инновационных педагогических технологий в учебном процессе, повышения качества образования и формирования у студентов профессионально-коммуникативных компетенций.

Kirish

Mazkur o'quv qo'llanma oliy o'quv yurtlarining 61010200- sport faoliyati (faoliyat turlari bo'yicha) ta'lim yo'nalishlari uchun chiqarilgan dastur asosida hamda hozirgi zamon talablari asosida yaratilgan. o'quv qo'llanma ingliz tilini kasbga yo'naltirib o'qitishda, ya'ni boshlang'ich bilimga ega bo'lgan oliy o'quv yurtlari nofilologik bakalavr yo'nalishi talabalari uchun mo'ljallangan o'quv qo'llanma 13ta Unit, sport sohasiga oid matn yuzasidan berilgan mashq va topshiriqlar 4 ta til ko'nikmalari asosida yaratilgan bo'lib, sport sohasiga oid matning termin, fraza, sinonim va antonim kabi lug'at boyligini o'stiruvchi leksik materiallari, fonetikaga oid ko'rsatmalar va A2 va B1 darajadagi grammatik qoidalaridan iborat. o'quv qo'llanma 60 soatlik mashg'ulotlar uchun mo'ljallangan. Har bir dars quyidagi bo'limlardan tashkil topgan.

1. Har bir bo'limda sohaga oid matnlar asosida matnni tushunish ko'nikmalarini rivojlantirishga qaratilgan mashqlar – sarlavhalarni moslashtirish (matching heading), tanlovli testlar (multiple choice), bo'shliqni to'ldirish (gap fill), to'g'ri/yolg'on (true/false), ro'yxatdan tanlash (list choosing) kabi topshiriqlar kiritilgan.
2. Matn mazmuniga asoslangan holda og'zaki nutqni rivojlantirish uchun dialoglar tuzilgan.
3. Tinglab tushunish ko'nikmasini shakllantirish maqsadida maxsus dialog asosidagi mashqlar majmuasi ishlab chiqilgan.
4. Sohaviy matnlar asosida tegishli leksik materiallar tanlab olingan va tizimlashtirilgan.
5. Sohaga oid matnlarning mazmuniga mos tarzda grammatik qoidalar asosida amaliy mashqlar ishlab chiqilgan.
6. Yozma nutqni rivojlantirish uchun mavzuga oid savollar orqali yozish mashqlari taklif etilgan.

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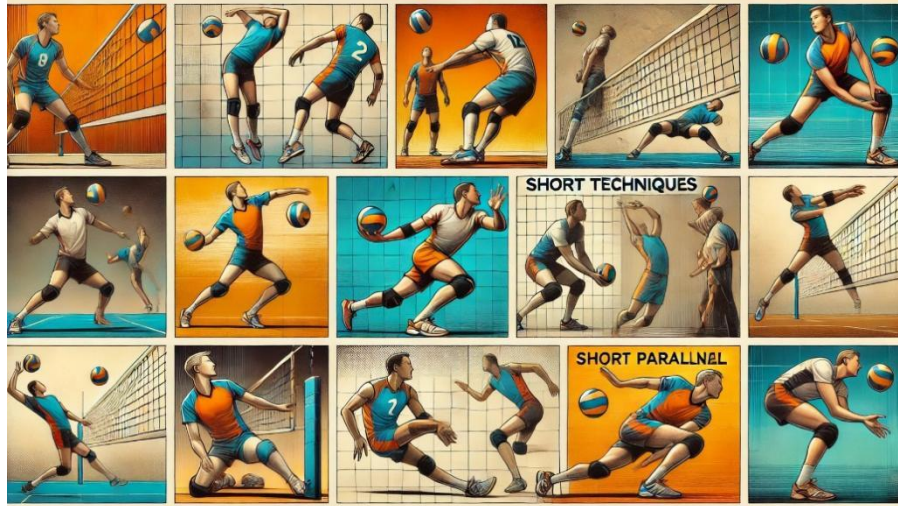
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UNIT 1. ATTACK TECHNIQUES

1.1 Warm-up Questions

1. Have you ever played volleyball before? If yes, how was your experience?
2. What do you think are the most important skills for attacking in volleyball?



1.2 Match each term on the left with the correct definition on the right by writing the corresponding letter.

Standing Position, Sliding, Jumping

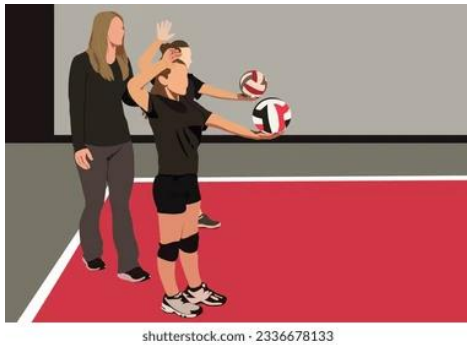
Definitions

- A. A technique involving movement through walking, running, or short bursts to position oneself for the ball, often performed with a slightly forward-leaning posture and bent knees.
- B. A stationary or running motion that involves using one foot as a spring to lift off the ground for an attack shot, with feet parallel and arms swinging upward.
- C. A preparatory position called the "ready position," where the player stands upright or slightly bent forward depending on the situation, ensuring they are in an advantageous stance for attack or defense.

Reading.

Attack techniques (hujum texnikasi) consist of actions performed with or without the ball. These include standing position, sliding, and jumping as the first group; and passing, extending, hitting the ball, and deceptive movements (fint) as the second group.

Standing Position- tik turgandagi holat



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To perform the technical method well, the player should assume a more advantageous position called a "ready position." If the attack action requires an upright posture, the defense position is slightly more bent forward.

Sliding-sirpanish

On the court, sliding is performed through walking, running, and jumping. Volleyball players slightly lean their upper bodies forward while on the court, bending their legs slightly and sliding on their toes. To reach the ball quickly, short runs of 3–5 meters are necessary. During the execution of an attack shot, sliding towards the ball and quick jumping help ensure accuracy and speed.



Sliding-sirpanish

Jumping is performed from a stationary position or after running, with one foot used as a spring. For an attack shot, the jump is made with the feet parallel at a distance of 20–30 cm apart. In this position, the body leans forward, the arms swing upward, and the player jumps. One foot is used as a spring, utilizing the force from the entire body



Jumping-sakrash

1.3 Read the following statements and decide if they are True or False. Correct the false statements.

1. The "ready position" requires players to always stand upright, regardless of the situation.
2. Sliding is performed by walking, running, or jumping with the upper body slightly leaned forward.
3. Players should perform short runs of 3–5 meters during sliding to quickly reach the ball.
4. Jumping for an attack shot is only performed from a stationary position.
5. When jumping for an attack, the feet should be parallel and placed 20–30 cm apart.
6. The use of both feet as a spring is crucial for an effective jump.

1.4 Translate these collocations and match definitions

Attack techniques, Standing position, Ready position, Upright posture, Defense position, Sliding on their toes, Short runs, Attack shot, Quick jumping, Feet parallel

Descriptions:

- A. A method used to prepare for an attack or defense.
- B. A key action performed to execute an accurate and strong hit.
- C. Moving efficiently with the toes slightly gliding on the court surface.
- D. A preparatory stance with knees bent and body slightly leaning forward.
- E. Keeping the body straight, often necessary for attack actions.
- F. Movements over 3–5 meters to quickly reach the ball.
- G. Body alignment where both feet are at an equal distance apart.
- H. A defensive position requiring a forward-leaning stance.
- I. Strategies or actions performed with or without the ball to gain an advantage.
- J. Fast vertical movement to reach or hit the ball effectively.

1.5 Gap-Filling Task: Attack Techniques in Volleyball

Fill in the blanks with the correct words from the box below: jumping, sliding, ready position, spring, 3–5 meters, parallel, attack, forward

- 1.The "_____ " is a posture that allows players to be prepared for both attack and defense situations.
- 2.During _____, players lean slightly _____ and bend their legs to move quickly on the court.
- 3.To reach the ball quickly, short runs of _____ are recommended.
- 4._____ can be performed from a stationary position or after running to prepare for an _____ shot.
- 5.During jumping, the feet should be _____ and placed 20–30 cm apart.
- 6.One foot is used as a _____ to generate force during the jump.

1.6 Grammar Task: Correct the Sentences

Each sentence below contains a grammar error. Identify and correct the mistake.

- 1.The "ready position" allow players to perform techniques effectively.
- 2.Sliding involves move quickly on the court with a slightly bent posture.
- 3.Short runs of 3–5 meter is necessary to reach the ball quickly.
- 4.Jumping is performed from a stationary position or after ran.
- 5.The feet should be placing parallel and 20–30 cm apart during a jump.
6. One foot are used as a spring to generate force for the jump.

1.7 Minimal Pair Exercise

Listen carefully to the following word pairs and distinguish their pronunciation. Practice saying them aloud:

- 1.Position / Opposition
2. Slide / Slight
3. Spring / String
4. Parallel / Parallelogram

1.8 Synonym Matching Task

Match the terms from the text (left column) with their synonyms (right column). Write the correct letter for each match.

Position	A. Skill
Technique	B. Alignment
Sliding	C. Essential

Parallel	D. Strength
Necessary	E. Posture
Advantageous	F. Beneficial

1.9 Match antonyms

Attack →	Defense
Standing →	Sitting
Upright →	Bent
Forward →	Backward
Quick →	Slow
Parallel →	Perpendicular
Advantageous →	Disadvantageous
Lean →	Straighten
Accuracy →	Inaccuracy
Jumping →	Stationary

1.10 Choose the Correct Column

Look at the words below. Choose whether they belong in the **Attack Techniques** column or the **Description of Movements** column.

Words to Choose From:

Sliding, Jumping, Parallel, Ready Position, Short Runs, Spring, Body Posture, Attack Shot, Quick Movement, Posture

Attack Techniques:

Description of Movements:

1.11 Use the New Words in the Box to Fill in the Blanks

Instructions: Listen to the audio or read the sentences and use the words in the box below to fill in the blanks.

Words in the Box:

Sliding, Parallel, Posture, Attack, Jumping, Spring, Ready Position, Movement

Necessary, Quick

1. The _____ position is essential for a player to be ready for both offense and defense.
2. To improve your _____, focus on bending your knees slightly while keeping your back straight.
3. The _____ allows players to reach the ball faster during an attack or defense.
4. When _____, it's important to use one foot as a _____ to generate power.
5. The player performed a powerful _____ shot after jumping high into the air.
6. _____ movements, like short sprints, help players position themselves quickly on the court.
7. It's _____ to practice both jumping and _____ to improve overall court movement.
8. The player's feet should be _____ when preparing for a jump.

1.12 Discussion Task: Attack Techniques in Volleyball

Instructions:

Work in pairs or small groups. Discuss the following questions and share your thoughts.

Questions:

1. **Which attack technique (standing position, sliding, or jumping) do you think is the most challenging to master? Why?**
 - Discuss what makes this technique difficult and how you would improve at it.
2. **Why do you think a "ready position" is important in volleyball? How does it help both attacking and defending players?**
 - Share your ideas about how staying in a ready position can affect a player's performance.
3. **What is the role of sliding in volleyball? How does it help in reaching the ball faster and executing a better attack shot?**
 - Talk about how sliding contributes to quick movement on the court and why it's crucial for success.
4. **Jumping is a critical technique for an attack shot. What do you think are the key points to focus on when jumping for a strong attack?**
 - Discuss the proper form and techniques for a successful attack shot when jumping.
5. **In your opinion, which of these techniques (standing position, sliding, jumping) has the biggest impact on the outcome of a game? Why?**
 - Consider how each technique influences the game and which one you feel is the most influential for overall performance.

Language for speaking. Giving opinions and trying to change someone's opinion		
Expressing Your Opinion: "I believe that..." "In my opinion..." "I think that..."	Agreeing with Someone: "I completely agree with you." "That's exactly how I feel."	Disagreeing with Someone: "I see where you're coming from, but..." "I'm not sure I agree with that."

"I feel that..."	"I see your point."	"I don't think that's the case."
"From my point of view..."	"You're absolutely right."	"Actually, I have a different view."
"As far as I'm concerned..."	"I agree with that."	"I'm afraid I disagree with you."
"Personally, I think..."		"I see things differently."

1.13 Writing Task: Writing a Letter

Instructions:

Write a letter to a friend or teammate explaining the importance of mastering volleyball attack techniques. Use the information about the **standing position**, **sliding**, and **jumping** from the text.

Prompt:

You've recently been learning about the key techniques involved in attacking in volleyball, and you want to share what you've learned with a friend who is new to the sport. Write a letter to your friend explaining why it's important to master the **standing position**, **sliding**, and **jumping** in volleyball.

Begin by greeting your friend and introducing the topic of volleyball techniques.

In the body of the letter, explain each technique in detail and why it's important for success in the game.

End your letter by encouraging your friend to practice these techniques and telling them how mastering them will improve their skills on the court.

Guidelines:

- Use a friendly and informal tone as you are writing to a friend.
- Organize your letter with an introduction, body, and conclusion.
- Be sure to give clear explanations of each technique and its importance.
- Aim for 150-200 words.

Example Structure:

Dear [Friend's Name],

Introduction:

Start by greeting your friend and briefly introducing the purpose of the letter. For example:

"I hope you're doing well! I wanted to share some exciting things I've been learning about volleyball."

Body:

- **Paragraph 1:** Explain the **standing position**.
- **Paragraph 2:** Discuss **sliding** and why it's important.
- **Paragraph 3:** Explain **jumping** and how it contributes to a strong attack shot.

Conclusion:

Encourage your friend to practice these techniques and explain how they will help them improve.

"Keep practicing, and soon you'll notice your game improving!"

Closing:

"Take care and talk to you soon!"

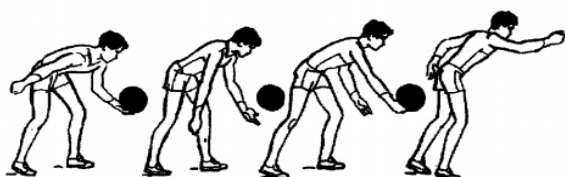
"Best regards,"

"[Your Name]"

UNIT 2. INTRODUCING THE BALL

Introducing the ball into play. Introducing the ball into play is considered an important technical skill, allowing the game to begin and points to be scored. The ball can be introduced into play from the bottom or top, as well as directly or from the side. It can be introduced by spinning or without spinning. The speed of the ball's flight varies within a wide range. When introduced from below, the ball flies slowly, while from above, it flies faster.

Introducing the ball into play from below. When introducing the ball into play, the player should face the net, which is considered the most convenient position. The feet should be shoulder-width apart and slightly bent. One foot will be placed forward on the court. The ball is introduced from below at the height of the elbow, approximately at waist level. The striking hand swings towards the ball, then the ball is sent to the target area. During the strike, the hand should be firm and the fingers should be tightly gripping the ball.



2.1 Read the following statements based on the text. Decide whether each statement is True or False.

1. The ball can only be introduced into play from the bottom.
2. When the ball is introduced from below, it flies faster than when introduced from above.
3. The player should face the net when introducing the ball into play.
4. The feet should be placed wider than shoulder-width apart when introducing the ball from below.
5. The ball is introduced at the height of the elbow, approximately at waist level.
6. The striking hand should swing towards the ball, and the ball is sent to the target area.
7. The hand should be loose and relaxed while striking the ball.
8. The direction and height of the ball's flight depend on how the ball is hit and the timing of the contact.

2.2 Volleyball Knowledge Quiz

Objective:

To assess and reinforce understanding of volleyball techniques, rules, and strategies through multiple-choice questions.

1. What is the primary objective of the "serve" in volleyball?

- A) To block the opponent's attack
- B) To start the rally and try to score a point
- C) To make the opponent tired
- D) To pass the ball to your teammate

2. Which of the following is considered a legal "serve" technique?

- A) Underhand serve only
- B) Overhead serve only
- C) Jump serve
- D) Any serve that crosses the net within the boundaries of the court

3. How many hits is each team allowed to make before the ball must be returned to the opponent's side?

- A) 1
- B) 2
- C) 3
- D) 4

4. Which of the following is NOT considered a fault in volleyball?

- A) A player touches the net
- B) A player steps on the service line during a serve
- C) A player serves from the back court
- D) A team hits the ball more than three times

5. In volleyball, the "libero" has which of the following restrictions?

- A) Cannot serve
- B) Cannot attack the ball above the net's height
- C) Cannot pass the ball
- D) Cannot play in the back row

6. Which of the following is a type of attack used in volleyball?

- A) Serve
- B) Block
- C) Spike
- D) Pass

7. What is the term for the position where a player attempts to intercept the ball from the opponent's attack, typically above the net?

- A) Set
- B) Pass
- C) Block
- D) Dig

8. In which of the following scenarios is the "volley" technique used in volleyball?

- A) To perform an underhand serve
- B) To receive a serve or attack
- C) To set up for a spike
- D) To dig the ball off the floor

9. How many players are on a volleyball court during a standard match?

- A) 4
- B) 6
- C) 8
- D) 12

10. When a volleyball player attempts a "dig," what is their main goal?

- A) To set the ball for a teammate
- B) To spike the ball over the net

- C) To prevent the ball from hitting the floor after an opponent's attack
- D) To block the opponent's spike

11. What is the correct position of the player's hands when performing a "platform pass"?

- A) Hands open, with fingers spread wide
- B) Hands together with fingers pointing down
- C) Hands clasped together tightly
- D) Hands forming a solid flat surface, with thumbs together and fingers straight

12. In volleyball, how many points does a team need to win a set?

- A) 15
- B) 20
- C) 25
- D) 30

13. What is the "rotation" in volleyball?

- A) A strategy used to confuse the opponent
- B) The order in which players serve the ball
- C) The shifting of players to different positions around the court after winning a rally
- D) A way to train the players' arms

14. What is a "jump serve"?

- A) A serve performed while jumping, allowing more power and variation
- B) A serve that is hit softly
- C) A serve where the player throws the ball in the air
- D) A serve that is received while jumping

15. What does the "attack line" or "3-meter line" in volleyball indicate?

- A) The line from which a player must serve
- B) The line that separates the back row from the front row
- C) The line where the ball must land for a point to be scored
- D) The line that determines if the ball is in or out

2.3 Correct Matchings:

1. **Serve the ball — C. from behind the service line**
2. **Pass the ball — G. to deliver a quick pass to a teammate**
3. **Block the opponent's spike — J. to stop the opponent's attacking shot**
4. **Perform a spike — D. in order to attack the ball**

5. **Set the ball — H. to initiate an offensive play**
6. **Jump to intercept — B. to defend against a high ball**
7. **Use the platform pass — A. using a flat hand and arms**
8. **Rotate positions on the court — E. to quickly change formations**
9. **Dive to dig the ball — F. when the ball is coming at you hard**
10. **Set up the attack — I. when receiving a serve or attack**

2.4 Sentence Halves: Below are several steps related to introducing the ball into play. Arrange them in the correct order to form a coherent process.

1. One foot will be placed forward on the court.
2. The ball is introduced from below at the height of the elbow, approximately at waist level.
3. The direction and height of the ball's flight depend on the timing of the contact with the ball.
4. The body weight is shifted from the rear foot to the forward foot.
5. The striking hand swings towards the ball, then the ball is sent to the target area.
6. The feet should be shoulder-width apart and slightly bent.
7. The strike can also be done with a fist.
8. The player should face the net, which is considered the most convenient position.
9. The hand should be firm and the fingers should be tightly gripping the ball.

Use of Modal Verbs		
CAN	I can swim. Can I eat?	Ability, Permission, Possibility, Request, Offer
COULD	We could study well. Could I use your pen?	Ability, Permission, Possibility, Request, Offer
MAY	It may snow. May I ask why?	Possibility (50%), Permission, Desire or Wish
MIGHT	He might go. You might use my pen.	Possibility (30%), To show kindness
MUST	You must go at once. He must be an Indian.	Obligation, Give orders and give advice, Prohibition
WOULD	We should be polite. You should leave now.	Request, Offer, Conditional, Future in the Past
For more www.englishspeakingcourse.net		

2.5 Choose the correct answer

Player 1: "So, how do we introduce the ball into play in volleyball?"

Player 2: "Well, there are a few ways to do it. The ball _____ (1) be introduced from below, from above, or even from the side."

Player 1: "That sounds interesting! What's the easiest way to do it?"

Player 2: "The easiest way is to introduce the ball from below. The player _____ (2) face the net first, which is the most convenient position."

Player 1: "And what should the player do with their feet?"

Player 2: "The feet _____ (3) be shoulder-width apart and slightly bent. One foot _____ (4) be placed forward on the court."

Player 1: "What about the strike? How do you actually hit the ball?"

Player 2: "The ball _____ (5) be hit at waist level, with the striking hand swinging towards the ball. During the strike, the hand _____ (6) be firm and the fingers _____ (7) grip the ball tightly."

Player 1: "That sounds like a lot of control! Does the ball fly differently depending on how it's introduced?"

Player 2: "Yes, when the ball is introduced from below, it _____ (8) fly slowly. But when it's introduced from above, it _____ (9) fly faster."

Player 1: "And can I use a fist to strike the ball?"

Player 2: "Yes, you _____ (10) also use a fist for the strike if needed."

Options to Choose From:

1. A) could B) should C) can D) must
2. A) should B) could C) is D) must
3. A) should B) could C) must D) might
4. A) is B) will C) should D) can
5. A) will B) can C) must D) should
6. A) must B) could C) should D) might
7. A) should B) can C) could D) must
8. A) flies B) will fly C) is flying D) flew
9. A) flies B) will fly C) is flying D) flew
10. A) can B) might C) should D) must

2.6 Complete the sentences below by choosing the correct form of the verb or preposition based on the volleyball-related text.

1. The ball _____ (can / could) be introduced into play from the bottom or top.
2. When introducing the ball, the player _____ (face) the net, which is the most convenient position.

3. The feet _____ (should / should be) shoulder-width apart and slightly bent.
4. The striking hand _____ (swing) towards the ball, then the ball _____ (send) to the target area.
5. The direction and height of the ball's flight _____ (depend) on the timing of the contact with the ball.
6. The ball _____ (fly) slowly when introduced from below, while it _____ (fly) faster when introduced from above.
7. During the strike, the hand _____ (should / should be) firm and the fingers _____ (grip) the ball tightly.
8. The strike _____ (can / could) also be done with a fist.
9. The ball _____ (introduce) from below at the height of the elbow, approximately at waist level.
10. The player _____ (shift) their body weight from the rear foot to the forward foot when striking the ball.

2.7 Read the following sentences from the text. For each underlined word, choose the correct synonym from the options provided.

1. **Introducing the ball into play** is considered an important **technical** skill, allowing the game to begin and points to be scored.
 - **Technical**
 - A) complex
 - B) athletic
 - C) mechanical
 - D) practical
2. The ball can be **introduced** into play from the bottom or top, as well as directly or from the side.
 - **Introduced**
 - A) brought
 - B) thrown
 - C) passed
 - D) hit
3. The speed of the ball's flight **varies** within a wide range.
 - **Varies**
 - A) changes
 - B) moves
 - C) starts
 - D) continues

4. When **introduced** from below, the ball flies slowly, while from above, it flies faster.
- **Introduced**
 - A) placed
 - B) struck
 - C) received
 - D) launched
5. The player should **face** the net, which is considered the most convenient position.
- **Face**
 - A) look at
 - B) turn
 - C) ignore
 - D) approach
6. The feet should be **shoulder-width** apart and slightly bent.
- **Shoulder-width**
 - A) wide
 - B) narrow
 - C) broad
 - D) equal
7. The ball is introduced from below at the height of the **elbow**, approximately at waist level.
- **Elbow**
 - A) wrist
 - B) knee
 - C) shoulder
 - D) arm
8. The striking hand swings towards the ball, then the ball is **sent** to the target area.
- **Sent**
 - A) hit
 - B) thrown
 - C) aimed
 - D) moved
9. During the strike, the hand should be **firm** and the fingers should be tightly gripping the ball.
- **Firm**
 - A) stiff
 - B) strong
 - C) soft
 - D) steady
10. The **direction** and height of the ball's flight depend on the timing of the contact with the ball.

Direction

- A) angle
- B) path
- C) speed
- D) curve

2.8 Below are some collocations found in the text. Match each collocation with the appropriate definition.

Collocations:

1. Introduce the ball into play
2. Face the net
3. Shoulder-width apart
4. Firm hand
5. Tightly gripping
6. Shift body weight
7. Timing of the contact
8. Strike with a fist
9. Height of the elbow
10. Target area

Definitions:

- A) To position the hand in a strong and stable way during the strike.
- B) To move the body's weight from one foot to the other when striking the ball.
- C) The specific moment when the ball is struck, which influences its direction and height.
- D) The correct physical distance between the feet to maintain balance and readiness.
- E) To face the side where the volleyball net is placed, aligning the body toward it.
- F) The level or position of the elbow when the ball is hit from below, typically around waist height.
- G) A designated area on the court where the player aims to send the ball.
- H) The action of hitting the ball with a closed fist, rather than using an open hand.
- I) The act of bringing the ball into the game, either from the bottom or top, and with or without spinning.
- J) Holding the ball with a strong, controlled grip using the fingers to ensure precision.

2.9 Read the following passage about introducing the ball into play in volleyball. Fill in the blanks with the correct words from the options provided.

Introducing the ball into play is considered an important technical skill, allowing the game to begin and points to be scored. The ball can be introduced into play from the _____ (1) or _____ (2), as well as directly or from the side. It can be

introduced by _____ (3) or without spinning. The speed of the ball's flight _____ (4) within a wide range. When introduced from below, the ball flies _____ (5), while from above, it flies _____ (6).

When introducing the ball into play, the player should _____ (7) the net, which is considered the most convenient position. The feet should be _____ (8) apart and slightly bent. One foot will be placed _____ (9) on the court. The ball is introduced from below at the height of the _____ (10), approximately at waist level. The striking hand _____ (11) towards the ball, then the ball is sent to the _____ (12). During the strike, the hand should be _____ (13) and the fingers should be tightly _____ (14) the ball. The body weight is shifted from the rear foot to the _____ (15) foot. The direction and height of the ball's flight depend on the _____ (16) of the contact with the ball. The strike can also be done with a _____ (17).

Word Options:

1. A) top, B) bottom, C) side
2. A) directly, B) across, C) behind
3. A) spinning, B) jumping, C) lifting
4. A) varies, B) remains, C) decreases
5. A) slowly, B) quickly, C) in circles
6. A) faster, B) slower, C) higher
7. A) face, B) turn, C) ignore
8. A) shoulder-width, B) foot-width, C) elbow-width
9. A) forward, B) backward, C) left
10. A) wrist, B) shoulder, C) elbow
11. A) swings, B) lifts, C) stays
12. A) target area, B) back row, C) outside court
13. A) loose, B) firm, C) relaxed
14. A) gripping, B) hitting, C) throwing
15. A) forward, B) backward, C) left
16. A) distance, B) timing, C) angle
17. A) fist, B) foot, C) palm

2.10 Read the dialogue below. Practice speaking with a partner, taking turns to be Player 1 or Player 2. Focus on using the correct volleyball terms

Player 1:

Hey! I'm having trouble with introducing the ball into play. I know it's an important skill, but I'm not sure if I'm doing it right. Can you help me out?

Player 2:

Of course! The first thing is to make sure you're in the right position. You should be facing the net. Are you doing that?

Player 1:

Yeah, I'm facing the net. But I'm not sure if my feet are in the right place.

Player 2:

Your feet should be shoulder-width apart and slightly bent. One foot should be forward on the court. That way, you're balanced and ready to strike the ball. Are your feet in this position?

Player 1:

I think so. But when should I strike the ball? Is there a specific height I need to aim for?

Player 2:

Yes! The ball should be introduced from below, about the height of your elbow, roughly at waist level. That's the ideal height to hit the ball from.

Player 1:

Okay, got it. But what about the hand? I've been swinging my hand, but I'm not sure if I'm striking with enough force.

Player 2:

You want your hand to be firm and your fingers tightly gripping the ball. When you strike, your body weight should shift from the back foot to the front foot. This helps give the ball more power. Do you feel the shift when you hit the ball?

Player 1:

I think so, but sometimes the ball doesn't fly fast enough. What could I be doing wrong?

Player 2:

It could be about timing. The direction and height of the ball's flight depend on when you make contact with it. If the timing is off, the ball might not go where you want. Also, remember, if you want to strike with more power, you can try hitting it with your fist.

Player 1:

Ah, so I can strike with a fist too? That might help me get more speed on the ball.

Player 2:

Exactly! You just need to make sure your fist is firm, and you aim for the target area. Try practicing that next time.

Player 1:

Thanks! I feel more confident now. I'll give it a try in the next game!

2.11 Read the list of volleyball terms from the text. Write the correct transcription for each word using the International Phonetic Alphabet (IPA)

Introducing, Ball, Play, Technical, Skill, Spinning, Speed, Flight, Striking, Firm, Grip, Body weight, Timing, Contact, Fist, Target area, Forward, Elbow, Net

2.12 Listen to the audio (which can be played by the teacher or pre-recorded), and answer the questions based on the description. Pay attention to the key volleyball terms and how they are used in context.

Audio Script:

Introducing the ball into play is a fundamental skill in volleyball, allowing the game to begin and points to be scored. The ball can be introduced from below or above, as well as directly or from the side. It can be introduced with or without spinning. When introduced from below, the ball will fly slowly, while from above, it flies faster. When introducing the ball into play from below, the player should face the net and position their feet shoulder-width apart, slightly bent. One foot should be forward on the court. The ball is introduced from below, typically at waist level, at the height of the elbow. The striking hand swings toward the ball and sends it to the target area. The hand should be firm and the fingers tightly gripping the ball. The body weight shifts from the rear foot to the forward foot. The flight of the ball depends on the timing of the contact. The strike can also be done with a fist.

Questions:

Listen carefully to the description and answer the following questions:

1. **What are the two possible ways to introduce the ball into play?**
 - A) From the left or right
 - B) From the bottom or top
 - C) With or without jumping
2. **What is the most important position for a player when introducing the ball from below?**
 - A) Facing the net
 - B) Facing the crowd
 - C) Facing the floor
3. **At what height is the ball typically introduced from below?**
 - A) Shoulder height
 - B) Waist level
 - C) Knee level
4. **What happens to the ball when it is introduced from below?**
 - A) It flies slowly
 - B) It flies quickly
 - C) It stays in the air longer
5. **What should a player do with their body weight when introducing the ball?**
 - A) Stay balanced
 - B) Shift from rear foot to forward foot
 - C) Keep weight on the back foot

6. **What can a player use to strike the ball?**
A) A fist
B) A finger
C) The palm
7. **What should the hand be like when striking the ball?**
A) Firm and gripping tightly
B) Relaxed
C) Loose and open

2.13 Writing Task: Topic: Introducing the Ball into Play in Volleyball

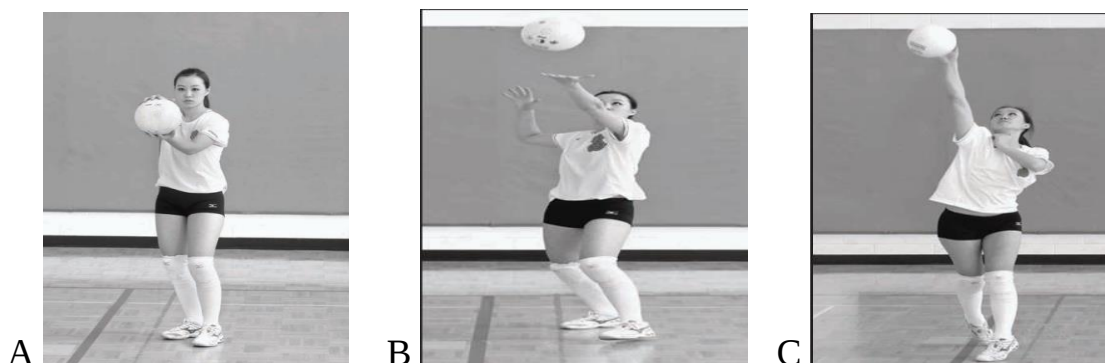
Write a short essay (150 words) describing the process of introducing the ball into play in volleyball, focusing on the technique used when introducing the ball from below. Include details about body position, hand placement, and the effect of timing on the ball's flight.

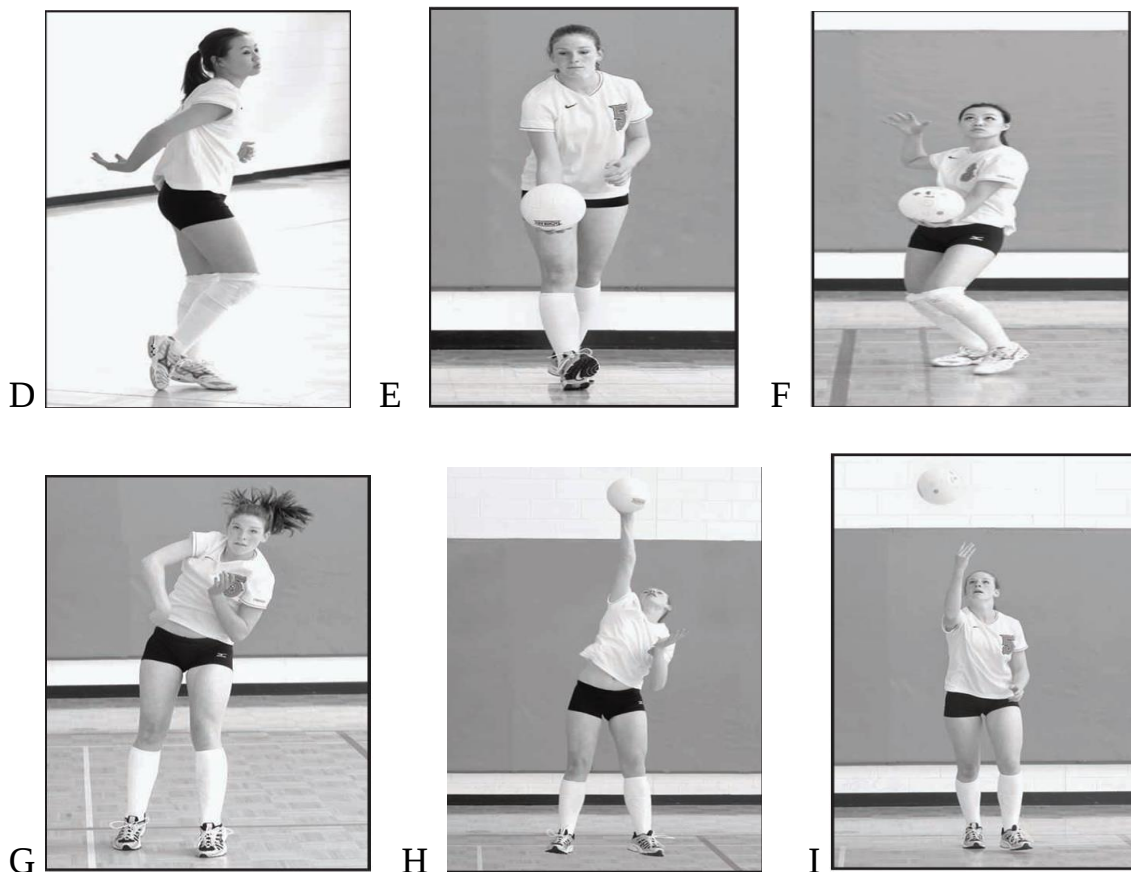
Sample Answer:

Introducing the ball into play is a crucial skill in volleyball that allows the game to begin and points to be scored. One of the main ways to introduce the ball is from below, a technique that requires good body positioning and precise timing. The player should face the net, standing with their feet shoulder-width apart and slightly bent, with one foot forward. The ball is held at waist level, about the height of the elbow. As the player swings their striking hand towards the ball, they shift their body weight from the rear foot to the forward foot. The hand should be firm with the fingers tightly gripping the ball, ensuring a controlled strike. The timing of the contact affects the direction and height of the ball's flight. A well-timed strike from below sends the ball flying slowly, while a mistimed strike may cause it to go too fast or off target.

UNIT 3. THE FLOAT SERVE

Float serve- to`pni aylantirmasdan uzatish





3.1 Match phrases to the photos

1. Spike 2. Medium height toss 3. Torque of jump serve 4. Jump serve small step and toss 5. Drag the back foot 6. Hit ball with palm of the hand 7. Small step and toss 8. Drawing arm back 9. Position to rotate body through torque

3.2 Fill in the Gaps: Float Serve Technique

Word Bank: float serve – weight – spin – nonhitting – rotate – forward – arm – toss – contact – step – back – direction – torque – lazy

The 1_____ is used to keep opponents on their toes. It is effective because it is hit without 2_____, causing the ball to move unpredictably. This serve works best when opponents become 3 _____ and don't follow the ball's flight completely. To perform a float serve, the server stands with the upper body facing the 4_____ in which the ball will be served. The feet are positioned to allow the upper body to 5 _____ easily through a 6_____ motion, like throwing. This is easier when the left foot is placed 7_____ and both body and feet point slightly to the right. The ball is held in the 8_____ hand, with the arm slightly extended. The hitting 9 _____ should be drawn back before the 10 _____, because drawing the arm back takes longer. The 11 _____ is small and made with the left foot, while shifting body 12_____ in the direction of the serve.

If a beginner needs more power, they can start from the 13_____ of the endline, take a step with the right foot, then step onto the left foot and complete the serve. Over time, most beginners develop the coordination and strength to make 14_____ steps unnecessary.

3.3 Match each term with its synonym by drawing lines or writing the letter of the synonym next to the corresponding term.

Float serve	A. Direction
Receiver	B. Throw
Flight	C. Power
Torque	D. Movement
Position	E. Body mass
Weight	F. Server
Lift	G. Trajectory
Toss	H. Spin
Momentum	I. Balance
Coordination	J. Placement

3.4 Below are terms from the text. Match each term with its correct definition by drawing lines or writing the letter of the definition next to the corresponding term.

Terms: Float serve, Receiver, Flight, Torque, Position, Weight, Lift, Toss, Momentum, Coordination

Definitions:

- A. The force or energy required for the ball to move during the serve.
- B. The player who receives the ball after it has been served.
- C. The movement or position of the ball in the air after it is hit.
- D. The twisting or rotational movement of the body during a serve.
- E. The placement of the body or body parts in relation to others during the serve.
- F. The amount of mass or heaviness the body has, used to generate power for the serve.
- G. The action of throwing the ball into the air to prepare for serving.
- H. The slight upward motion that moves the ball into the air to start the serve.
- I. The ability to synchronize actions between the body, arms, and legs to execute the serve effectively.
- J. A type of serve where the ball does not spin and can move unpredictably in the air.

3.5 Complete the drills by answering the questions based on the information in the text. Repeat the task if needed to improve your understanding.

Fill in the Blanks:

Complete the sentences with the correct term from the list below.

Terms:

Float serve, receiver, torque, weight, momentum, coordination, toss, position

The _____ is the player who receives the ball after it has been served. The _____ is a serve that moves unpredictably due to lack of spin. When executing a float serve, the server should ensure the _____ is in the right position to rotate their body smoothly. The movement of rotating the body during the serve is referred to as _____. The _____ of the body must be distributed to create the power necessary for the serve. To gain more power during the serve, beginning players can generate extra _____ by taking a step back from the endline. The _____ is used to throw the ball into the air to prepare for serving. _____ refers to the ability to control body movements effectively, especially while serving.

3.6 True or False Questions:

Read the statement and determine whether it is true or false.

1. **True or False:** A float serve can be more effective when the opponent is not paying full attention to the ball.
2. **True or False:** The float serve is always hit with spin to control the ball's direction.
3. **True or False:** The server should always start with their right foot forward for the best footwork.
4. **True or False:** The timing of the toss and the arm movement is essential to execute a successful float serve.
5. **True or False:** Beginners should always use extra momentum by stepping back from the endline.

3.7 Multiple Choice Questions:

Select the correct answer from the choices provided.

1. **What is the purpose of the float serve?**
 - a) To make the ball spin quickly
 - b) To keep opponents on their toes by changing direction
 - c) To make the ball move faster over the net
2. **Which of the following describes the foot placement for the float serve?**
 - a) Both feet should be positioned close together
 - b) Left foot should be forward with the body pointing toward the right
 - c) Feet should be spread wide apart
3. **What is the key to executing the “torque” motion?**
 - a) Keeping the body stiff
 - b) Using the arms only
 - c) Allowing the body to rotate easily
4. **How high should the toss for a float serve be?**
 - a) Very high so the ball drops significantly
 - b) High enough to make contact with the ball without waiting for it to drop
 - c) Low to the ground for a fast serve

3.8 Give a short Answer:

Write a brief answer to the following question.

- How does the direction of the ball's flight depend on the player's actions during the serve?

3.9 Dialogue: "Mastering the Float Serve"

Characters:

- **Coach Sam** (volleyball coach or experienced player)

- **Alex** (beginner volleyball student)

[Scene: On the volleyball court. Coach Sam is holding a volleyball. Alex approaches, looking curious.]

Alex:

Hi, Coach Sam! I've been watching the others serve, and I keep hearing about the "float serve." What is that?

Coach Sam:

Great question, Alex! A float serve is a type of volleyball serve where the ball is hit **without any spin**, so it floats through the air and moves unpredictably. It's really effective at confusing the other team.

Alex:

Wow! So, how do I do a float serve?

Coach Sam:

Let's break it down. First, stand behind the endline with your **left foot slightly forward** and your body turned a bit to the right. That helps you rotate your upper body through the serve.

Alex:

Okay, left foot forward... like this?

Coach Sam:

Yes, perfect. Now, hold the ball in your **non-hitting hand**, with your arm slightly extended. Make sure your **hitting arm** is drawn back—like you're about to throw something.

Alex:

Got it. Should I toss the ball high?

Coach Sam:

Not too high! Just enough so you can make contact with it at **waist to chest level** without waiting for it to fall. And remember, take a small step with your left foot while tossing.

Alex:

And when I hit it, should I use my fingers?

Coach Sam:

Nope! Use the **flat part of your hand**. Keep your hand firm, fingers together, and hit the ball cleanly in the center. That's how you create the floating effect.

Alex:

Sounds tricky, but fun! Is it okay if I take a few steps before serving?

Coach Sam:

For beginners, yes. You can start a bit behind the endline, take a step with your right foot, then step onto your left foot and serve. But with practice, you won't need the extra steps.

Alex:

Thanks, Coach! I can't wait to try it out!

Coach Sam:

You're welcome, Alex! Now go float that ball and keep them guessing!

3.10 Semantic Mapping - Float Serve in Volleyball

Objective:

To understand the key terms, actions, and concepts related to the float serve by mapping them in a structured diagram.

Instructions:

Use the central concept "**Float Serve**" as the starting point. From this central term, create a semantic map by adding related terms, actions, and concepts. Each term should be connected to the central term and to other relevant terms as appropriate. You can use the words from the list below to guide your mapping.

Key Terms to Include in the Map:

1. **Float Serve**
2. **Receiver**
3. **Body Position**
4. **Footwork**
5. **Toss**
6. **Torque**
7. **Contact Point**
8. **Weight Transfer**
9. **Ball Flight**
10. **Power**
11. **Momentum**
12. **Coordination**
13. **Hitting Arm**
14. **Non-Hitting Hand**
15. **Step**

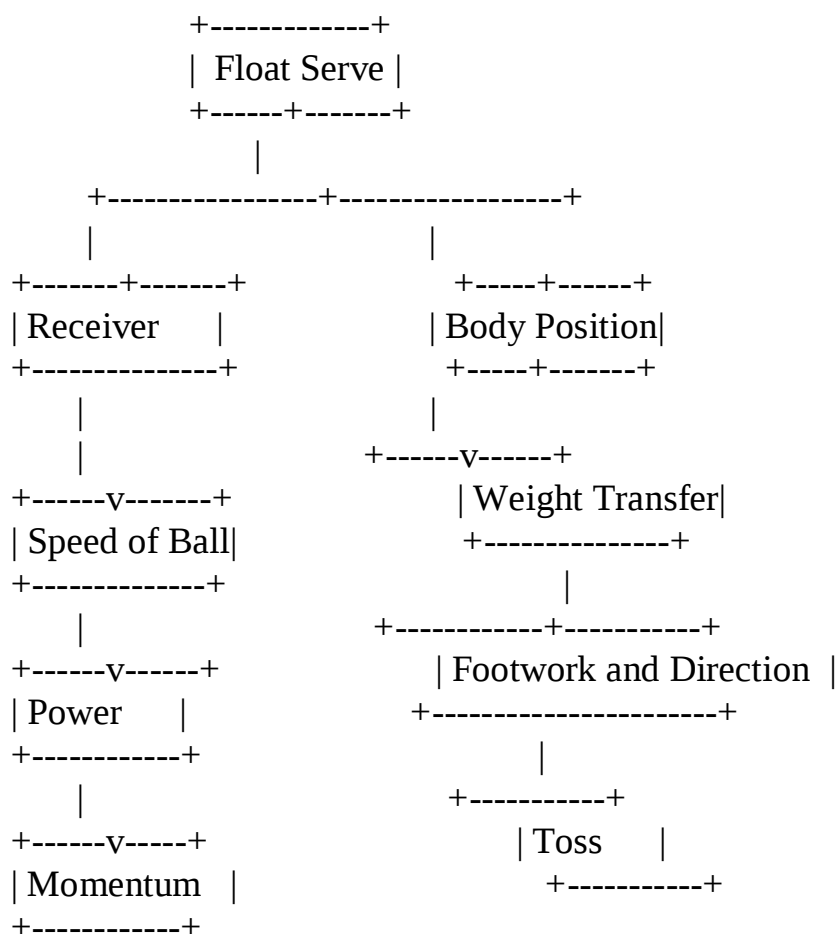
16.Direction of Serve

17.Speed of Ball

Task:

1. **Step 1:** Write “**Float Serve**” in the center of your map.
2. **Step 2:** Draw lines connecting the central term to related concepts like **Receiver**, **Body Position**, **Footwork**, and **Toss**.
3. **Step 3:** For each of these terms, expand on their relationship to the float serve. For example, you could connect **Body Position** to **Weight Transfer**, and **Footwork** to **Step**.
4. **Step 4:** Continue to build the map by connecting terms such as **Power** and **Momentum** to **Speed of Ball** and **Direction of Serve**.
5. **Step 5:** Add descriptive or explanatory notes on each connection (e.g., **Toss** helps to prepare for the **Contact Point** where the **Hitting Arm** makes contact with the ball).

Example of a Simple Semantic Map:



3.11 Below is a passage on the float serve in volleyball. The sentences have been mixed up. Your task is to rearrange them in the correct order to form a well-organized and logical paragraph.

Passage: Float Serve in Volleyball

1. ____ The float serve is an important technique in volleyball used to keep opponents on their toes and disrupt their rhythm.
2. ____ The serve can change direction unpredictably, sliding left, right, up, or down due to the lack of spin on the ball.
3. ____ As the ball is hit without spin, the receiver often struggles to track its movement, making it difficult to predict its flight path.
4. ____ To execute a float serve, the server stands with the body facing the direction where the ball will be served.
5. ____ The feet should be positioned to allow the upper body to rotate through a throwing motion, with the left foot forward and the body pointing toward the right.
6. ____ The server begins by drawing the hitting arm back, while the non-hitting arm holds the ball at waist height.
7. ____ The ball is tossed in front of the body, high enough to allow the server to make contact without waiting for it to drop significantly.
8. ____ A small step with the left foot is taken as body weight shifts toward the left side, transferring momentum toward the serve.
9. ____ For beginners, stepping with the right foot first can provide extra momentum and help generate more power during the serve.
10. ____ Once the serve is executed, the ball travels over the net, potentially catching the opponent off guard due to its unpredictable motion.

Reorganized Passage:

1. **Sentence 1**
2. **Sentence 3**
3. **Sentence 2**
4. **Sentence 4**
5. **Sentence 5**
6. **Sentence 6**
7. **Sentence 7**
8. **Sentence 8**
9. **Sentence 9**
10. **Sentence 10**

3.12 Below is a passage about the float serve in volleyball. Some words are bolded in the text. Your task is to find their antonyms from the word list provided.

Passage: Float Serve in Volleyball

The **float serve** is a powerful technique in volleyball, designed to confuse the opponent. When executed correctly, the ball **slides** unpredictably in any direction—

left, right, up, or down. The server stands **tall**, facing the direction of the serve. During the toss, the ball is held at **waist level**, and the serve is usually performed with the **dominant hand**. The feet should be placed **firmly** on the court to ensure good balance. The movement is **quick**, and the ball must be hit with precision to **avoid** making mistakes. Once the ball is hit, it **soars** over the net at high speed, challenging the receiver to make a successful return.

Antonym Word List:

- **slow**
- **weak**
- **front**
- **bend**
- **right**
- **low**
- **incorrect**
- **stable**
- **back**
- **heavy**

3.13 Finding Tongue Twisters Task

Objective:

This task is designed to help students practice pronunciation, focus on rhythm, and enhance their verbal skills using fun and challenging tongue twisters related to volleyball or general vocabulary.

Materials Needed:

- A list of tongue twisters (print or display them on a screen)
- Timer (optional)

Instructions:

1. Introduction:

Start by explaining what tongue twisters are—short sentences or phrases that are difficult to say quickly because they have similar sounds that challenge your pronunciation.

2. Task Setup:

Write down or display a set of volleyball-related tongue twisters for students to find and say. You can make them specific to volleyball terminology or more general. For example:

- “Sally serves a slippery, spinning float serve swiftly.”
- “Bouncing balls behind big blockers baffle big boppers.”
- “Timmy tried to toss the tightest top-spin toss.”

- “The setter swiftly sends a soaring serve to the spiker.”

3. **How to Play:**

- Divide the students into pairs or small groups.
- Assign each group or pair a set of 5 tongue twisters.
- Their task is to read the tongue twisters aloud as quickly and clearly as possible.
- Encourage them to challenge themselves by increasing speed with each attempt.
- The goal is to read each tongue twister three times without making a mistake.

4. **Variation – Finding New Twisters:**

- Once the students get the hang of saying the given tongue twisters, ask them to **create their own volleyball-related tongue twisters** using terms like "serve," "set," "block," or "dig."
- Have them share their newly created tongue twisters with the class and challenge others to say them quickly and clearly.

5. **Competition Option (if desired):**

- For a competitive twist, have a **timed challenge** where each student or team has to say the tongue twisters correctly within a set time (e.g., 30 seconds). If they make no mistakes, they get a point.
- The team or student with the most points wins.

Examples of Tongue Twisters:

- “Bouncing blockers bravely battle big bouncy balls.”
- “Sarah swiftly serves six slippery spinning serves.”
- “The setter’s sharp serve slides swiftly toward the spiker.”

6. **Reflection:**

After completing the task, ask the students to share which tongue twisters were the most difficult and why. Discuss the importance of pronunciation and clarity in volleyball communication.

3.14 Matching Synonyms Task:

Terms and Synonyms:

Term	Synonym
Serve	<i>Toss</i>
Float Serve	<i>Non-spin Serve</i>
Pass	<i>Receive</i>
Spike	<i>Attack</i>
Rotation	<i>Twist</i>
Torque	<i>Rotation</i>

Term	Synonym
Toss	<i>Throw</i>
Step	<i>Stride</i>
Lift	<i>Raise</i>
Power	<i>Strength</i>
Momentum	<i>Force</i>
Defend	<i>Block</i>
Coordinate	<i>Synchronize</i>
Direction	<i>Path</i>

Example Sentences Using Synonyms:

- **Serve:** "The player tossed the ball high before the powerful serve."
- **Float Serve:** "The non-spin serve is difficult to track, as it moves unpredictably."
- **Pass:** "The player received the ball with great precision."
- **Spike:** "The attacker jumped high to send a strong attack across the net."
- **Rotation:** "The body needs to rotate smoothly to execute the perfect serve."
- **Torque:** "The rotation of the body is crucial for generating power in the serve."
- **Toss:** "Before serving, the player throws the ball into the air."
- **Step:** "The player took a quick stride forward as the ball was served."
- **Lift:** "The toss should raise the ball just high enough to make contact easily."
- **Power:** "The server used all their strength to deliver a fast and powerful serve."
- **Momentum:** "The player gained force by stepping back behind the line before serving."
- **Defend:** "The blocker was ready to stop the ball coming over the net."
- **Coordinate:** "The team synchronized their movements perfectly during the play."
- **Direction:** "The server aimed the ball in a specific path toward the opponent."

3.15 Listen and complete the table

Float serve , Opponents on their toes, Hitting arm, Body weight, Toss the ball, Small step, Rotate body, Slightly extended, Transfer weight, Contact with the ball

The..... is a powerful volleyball technique used to confuse opponents by making the ball move unpredictably. It's a great way to keep..... during a match. To perform a float serve, start by holding the ball in your non-dominant hand with your

arm Step forward with a....., ensuring your body weight shifts toward your front foot. As you prepare to hit,..... your upper..... while drawing back your Finally,.....gently in front of you and make contact with the ball using the flat part of your hand to avoid spin. Practicing the float serve regularly helps you master timing,.....effectively, and maintain precision. With a consistent technique, you can easily keep your opponents guessing on the court.

3.16 Describe the picture with the given words

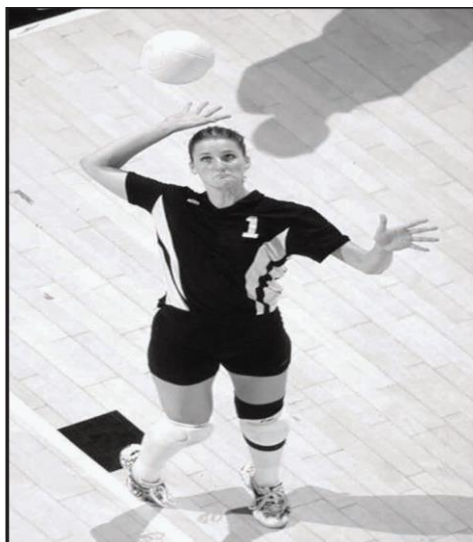
1. Player-related words: Volleyball player, Athlete, Female player, Uniform, Knee pads, Sports shoes, Number (jersey number)

2. Action and posture words: Serving, Preparing to serve, Serving stance, Raised arm, Bent arm, Extended arm, Focused, Concentrated, Balanced, Poised, Ready to strike, Jump serve (if jumping)

3. Ball-related words: Volleyball, Ball suspended in air, Tossed ball, Incoming ball

4. Court-related words: Volleyball court, Floor tiles, Shadow, Boundary lines (if visible)

5. Descriptive adjectives: Determined, Athletic, Strong, Focused, Dynamic, Black-and-white (photo style), Intense



UNIT 4. ATTACK HITS

4.1 Fill in the Gaps: Attack Hit in Volleyball

Effective, above, below, direction, running, not, speed, fast, accelerated, slow, straight, side, approach, jumping, landing, preparatory, running speed, heel, toe, hip, forward, upward, elbow, abdominal, upper, legs, injury, changing

The attack hit is considered an _____ method to finalize the team's offensive movements. This action is performed at a higher level _____ the net. The effectiveness of offensive actions performed _____ that level is significantly lower.

Attack hits are categorized based on their _____ as follows:

- Straight direction (the ball's direction matches the attacker's _____ direction).
- Changing direction (the ball's direction does _____ match the attacker's running direction).

Based on the _____ of the ball's flight, attack hits can also be distinguished as:

- Powerful (_____) hits, achieved by a short and strong backward motion of the hitting arm.
- Sharp (_____) hits.
- Deceptive (_____) hits.

An attack hit can be performed either _____ (while directly facing the net) or to the _____ (facing sideways relative to the net).

Executing a straight attack hit involves four phases:

1. Running _____
2. _____
3. Hitting the ball
4. _____

During the running approach phase, the attacker takes one or two "_____" steps to determine the ball's speed and direction. Then, the attacker increases their _____ to prepare for the jump.

In the jumping phase, the attacker makes a large step from _____ to _____. The knees bend slightly, and the body lowers at the _____ joints. The arms are swung _____ and _____ as the legs push off the ground.

During the hitting phase, the arm extends upward and forward, rotating at the _____ joint. The hit is performed with sharp and consecutive contraction of the _____, chest, and arm muscles. The palm of the hitting hand strikes the _____-back portion of the ball.

During landing, the attacker bends their _____ and lands on the ground to prevent _____ and prepare for subsequent actions.

In modern volleyball, it is crucial to perform attack hits by _____ the direction of the ball, as a team's attack cannot be completed with straight hits alone.

4.2 Match the phrases to the pictures



- A. Two-footed approach jump.
- B. Plant or hop step
- C. First two steps
- D. Step close
- E. Arms forward and no higher than the waist
- F. Hands down, not up and not out

4.3 Discuss the questions.

Why is the attack hit considered an essential method in volleyball? How does it contribute to a team's success?

Why are attack hits performed at a higher level above the net more effective compared to those performed below the net?

What are the differences between straight-direction and changing-direction attack hits? When might each type be more useful during a match?

How does the speed of the ball's flight (powerful, sharp, or deceptive) affect the effectiveness of an attack hit?

Why is the running approach phase crucial for achieving a successful attack hit? What strategies can players use to improve this phase?

In the jumping phase, why is it important to focus on body positioning, such as swinging the arms forward and bending the knees?

4.4 Read the following statements carefully and decide whether they are True or False based on the provided text.

1. The attack hit is considered an essential method for completing a team's defensive movements.
2. Attack hits are most effective when performed at a higher level above the net.
3. Straight-direction attack hits occur when the ball's direction does not match the attacker's running direction.
4. The power of an attack hit is determined by how well the tactical task is fulfilled.
5. During the running approach phase, the attacker takes several "preparatory" steps to achieve a higher jump and accurately determine the ball's direction.
6. During the jumping phase, the attacker swings their arms forward and upward after bending their knees and lowering their body at the hip joints.
7. The palm of the hitting hand should strike the lower-back portion of the ball for maximum power.
8. In initial training, more attention should be focused on the strength of the attack hit than on its timing and direction.
9. The attacker lands with straight legs to maximize the height of their jump.
10. In modern volleyball, it is important to use both straight-direction attack hits and hits with a change of direction.

4.5 Below is a list of collocations related to attack hits in volleyball. Match each collocation with its correct definition.

A. Running approach	The action of determining the speed, direction, and flight of the ball during the preparation for an attack hit.
B. Changing direction	The phase in which the player executes the offensive movement by swinging their hitting arm to strike the ball.

C. Attack hit	A type of attack hit where the ball's direction follows the attacker's running direction.
D. Jumping phase	A type of attack hit achieved by a short, strong backward motion of the arm, resulting in a fast ball flight.
E. Hitting arm	The part of the movement where the attacker makes an initial approach and increases their running speed to prepare for the jump.
F. Powerful hit	The phase where the attacker lands on the ground, bends their knees, and prepares for subsequent actions.
G. Sharp hit	The phase in which the player jumps by moving from heel to toe and uses their arms to propel themselves upward.
H. Deceptive hit	The movement of changing the ball's direction during the attack to make the hit more unpredictable for the opponent.
I. Timing and direction	The aspect of the attack where the player focuses on executing the hit at the correct time and with the appropriate direction, rather than focusing on strength alone.
J. Landing phase	A type of attack hit that is slower and aims to mislead the opponent by making the ball appear to move at a different speed.

4.6 Listen and answer the questions

Audio Script:

The attack hit is one of the most important skills in volleyball. It is performed at a higher level above the net, as the effectiveness of offensive actions performed below this level is significantly lower. Attack hits can be categorized based on their direction: straight and changing direction. In the straight direction, the ball's direction follows the attacker's running direction. In the changing direction, the ball's direction does not match the attacker's running direction. When performing an attack hit, there are four main phases: running approach, jumping, hitting the ball, and landing. During the running approach, the player first takes one or two preparatory steps, then increases their running speed to prepare for the jump. In the

jumping phase, the attacker takes a large step and brings their feet together. The arms swing backward, and the knees bend slightly. As the player jumps, they push off the ground, bringing their body into a vertical position. In the hitting phase, the attacker strikes the ball using their hitting arm, and the power of the hit depends on the timing and the muscles involved, like the chest, abdomen, and arms. During landing, the player must bend their knees to absorb the shock and avoid injury.

Questions:

1. What are the two main directions for attack hits mentioned in the script?
 - a) Powerful and sharp
 - b) Straight and changing direction
 - c) Low and high
2. What is the first task the attacker performs during the running approach phase?
 - a) Strike the ball
 - b) Increase running speed
 - c) Take preparatory steps to determine the ball's speed and direction
3. In the jumping phase, what action does the attacker perform to help prepare for the attack hit?
 - a) They bend their knees
 - b) They bring their feet together and push off the ground
 - c) They swing their arms backward
4. What is important to focus on during the hitting phase of the attack hit?
 - a) The power of the hit
 - b) The timing and direction of the hit
 - c) The height of the jump
5. What should the player do during the landing phase?
 - a) Land flat-footed to prepare for another attack
 - b) Bend their knees to absorb the shock and avoid injury
 - c) Jump higher to improve the next move

4.7 Dialogue to Act Out: Volleyball Attack Hit

Context:

Two volleyball players, Alex and Sam, are practicing their attack hits. Alex is explaining the process to Sam, who is learning the correct technique. This dialogue focuses on the four main phases of the attack hit.

Characters:

- **Alex** (Experienced volleyball player)
- **Sam** (Beginner volleyball player)

Alex:

Alright, Sam, today we're going to work on your attack hit. First, let's talk about the

running approach. The key here is to get the right speed. You don't want to start too fast but make sure you're accelerating as you get closer to the net.

Sam:

Got it! So, I need to start off a little slower and then speed up?

Alex:

Exactly. Now, after that, comes the **jumping phase**. This is where you want to make a strong push with your legs. You need to take a big step, from heel to toe, then bring your feet together. Swing your arms back to get ready. When you jump, make sure your body is vertical.

Sam:

Right! So, I should push off hard and make sure my body is straight in the air?

Alex:

Yes! Once you're in the air, it's time for the **hitting phase**. You'll extend your hitting arm, swinging it forward and up, rotating at your elbow. It's important to focus on the **timing** of the hit, not just the strength. You want the ball to go where you aim, at the right moment.

Sam:

Okay, so I don't need to focus too much on power, just making sure the hit is well-timed?

Alex:

Exactly! Now, when you land, you need to bend your knees to absorb the shock. This will protect your joints and make it easier to move into the next play.

Sam:

So, it's all about using the right technique to avoid injury and stay ready for the next move?

Alex:

Exactly. You've got it, Sam. Let's practice! Remember, smooth steps into the jump, and focus on the timing of your hit.

Sam:

Alright, here we go! I'm ready to try it out!

Notes for Performance:

- Players should demonstrate the actions as they speak, miming the phases of the attack hit.
- Make sure to emphasize the importance of **timing**, **technique**, and **safety** during landing.

Aspect	Active Voice	Passive Voice
Structure	Subject + Verb + Object	Object + Verb (to be) + Past Participle + by + Subject
Who performs the action?	The subject performs the action.	The object receives the action.
Example Sentence	The player hits the ball.	The ball is hit by the player.
Tense Formation	Tenses are used directly (e.g., present, past).	Tenses use the verb "to be" + past participle (e.g., is hit, was hit).
Emphasis	Focuses on the subject performing the action.	Focuses on the object receiving the action.
When to Use	Use when the subject is important or active.	Use when the object or action is more important than the subject.

4.8 Convert the following sentences from the active voice to the passive voice.

1. The player hits the ball over the net.
2. The coach teaches the players the correct technique.
3. The team performs the attack hit effectively.
4. The volleyball player serves the ball to the opponent.
5. The referee blows the whistle at the end of the game.
6. The coach gives feedback after each game.
7. The players adjust their position during the match.

Below are five passive voice sentences. Transform each sentence into active voice.

Sentences:

1. The jump is made by the attacker to achieve height.
2. The ball is hit with the palm of the hand.
3. The tactical task is fulfilled through sharp muscle contractions.
4. The ball is thrown over the net during the attack phase.
5. The landing is performed carefully to avoid injury.

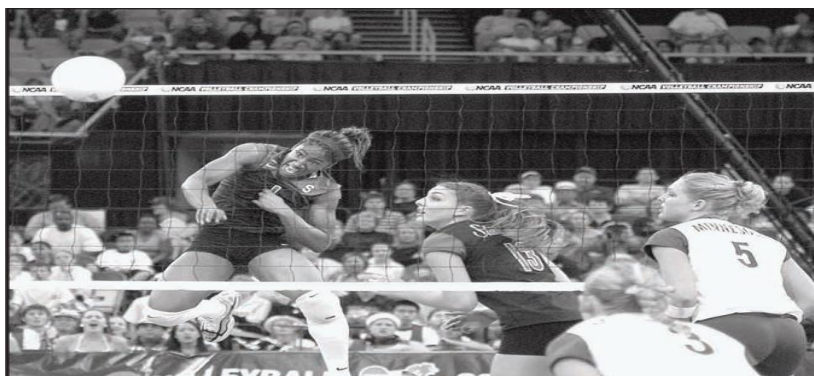
4.9 Here's a table of antonyms based on the terminology and concepts mentioned in the provided text. Choose the best answer

Term	Antonym
Attack hit	Defensive hit
Effective	Weak (slow) hits
Higher level (above the net)	Direct(fast) hits
Straight direction	Changing direction
Powerful (fast) hits	Ineffective
Sharp (accelerated) hits	Slow (delayed) hits
Deceptive (slow) hits	Lower level (below the net)
Straight attack hit	Sideways attack hit
Running approach	Standing still
Jumping	Staying grounded
Hitting the ball	Avoiding the ball
Landing	Rising (jumping again)
Preparation (for running)	Relaxation (not preparing)
Increasing running speed	Decreasing running speed
Large step (heel to toe)	Small step (toe to heel)
Swinging arms forward and upward	Swinging arms backward
Pushing off the ground	Staying on the ground
Palm of the hitting hand goes over the ball	Palm goes under the ball
Elbow higher than the shoulder	Elbow lower than the shoulder
Sharp contraction of muscles	Loose muscles (no contraction)
Fulfilling tactical task	Failing to fulfill tactical task
Timing and direction focus	Strength focus
Bending legs during landing	Straight legs during landing

Term	Antonym
Prevent injury	Cause injury
Favorable conditions for future actions	Unfavorable conditions for future actions
Straight attack hits only	Changing direction attack hits

4.10 Describe the picture using with given words.

Attack hit - Hujum zarbasi, **Running approach** - Yugurish yondoshuvi, **Jumping** - Sakrash, **Hitting the ball** - Mayshni zarb qilish, **Landing** - Qo'nish, **Powerful hit** - Kuchli zarba, **Sharp hit** - Keskin zarba, **Deceptive hit** - Aldovchi zarba, **Elbow** - Tizza, **Palm** - Lab, **Arm movement** - Qo'l harakati, **Knee bend** - Tizza bukish, **Body position** - Tananing holati, **Jump height** - Sakrash balandligi, **Foot placement** - Oyoq holati, **Tactical focus** - Taktikaviy e'tibor



UNIT 5. PASSING PROCESS

Reading passage

The passing process begins with adequate preparation. First, ensure you have a wide base (feet spread slightly wider than shoulder width), with the ability to push off side to side and with one foot slightly ahead. The knees should be slightly bent so that they are forward of the toes, which should be slightly in, not out. Body weight should be on the balls of the feet. The back and shoulders should form a 45-degree angle to the floor. In addition to proper stance, perhaps the most important factor in effective serve receive is establishing the correct platform. At this point in the passing process, arms should be extended in front of the body and parallel to the upper leg. The hands are not clasped prior to movement, and palms are up. The upper body remains relaxed in preparation to receive the serve.



First, ensure you have a wide base (feet spread slightly wider than shoulder width), with the ability to push off side to side and with one foot slightly ahead
 - Avvalo, oyoqlaringiz yelka kengligidan biroz kengroq joylashgan bo'lishiga ishonch hosil qiling, yon tomonga itarilish qobiliyatiga ega bo'ling va bir oyog'ingiz biroz oldinda tursin.



The knees should be slightly bent so that they are forward of the toes, which should be slightly in, not out. Body weight should be on the balls of the feet-
 Tizzalar biroz egilgan bo'lishi kerak, shunda ular oyoq barmoqlarining oldida joylashadi; oyoq barmoqlari esa biroz ichkariga qarab, tashqariga emas. Tananing og'irligi oyoq panjalari ustida bo'lishi lozim.



The back and shoulders should form a 45-degree angle to the floor- Orqa va yelkalar polga nisbatan 45 daraja burchak hosil qilishi kerak.



At this point in the passing process, arms should be extended in front of the body and parallel to the upper leg- O'tish jarayonining shu bosqichida, qo'llar tananing oldida cho'zilgan va yuqori oyog'ga parallel bo'lishi kerak.

5.1 Here is a set of true/false statements based on the passage:

1. The proper passing stance involves keeping the feet slightly narrower than shoulder width.
2. Knees should be slightly bent, positioned forward of the toes.
3. Body weight should be distributed evenly across the entire foot.
4. The back and shoulders should form a 45-degree angle to the floor.
5. The hands should be clasped prior to movement in the passing process.
6. Arms should be extended in front of the body and parallel to the upper leg when establishing the correct platform.
7. The upper body should remain tense to maintain focus while preparing to receive the serve.
8. To achieve an effective serve receive, the toes should point slightly inward, not outward.

5.2 Match the following statements to the correct heading:

Headings:

A. Proper Stance

B. Correct Platform

Statements:

1. The feet should be slightly wider than shoulder width, with one foot slightly ahead.
2. The back and shoulders form a 45-degree angle to the floor.
3. Arms should be extended in front of the body and parallel to the upper leg.
4. Knees should be slightly bent so that they are forward of the toes.
5. The hands are not clasped prior to movement, and palms are up.

6. Body weight should be on the balls of the feet.
7. The upper body remains relaxed in preparation to receive the serve.

5.3 Here are multiple choice questions based on the passage you provided about the passing process in volleyball (particularly for serve receive):

1. What is the ideal position of the feet in the initial passing stance?

- A) Feet close together
- B) Feet shoulder-width apart
- C) Feet slightly wider than shoulder-width
- D) One foot directly in front of the other

2. Where should the body's weight be focused during the passing stance?

- A) On the heels
- B) On the toes
- C) On the balls of the feet
- D) Evenly across the whole foot

3. How should the knees be positioned in relation to the toes?

- A) Behind the toes
- B) Locked straight
- C) Slightly bent and forward of the toes
- D) Bent outward and behind the feet

4. What angle should the back and shoulders form in relation to the floor?

- A) 90 degrees
- B) 60 degrees
- C) 30 degrees
- D) 45 degrees

5. In the correct passing stance, how should the toes be pointed?

- A) Straight ahead
- B) Slightly outward
- C) Slightly inward
- D) It doesn't matter

6. When establishing the platform, what should the arms be doing?

- A) Bent and held close to the chest
- B) Extended in front and parallel to the upper leg

- C) Hanging loosely at the sides
- D) Crossed in front of the body

7. How should the hands be positioned before movement begins?

- A) Clasped tightly
- B) Palms down
- C) Not clasped and palms up
- D) In fists at the sides

8. What is one of the most important factors in effective serve receive?

- A) Jumping ability
- B) Strong shoulder muscles
- C) Correct platform establishment
- D) Eye contact with the coach

5.4 Dialogue for Acting Out: Teaching the Passing Process

Characters:

- **Coach (C):** The person explaining the passing process.
- **Player (P):** The learner who follows instructions and asks questions.

Scene: The gym. The coach is teaching the player how to prepare for passing a volleyball.

C: Alright, let's start with the basics. Passing begins with the right stance. Show me how you usually stand when preparing to pass.

P: (stands with feet together, knees straight) Like this?

C: (smiling) Close, but let's adjust that. Your feet should be slightly wider than shoulder-width apart. Try that.

P: (widens stance) Like this?

C: Perfect! Now, place one foot slightly ahead of the other. This helps with balance and movement.

P: Got it! What about my knees?

C: Good question. Bend them slightly so they're forward of your toes. Your body weight should be on the balls of your feet, not your heels.

P: (adjusts stance) Okay, I think I feel the balance.

C: Great! Now let's focus on your upper body. Your back and shoulders should form a 45-degree angle to the floor. Lean slightly forward from your hips.

P: (leans forward) Like this?

C: Yes, exactly. Now, let's work on the platform. Extend your arms in front of your body, parallel to your upper legs.

P: (extends arms) Okay, but should I clasp my hands now?

C: Not yet! Keep your hands apart for now, with your palms up. This helps you stay relaxed and ready to move.

P: Alright, but how do I bring my hands together when the ball comes?

C: Good question! When the serve comes, bring your hands together quickly, but keep your arms straight. We'll practice that next. For now, stay relaxed and focus on your positioning.

P: Got it! This feels much better.

C: Awesome. Let's try receiving a serve to see how it all comes together. Ready?

P: Ready!

5.5 Fill-in-the-Blanks

Listen carefully to the passage. As you hear the audio, fill in the missing words in the blanks below. Each blank represents **one to three words**. Focus on correct spelling and key volleyball terms.

Audio script:

The passing process begins with adequate preparation. First, ensure you have a wide base, with your feet spread slightly wider than shoulder width. You should be able to push off side to side, with one foot slightly ahead. The knees should be slightly bent so that they are forward of the toes. The toes should be slightly in, not out. Body weight should be on the balls of the feet. The back and shoulders should form a **45-degree** angle to the floor. In addition to proper stance, perhaps the most important factor in effective serve receive is establishing the correct platform. At this point in the passing process, the arms should be extended in front of the body and parallel to the upper leg. The hands are not clasped prior to movement, and the palms are up. The upper body remains relaxed in preparation to receive the serve.

1. The passing process begins with adequate _____.
2. First, ensure you have a _____ (feet spread slightly wider than shoulder width).

3. You should be able to _____ side to side, with one foot slightly ahead.
4. The knees should be _____ so that they are forward of the toes.
5. Toes should be slightly _____, not _____.
6. Body weight should be on the _____.
7. The back and shoulders should form a _____ to the floor.
8. In addition to proper stance, the most important factor in serve receive is establishing the _____.
9. Arms should be extended _____ and parallel to the _____.
10. The hands are not _____ prior to movement, and the _____ are up.
11. The upper body remains _____ in preparation to receive the serve.

5.6 Match the Words to Their Synonyms

Column A (Words)	Column B (Synonyms)
1. Wide	A. Correct
2. Proper	B. Expanded
3. Slightly	C. Calm
4. Forward	D. Push ahead
5. Weight	E. Lightly
6. Relaxed	F. Flexed
7. Extend	G. Lengthen
8. Bent	H. Mass

5.7 Match the Words to Their Antonyms

Column A (Words)	Column B (Antonyms)
1. Wide	A. Rigid
2. Proper	B. Narrow

Column A (Words)	Column B (Antonyms)
3. Slightly	C. Heavy
4. Forward	D. Incorrect
5. Weight	E. Backward
6. Relaxed	F. Fully
7. Extend	G. Contract
8. Bent	H. Straight

5.8 Match each word from the passage to its related concept or action.

Word	Related Concept/Action
1. Stance	A. Balance and positioning
2. Platform	B. Receiving and controlling
3. Base	C. Movement side to side
4. Weight	D. Stability and alignment

5.9 Fill in the blanks with the correct form of the word in parentheses.

1. The player stood in a ____ (relax) stance, ready to receive the serve.
2. The coach emphasized the importance of ____ (proper) in positioning.
3. To maintain balance, your knees should remain slightly ____ (bend).
4. Body ____ (weigh) should be on the balls of the feet, not the heels.
5. A ____ (wide) base helps players move quickly to either side.

5.10 Choose the word that best fits the meaning of the sentence based on context clues.

1. The back and shoulders should form a ____ angle to the floor.
 1. a) 90-degree
 2. b) 45-degree
 3. c) Straight
2. The arms should be ____ in front of the body when preparing to receive the serve.

1. a) Bent
 2. b) Clenched
 3. c) Extended
3. The toes should point slightly ____, not outward.

1. a) In
2. b) Up
3. c) Forward

5.10 Sentence Completion. Repeat each sentence after filling in the blanks with the correct word from the options provided.

1. Ensure you have a ____ (wide/narrow) base with feet slightly wider than shoulder width.
2. Knees should be ____ (straight/bent) so they are forward of the toes.
3. Body ____ (weight/height) should be on the balls of the feet.
4. The back and shoulders should form a ____ (45-degree/90-degree) angle to the floor.
5. Arms should be ____ (clenched/extended) in front of the body.

5.11 Repeat the following phrases, replacing the underlined word with the alternatives provided.

Original: Body weight should be on the **balls of the feet**.

Replace with: heels, toes, whole foot

Original: The back and shoulders form a **45-degree angle**.

Replace with: straight line, 90-degree angle

Original: Arms should remain **parallel to the upper legs**.

Replace with: bent at the elbows, crossed in front

5.12 Practice saying each phrase 5 times in a row as quickly and accurately as possible:

1. A wide base is essential for balance.
2. Knees should be slightly bent.
3. Body weight stays on the balls of the feet.
4. The arms must remain extended.
5. The correct platform is critical for passing.

5.13 Prepositions. Fill in the blanks with the correct preposition (on, in, to, of, from, with).

1. The knees should be slightly bent so that they are forward ____ the toes.
2. Ensure you have a wide base, ____ feet spread slightly wider than shoulder width.
3. Your body weight should be focused ____ the balls of your feet.
4. The back and shoulders should form a 45-degree angle ____ the floor.
5. Arms should be extended ____ front ____ the body.

5.14 Articles. Fill in the blanks with the correct article (a, an, the).

1. To pass effectively, you need ____ proper stance.
2. One key to effective passing is positioning your feet at ____ appropriate angle.
3. Keep your arms relaxed while establishing ____ correct platform.
4. You must remain relaxed in preparation to receive ____ serve.
5. ____ wide base helps improve your balance and mobility.

5.15 Debate Questions Based on the Passing Process in Volleyball

Is it more important to focus on the stance or the platform when preparing to receive a serve? Why?

Should players always have a wide base when passing, or are there situations where a narrower stance might be more effective?

How does the position of the knees (slightly bent) affect a player's ability to move quickly and react to the ball?

Do you believe that relaxing the upper body is essential for effective passing, or can tension actually help with control and precision?

How does body weight distribution (on the balls of the feet) influence a player's balance and ability to react in different passing situations?

Should the hands always be kept apart before movement in the passing process, or are there instances where clasping the hands might be beneficial?

How much emphasis should be placed on the 45-degree angle of the back and shoulders when receiving a serve? Does this rule apply in all situations or just specific ones?

Can the technique of passing vary depending on the type of serve (e.g., float serve vs. jump serve)? If so, how should a player adjust their stance or platform?

How can players improve their serve receive technique without changing their natural posture and body mechanics?

Is it possible to pass effectively without perfecting every detail of the stance and platform described? What areas can be adjusted for different playing styles?

5.16 Translate these terms: adequate preparation, wide base, to push off side to side, slightly ahead, slightly bent, on the balls of the feet, 45-degree angle to the floor, proper stance, proper stance, passing process, prior to movement.

5.17 Fill in the gaps with the appropriate words from the list provided below.

Words List:

1. Adequate
2. Wide
3. Push
4. Slightly
5. Bent
6. Balls
7. 45-degree
8. Proper
9. Passing
10. Prior

The passing process begins with () preparation. First, ensure you have a () base (feet spread slightly wider than shoulder width), with the ability to () off side to side and with one foot () ahead. The knees should be () bent so that they are forward of the toes, which should be slightly in, not out. Body weight should be on the () of the feet. The back and shoulders should form a () angle to the floor. In addition to () stance, perhaps the most important factor in effective serve receive is establishing the correct platform. At this point in the () process, arms should be extended in front of the body and parallel to the upper leg. The hands are not clasped () to movement.

5.18 Writing Task: Formal Instructional Letter

Prompt:

You are a varsity volleyball coach writing to a group of incoming freshman players who will be attending your summer training camp. Your goal is to introduce them to the fundamentals of the passing process in volleyball, especially focusing on the stance and platform used in serve receive.

Task: Write a formal yet encouraging letter to the players, describing the proper technique for passing in volleyball. Use the following key points in your explanation:

- Proper stance (feet position, knees, weight distribution, body angle)
- Arm and hand position for the platform
- Emphasis on relaxation and readiness before serve receive

Your letter should:

- Be written in a clear and instructional tone
- Encourage the players to practice and prepare
- Avoid overly technical jargon but still be accurate
- Be around 100–150 words

UNIT 6. EMERGENCY SITUATIONS

6.1 Match words with pictures:

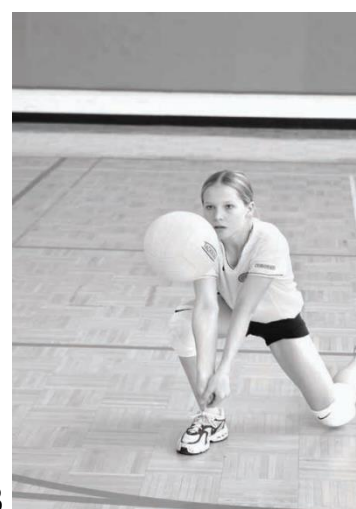
Angle left- Chap tomonga burilish

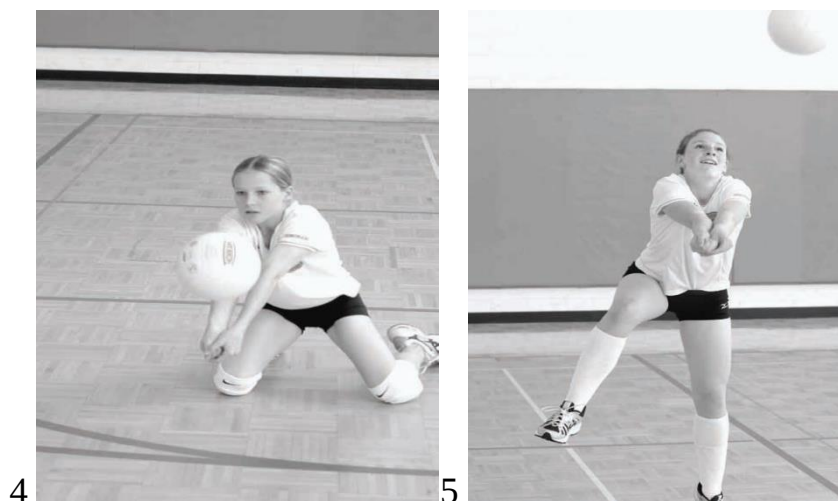
Receiver tilts shoulders and angles platform to target- Qabul qiluvchi yelkasini egadi va platformani nishonga yo‘naltiradi.

Receiver drops to one knee- Qabul qiluvchi bir tizzasini yerga qo‘yadi.

Receiver drops to both knees- Qabul qiluvchi ikkala tizzasini yerga qo‘yadi.

Passer shuffles through- Pas beruvchi yon tomonlarga harakat qiladi (yengil qadamlar bilan siljiydi).





6.2 Translate the highlighted words

Sometimes the ball can't be passed effectively via the three **above-mentioned** techniques. Perhaps the ball is served low or deep and above **chest level**. For a high serve, the passer must clear the shoulders of **the path of the ball**. The receiver tilts the shoulders and then angles the platform to the target. For **a low serve**, the receiver might have **to drop to one knee**—or both, if necessary. Sometimes the passer might not be able to pass the ball from a stationary position. In this case, the passer must **“shuffle through”** the ball—that is, move through the ball while simultaneously executing the pass. **Cushioning the Ball**. Passers, especially at the younger levels, often find it difficult to receive (pass) **a hard-driven serve**. To receive a hard-driven serve, the passer should relax the shoulders on contact, allowing the arms to “give” with the ball instead of adding extra movement, possibly causing **an errant pass**.

6.3 Draw a line between the words on the left and their correct descriptions on the right.

Words	Descriptions
1. Errant pass	A. A type of serve that is fast and powerful, making it difficult to control.
2. Executing the pass	B. A technique in which the passer moves through the ball while simultaneously passing it.
3. Cushioning the ball	C. A type of pass that is inaccurate or goes off-target.
4. Hard-driven serve	D. A passing technique where the arms and shoulders absorb the force of the ball, allowing it to travel smoothly.

Words	Descriptions
5. Shuffle through	E. A technique where the receiver kneels on one knee to better handle a low serve.
6. Above-mentioned	F. Refers to techniques or details mentioned earlier in the text.
7. Drop to one knee	G. The process of properly performing the pass by moving and positioning the body to deliver the ball.

6.4 Choose the correct answer for each question.

What is the primary reason a receiver may drop to one knee during a serve receive?

- a) To make it easier to jump for the ball
- b) To handle a low serve more effectively
- c) To pass with more power
- d) To prepare for a high serve

Which of the following is a characteristic of an "errant pass"?

- a) The ball is passed accurately to the target
- b) The ball goes off-target and is inaccurate
- c) The ball is cushioned to reduce impact
- d) The ball is passed with a powerful serve

What does "executing the pass" refer to in volleyball?

- a) Setting the ball for a teammate
- b) The act of passing the ball with proper body movement and positioning
- c) Jumping to receive the ball
- d) Blocking the ball at the net

What does "cushioning the ball" help the passer to do?

- a) Add extra speed to the pass
- b) Absorb the ball's impact, making the pass smoother
- c) Make the pass more unpredictable
- d) Improve the height of the pass

What does the term "shuffle through" refer to?

- a) Passing the ball while standing still
- b) Moving through the ball and executing the pass while in motion
- c) Spinning the ball for extra effect
- d) Passing the ball without bending the knees

What is the main purpose of angling the platform to the target when receiving a serve?

- a) To improve the height of the serve
- b) To ensure the ball is passed accurately to the target
- c) To make the serve more difficult to receive
- d) To prevent the ball from going over the net

Which of the following describes a "hard-driven serve"?

- a) A fast and powerful serve
- b) A low serve that is easy to pass
- c) A serve with a lot of spin
- d) A soft serve used to confuse the receiver

6.5 Match the words in Column A with their synonyms in Column B.

Column A	Column B
1. Above-mentioned	A. Serve below the waist
2. Serving	B. Passers
3. Chest level	C. Passers trying to control the ball
4. Low serve	D. Priorly discussed
5. Shuffle through	E. Hitting the ball fast and hard
6. Move through	F. Move forward to hit or pass
7. Cushioning the ball	G. Absorb the impact of the ball
8. Passers	H. Performing an action at the same time
9. Hard-driven serve	I. A powerful serve
10. Errant pass	J. An off-target pass
11. Simultaneously	K. At the same moment
12. Receiver	L. The player who receives the serve
13. High serve	M. A serve above chest height

6.6 Use the words from the box below to fill in the blanks and complete the sentences about volleyball passing techniques.

Words List:

1. **Above-mentioned**
2. **Serving**
3. **Chest level**
4. **Low serve**
5. **Shuffle through**
6. **Move through**
7. **Cushioning the ball**
8. **Passers**
9. **Hard-driven serve**
10. **Errant pass**
11. **Simultaneously**
12. **Receiver**
13. **High serve**

Sentences for Completion:

Sometimes, the ball can't be passed effectively via the **(1)** techniques. Perhaps the ball is served low or deep and above chest level. For a high serve, the **(2)** must clear the shoulders to get the ball accurately. The receiver should tilt the shoulders and angle the platform to the target when receiving a **(3)** serve. For a **(4)**, the receiver might need to drop to one knee, or both knees if necessary. Sometimes the passer cannot pass the ball from a stationary position. In this case, the passer must **(5)** the ball—that is, move through the ball while executing the pass. To receive a **(6)**, the passer should relax the shoulders and allow the arms to absorb the impact, helping prevent an **(7)**. The key to effective passing is ensuring the correct platform is established, and the upper body remains **(8)** during preparation. A **(9)** player is someone who is responsible for receiving the serve and passing it accurately. When a player is unable to clear the ball effectively, they may need to execute a pass **(10)** with their body and arms following the ball's trajectory. A **(11)** can be powerful and difficult to return, requiring quick reflexes and proper body positioning.

6.7 Practice speaking and discussing volleyball passing techniques with a partner using the dialogue below.

Dialogue

Coach	"Alright, let's review the basic passing techniques. First, when receiving a serve, what's the most important thing to remember about your body position?"
Player	"Well, I should have a wide base with my feet slightly wider than shoulder width. This helps me stay balanced and ready to move side to side."

Dialogue

Coach	"Good! And how should your knees be positioned?"
Player	"My knees should be slightly bent and forward of my toes, so I can react quickly."
Coach	"Exactly. Now, when the ball is served above chest level, what should you do?"
Player	"For a high serve, I need to clear my shoulders and angle the platform to the target."
Coach	"Right, and what if the serve is low?"
Player	"Then I might have to drop to one knee, or even both knees, depending on how low the ball is."
Coach	"Correct! Now, what happens if you can't pass the ball from a stationary position?"
Player	"In that case, I would need to shuffle through the ball, moving with it while I execute the pass."
Coach	"Great! And what about cushioning the ball when it's hard-driven?"
Player	"When receiving a hard-driven serve, I need to relax my shoulders and let my arms 'give' with the ball, rather than overreacting and causing an errant pass."
Coach	"Perfect. Remember, a relaxed body and correct positioning are key to making a successful pass. Keep practicing these techniques!"

6.8 Fill in the blanks with the correct form of the verb using "if" clauses (real condition).

If the receiver _____ (have) a wide base, they can pass the ball more effectively.

The passer _____ (react) quickly if the ball is served low and deep.

If the player _____ (position) their body correctly, they can receive the ball more accurately.

If you _____ (tilt) your platform to the target, the ball will go where you want it.

The receiver _____ (drop) to one knee if the serve is low.

If the ball _____ (come) fast, the player should relax their shoulders to cushion the ball.

If the passer _____ (keep) their arms extended in front of their body, the pass will be more accurate.

The player _____ (angle) the platform correctly if they receive a high serve.

If you _____ (shuffle) through the ball, you can pass it more efficiently when on the move.

If the passer _____ (use) the correct stance, they can improve their passing technique.

Conditionals

CONDITION

RESULT

ZERO

Present simple

present simple

If you walk out in the rain, you get wet.

FIRST

Present simple

will/won't+ verb

If I exercise daily, I will become fit.

SECOND

Past simple

would +verb

If I had more free time, I would travel more.

THIRD

Past perfect

would have + past

participle

If I had worked harder, I would have gotten that promotion.

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6.9 Listen to the audio and fill in the missing words in the sentences below. You will hear the passage once, and you may hear it again if needed.

Audio Script (for reference):

"The passing process begins with adequate preparation. First, ensure you have a wide base with your feet spread slightly wider than shoulder width. Your knees

should be slightly bent so that they are forward of your toes. The body weight should be on the balls of the feet. Your back and shoulders should form a 45-degree angle to the floor. In addition to the proper stance, it's important to establish the correct platform. The arms should be extended in front of the body and parallel to the upper legs. The hands should not be clasped prior to movement, and the palms should be facing up. Finally, relax your upper body in preparation to receive the serve."

1. The passing process begins with _____ preparation.
2. Ensure your feet are spread _____ than shoulder width.
3. Your knees should be slightly _____ so that they are forward of your toes.
4. Body weight should be on the _____ of the feet.
5. The back and shoulders should form a _____-degree angle to the floor.
6. It is important to establish the correct _____ during the passing process.
7. The arms should be extended in front of the _____.
8. The palms should be facing _____.
9. The hands should not be _____ before movement.
10. Relax your _____ body in preparation to receive the serve.

Fill in the gaps with the correct words from the list below: passing, knees, base, platform, shoulders, relaxed, feet, wide, angle, arms

6.10 Fill in the gaps with the correct words from the list below: above-mentioned, serving, chest level, low serve, shuffle through, move through, cushioning the ball, passers, hard driven serve, errant pass, simultaneously, receiver, high serve

1. The passing process begins with adequate _____.
2. Ensure your _____ are slightly bent so that they are forward of your toes.
3. Your _____ should be spread slightly wider than shoulder width.
4. The receiver should form the correct _____ to pass the ball effectively.
5. The _____ should be extended in front of the body, parallel to the upper leg.
6. The player's body weight should be on the balls of the _____.
7. The back and _____ should form a 45-degree angle to the floor.
8. It is important for the upper body to remain _____ in preparation for receiving the serve.
9. The knees should be bent and _____, not out.
10. The receiver should be able to push off side to side with a _____ base.

6.11 Fill in the gaps. Fill in the gaps with the correct words from the list

below: above-mentioned, serving, chest level, low serve, shuffle through, move through, cushioning the ball, passers, hard driven serve, errant pass, simultaneously, receiver, high serve

1. When _____ the ball, the player needs to focus on the correct stance and platform.
2. The _____ should be kept low to avoid interference from the chest.
3. The player should drop to one knee to receive a _____.
4. For a _____, the player must clear the shoulders to ensure a smooth pass.
5. The player should practice _____, especially when receiving a ball while moving.
6. The passer can improve technique by _____ the ball to absorb its speed.
7. _____ must be prepared to react quickly to different types of serves.
8. A _____ might occur if the player doesn't position their body correctly during the pass.
9. When receiving a _____, it's important to relax the arms to avoid creating an _____.
10. The player can react to the serve _____, adjusting body and platform at the same time.
11. A _____ needs to angle the body to receive the ball properly and set up a good pass.
12. The ball may be hit with such force that it becomes a _____, requiring extra care when receiving.

6.12 Below is a list of words and their possible antonyms. Match each word on the left with its correct antonym on the right.

1. High	A. Relaxed
2. Deep	B. Tight
3. Wide	C. Soft
4. Forward	D. Low
5. Hard	E. Narrow
6. In	F. Backward

7. Light	G. Heavy
8. Strong	H. Weak
9. Tight	I. Loose
10. Fast	J. Slow

6.13 Below are words with their phonetic transcriptions. Fill in the blanks with the correct word based on the phonetic transcription.

Word Bank:

- /'pæst/
- /ɪn/
- /'pæsɪŋ/
- /'bæd/
- /'hɑ:rd/
- /ɪz/
- /'kæstəməz/
- /'lɔ:ntʃ/
- /tʃest/

6.14 Fill in the blanks

The player focuses on the _____ technique to pass the ball.

The ball was served directly into the _____ of the receiver.

A _____ serve requires more precision in passing.

_____ a mistake while receiving the ball can lead to an errant pass.

The receiver must be ready for a _____ serve to cushion it effectively.

The coach's _____ analysis of the player's movement was helpful in improving the pass.

The receiver must ensure they are standing in the correct _____ position to receive the ball.

_____ is essential when performing a high pass, as it helps to direct the ball toward the target.

The player must focus on _____ the ball properly, especially when it's fast.

6.15 Hot Potato Game (Vocabulary and Volleyball Passing Techniques)

Objective:

To help students practice vocabulary and volleyball passing techniques in a fun and interactive way.

Prepare the Room:

1. Arrange the participants in a circle or semi-circle, either seated or standing.
2. Ensure you have a soft ball or any object that can serve as the "hot potato." It should be light and safe to toss.

Prepare the Vocabulary:

1. Prepare a list of volleyball terms related to passing, such as "platform," "serve," "cushioning the ball," "passing technique," "arms position," "low serve," "high serve," and others.
2. Alternatively, you can use a set of flashcards with vocabulary on one side and the definition on the other.

Game Rules:

1. The game starts with the "hot potato" (the ball or object) being passed around the circle while music plays or a timer runs.
2. When the music or timer stops, the person holding the "hot potato" must answer a question related to volleyball passing techniques or vocabulary. For example, "What is a proper stance when receiving a high serve?" or "Explain how you should position your arms to pass the ball."
3. If the player answers correctly, they continue in the game. If not, they can sit out or be given a second chance to answer a different question.
4. Repeat the process until only one player remains.

Variations:

1. You can modify the game to focus on specific vocabulary by writing the words on flashcards and asking players to define them when they stop with the "hot potato."

2. Another variation could be asking players to perform a passing technique (e.g., demonstrate how to pass for a high serve) when they catch the "hot potato."

6.16 Write and draw

What's cushioning the ball ? Why is it important ? Write about them and draw a picture!

UNIT 7. PLACEMENT OF PASSERS

7.1 Warming-up activity

Activity: Set up a circle with all players, and the teacher calls out specific situations (e.g., "Serve," "Pass," "Set," "Attack"). Each player must respond quickly with the correct action.

Fill in the Gaps: deep, two-thirds, three-meter, endline, server, server, attack, hitters, setter, back, served, move, left, in, out

One of the most frequent mistakes coaches make is placing passers too _____ in the court. To cover the court well, the base position should be about _____ of the way back from the net (halfway between the _____ line and the _____). Of course, slight adjustments will need to be made depending on the _____. Whether in the front row or the back row, each of the six players on the court has a responsibility to begin serve-receive duties by focusing on the _____. Even those players who are not passing and are transitioning to _____ should focus all of their attention on the server and the ball coming across the net. Before the service toss, the front-row players should verbally identify the _____ and the _____ on the opposing team and establish whether the setter is in the front or the _____ row. The receivers should call the ball as soon as it's _____ so that those players who

won't be passing the ball can open up and give the passer room to _____. Essentially, except for a ball served deep into the court, it's the responsibility of the player on the _____ to pass the ball when it's served between two players. At this point, because the intended receiver should be focusing on the pass, the other players should call the ball _____ or _____.

7.2 Here are multiple-choice questions based on the provided text:

1. What is one of the most frequent mistakes coaches make when positioning passers?

- a) Placing passers too close to the net
- b) Placing passers too deep in the court
- c) Not adjusting the position based on the server
- d) Placing passers only in the back row

2. Where should the base position of the passer be to cover the court well?

- a) At the three-meter line
- b) At the net
- c) Two-thirds of the way back from the net
- d) On the endline

3. What should players do before the service toss?

- a) Position themselves at the net
- b) Focus only on the ball
- c) Verbally identify the hitters and the setter on the opposing team
- d) Start transitioning to attack

4. When should the receivers call the ball?

- a) Only when the ball crosses the net
- b) As soon as the ball is served
- c) After the server hits the ball
- d) When the ball is halfway to the receiver

5. Who is responsible for passing the ball when it's served between two players?

- a) The player on the right
- b) The player in the back row
- c) The player on the left
- d) The setter

6. What should players do when they are not passing the ball?

- a) Focus on the setter and attack
- b) Transition to attack
- c) Focus all their attention on the server and the ball coming across the net
- d) Call the ball out or in

7.3 True/False Task

1. Coaches often make the mistake of placing passers too far forward on the court.
2. The base position of a passer should be about halfway between the three-meter line and the endline.
3. Players who are not passing should focus on the server and the ball coming across the net.
4. Before the service toss, the front-row players should focus only on the server and ignore the opposing hitters.
5. The player on the left is responsible for passing the ball when it is served between two players.
2. Receivers should call the ball only after it has crossed the net.

7.4 Here's a dialogue based on the text provided, where two players discuss the importance of proper positioning and communication during serve receive:

Player 1:

Hey, have you noticed how some coaches position us too far back on the court? I've seen it happen a lot, and it really makes it harder to cover the court.

Player 2:

Yeah, I agree! The base position should be about two-thirds of the way back from the net, right? Not too deep, but not too close either. We need to have a good balance.

Player 1:

Exactly! And the thing is, it's not just about where we stand. We also have to focus on the server, no matter what position we're in. Even if we're transitioning to attack, we should always keep our attention on the ball and the server.

Player 2:

Right, I've noticed that some players forget that and start looking elsewhere. But it's crucial to identify the hitters and the setter before the service toss, so we know what's coming next.

Player 1:

Definitely. And when the ball is served, the receiver has to call it out right away, so those of us not passing can open up and give them room to move.

Player 2:

Yeah, and remember, if the ball's served between two players, it's the player on the left who should take it. We have to communicate well, so we don't mess up.

Player 1:

True! Communication is key to making sure we all know who's doing what. We've got to work as a team.

7.5 Listen to the following instructions and complete the gap-filling sentences.

Base Position

The base position should be about _____ of the way back from the net. This is roughly halfway between the _____ line and the _____.

Focus on the Server

Regardless of whether you're in the _____ row or _____ row, you should focus on the server. All players, even those not receiving the pass, must stay focused on the _____ and the _____ coming across the net.

Pre-Service Communication

Before the service toss, the front-row players should identify the _____ and the _____ on the opposing team. This helps prepare for the upcoming play and helps determine whether the _____ is in the front or back row.

Calling the Ball

When the ball is served, the receiver should call the ball _____ it crosses the net so that other players can clear out and give room for the _____ to move.

Passing Between Two Players

If the ball is served between two players, the _____ player is responsible for passing the ball. Communication is essential here to avoid confusion.

7.6 Match the word or phrase in Column A with its synonym in Column B.

Column A	Column B
1. Frequent	A. Focus
2. Mistakes	B. Initially
3. Base Position	C. Incorrectly
4. Adjustments	D. Mistakes
5. Attention	E. Frequently
6. Responsibility	F. Changes
7. Verbalize	G. Position
8. Transitioning	H. Clarify
9. Serve	I. Duty
10. In or Out	J. Moving

7.7 Read the words in Column A. Choose the correct antonym from Column B and match them.

Column A	Column B
1. Frequent	A. Near
2. Mistakes	B. Ignore
3. Forward	C. Rare
4. Begin	D. End
5. Responsibility	E. Irresponsibility

Column A	Column B
6. Focus	F. Distractions
7. Deep	G. Shallow
8. Passing	H. Receiving
9. Attack	I. Defend
10. Open up	J. Close

7.8 Match the volleyball terms in Column A with their correct definitions in Column B.

Column A	Column B
1. Two-thirds of the way back	A. The position where the player is in the back of the court, responsible for passing and defense.
2. Base position	B. A player's transition from defense to offense.
3. Halfway	C. A position that is approximately one-third of the way back from the net.
4. Endline	D. The area in volleyball where a player should serve from, marking the back of the court.
5. Front row	E. A player who sets up offensive plays by setting the ball for attackers.
6. Back row	F. A line at the back of the court, marking the end of the playing area.
7. Serve-receive	G. The initial action where a player receives the serve to begin a rally.
8. Transition	H. The act of moving from one position or role, especially from defense to offense.
9. Attack	I. A player's attempt to score by hitting the ball toward the opponent's court.
10. Setter	J. The first action in which a player takes their position in relation to the net.

Column A

Column B

- | | |
|-----------------------|---|
| 11. Open up | K. To spread out or position oneself to give another player space to move. |
| 12. Intended receiver | L. The player who is meant to receive the ball, typically during serve-receive. |

7.9 Here are some phraseological units (idiomatic expressions or fixed expressions) that can be found in volleyball-related contexts, such as the one you provided:

"Clear the shoulders" - This is a specific volleyball expression used when players need to adjust their body positioning to get in the correct posture to receive or pass the ball, especially when the ball is coming from a high serve. **Meaning:** To reposition one's body so that the shoulders are not blocking the path of the ball.

"Move through the ball" - Involves the concept of staying connected to the ball and moving towards it while executing a pass. **Meaning:** To continue moving in the direction of the ball while passing it, ensuring a smoother and more controlled pass.

"Cushion the ball" - This refers to absorbing the impact of a hard-driven serve or ball, especially when receiving, by relaxing the arms and allowing them to give with the ball. **Meaning:** To soften the force of the ball upon contact by relaxing the arms.

"Errant pass" - A volleyball term used to describe an inaccurate or poorly executed pass. **Meaning:** A pass that goes off target or is executed poorly, leading to a mistake.

"Simultaneously executing the pass" - Refers to the idea of making a pass while simultaneously moving or performing another action, such as shuffling or transitioning. **Meaning:** To perform two actions at the same time — making a pass while moving or preparing for another play.

"Focus on the server" - A phrase used in volleyball to indicate the need for players to concentrate on the server before the serve. **Meaning:** To pay close attention to the player who is serving the ball in order to anticipate the type of serve or play.

"Call the ball" - A common volleyball phrase where players call out (verbally or with a signal) to let teammates know they intend to receive or

play the ball. **Meaning:** To indicate to teammates that you are going to attempt to play the ball.

7.10 Complete the following sentences with the correct form of "should". Choose the appropriate option based on the context provided.



MUST & SHOULD

We use **must** to Express a stronger point of view. "We need to ..." "We have to ..." The modal **must** also expresses opinion, one person's point of view.

Examples

- We **must** fasten our seatbelts.
- You **must** stop playing computer games.
- She **must** learn to drive. It will be very useful.
- Banks **must** examine all documents.
- She **must not** disturb me.
- The students **must** study English at least eleven hours a week.

We use **should** to suggest something. "It is advisable to ...". The modal **should** Express opinion, one person's point of view.

Examples

- You **should** apply for that job.
- You have sore throat. You **shouldn't** drink cold water.
- People **should** eat enough fruits in order to be healthy.
- There **should** be a way to do something
- Michale **should** keep out of the sun for two days.

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1. You _____ (take) an umbrella. It looks like it's going to rain
2. He _____ (study) harder if he wants to pass the exam.
3. We _____ (leave) early to avoid the traffic jam.
4. I think you _____ (apologize) to her for what happened.
5. She _____ (try) the new workout routine. It's really effective.
6. You _____ (eat) more vegetables to stay healthy.
7. We _____ (contact) the coach before the game to confirm the schedule.
8. It's late. You _____ (go) home now.
9. He _____ (exercise) more regularly to improve his fitness.
10. They _____ (wear) their jerseys for the match tomorrow.

7.11 Complete the sentences using the negative form of "should". After filling in the blanks, repeat the sentences to practice the structure.

1. You _____ (stay) up so late. You have to wake up early tomorrow.
2. He _____ (eat) so much junk food. It's not healthy.
3. We _____ (forget) to bring our tickets to the concert.
4. I _____ (buy) that dress. It's too expensive for my budget.
5. They _____ (leave) their bags unattended at the gym.

7.12 Fill in the blanks with the appropriate words from the box to complete the dialogue. Use the context to help you decide which word fits best.

Words: two-thirds of the way back, base position, halfway, endline, front row, back row, serve-receive, transition, attack, setter, open up, intended receiver

Coach: All right, team! Let's review our positions and responsibilities. Where should your (1) _____ be during a serve?

Player 1: About (2) _____ from the net, coach.

Coach: Exactly! And remember, when the ball is served deep toward the (3) _____, who should handle it?

Player 2: The players in the (4) _____, coach.

Coach: Correct. Now, what's the first step in (5) _____ duties?

Player 3: Focus on the server and watch the ball as it crosses the net.

Coach: Yes! And once the ball is served, what should the players who aren't passing do?

Player 1: They should (6) _____ and give the (7) _____ enough room to move.

Coach: Perfect. Now, let's talk about the transition. What happens after a successful pass during the (8) _____ phase?

Player 2: The (9) _____ moves to set the ball for an (10) _____.

Coach: Good! And remember, players in the (11) _____ should always communicate with those in the (12) _____ to maintain coordination.

7.13 Here are some idioms and expressions connected with terms that relate to sports, teamwork, and positions. While these idioms may not directly refer to volleyball, they metaphorically link to related terms and concepts:

Idioms Related to Positions and Strategy

"Hold your ground"

1. Meaning: Stay firm in your position, often used in sports and arguments.
2. Related to: **Base position** or staying in the right spot on the court.

"Keep your eye on the ball"

1. Meaning: Stay focused on what's important.
2. Related to: Focusing on the **serve-receive** or tracking the ball.

"In the front line"

1. Meaning: Being at the forefront of an activity or conflict.
2. Related to: The **front row** players actively defending or attacking.

"On the back foot"

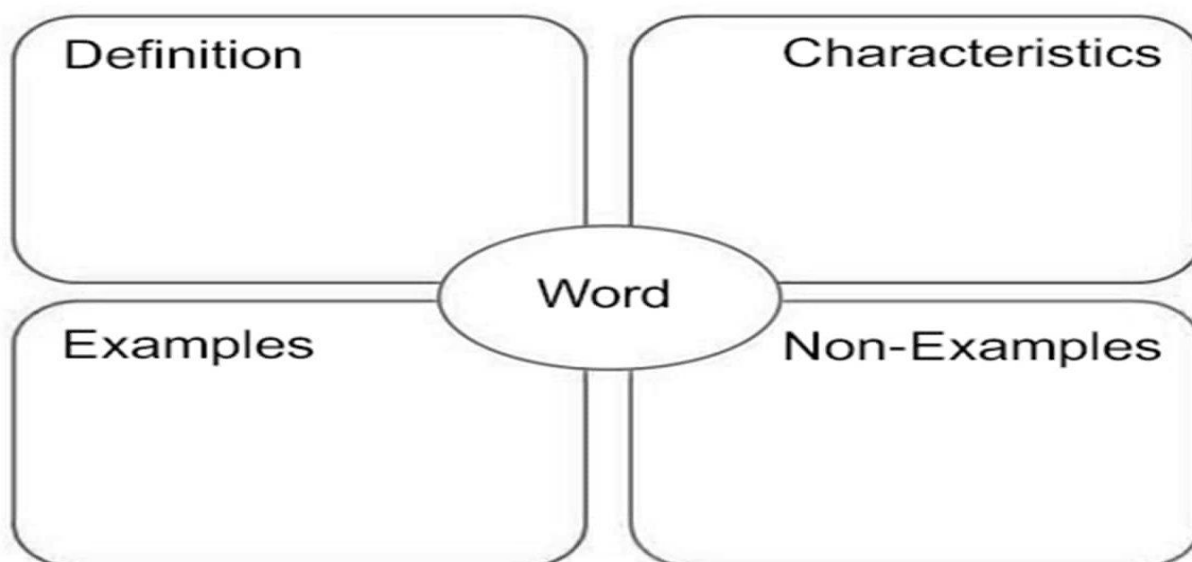
1. Meaning: Being defensive or in a weaker position.
2. Related to: Players in the **back row** managing deep serves or attacks.

7.14 Create Your Own Frayer Model

Choose one of the terms:

1. **Base Position**
2. **Setter**
3. **Transition**
4. **Attack**

Fill in the sections below for your chosen term:



Understanding the Setter's Role in Volleyball

The setter is often referred to as the "**quarterback**" of the volleyball team. This player is responsible for orchestrating the **offense** by delivering precise sets to **hitters**. The setter must have excellent awareness of the opposing team's blockers and choose the best options to set up their teammates for a successful **attack**.

A good setter knows when to perform a **quick set** to surprise the opponent or a high set to allow their teammates time to approach and hit. **Communication** is key, as the **setter** needs to coordinate with both the front row and back row players. They must also **transition** quickly from defense to offense, often making decisions in split seconds.

Setters require agility, good **decision-making**, and the ability to stay calm under pressure. Without a skilled setter, a volleyball team's offense can become predictable, making it easier for **opponents** to counter their plays.

7.15 Write the answers to the questions

What is the main responsibility of the setter in volleyball?

Why is communication important for a setter?

What are two qualities a setter must have?

What happens if a volleyball team does not have a skilled setter?

What is one strategy the setter might use during a game?

7.16 Match four words to definitions 1-4

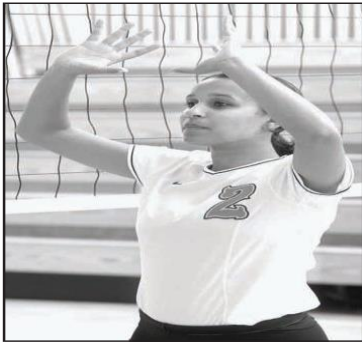
- a) The process of moving quickly from defense to offense during a game.
- b) A player who orchestrates the offense by delivering precise sets to hitters.
- c) A type of set performed at a fast pace to surprise the opponent.
- d) The exchange of information among players to coordinate plays effectively.

UNIT 8. MOVEMENT TECHNIQUE AND SET LOCATION

8.1 Translate the highlighted words

The **setter** needs to have his or her wrists “cocked” and fingers open to receive the ball. A good teaching cue for preparing to set is for a player to put his or her hands “**in the shape of the ball**” or pretend he or she is holding **a cooler of water** and then

imagine dumping that cooler of water onto his or her own **forehead**. **The entire finger pads** (not just the tips) should be used at contact because the greater the surface area **in contact with the ball**, the greater the control. **Elbows** should be flexed and at chin level to allow **high contact**. Beginning players often struggle with higher contact (**above the forehead**) because this requires more force to be generated by the wrists rather than by the shoulders and elbows. The wrists recoil at **contact with the ball** and extend toward the target. **Strength** in pushing the ball to the antennas can be generated with the increase **in the speed of delivery**. The elbows extend, and the hands “finish high” for the **follow-through**.



Setting movement technique- set qilish harakat texnikasi

8.2 Read each statement carefully and decide whether it is True or False based on the text.

1. The setter needs to have their wrists relaxed and fingers closed to receive the ball.
2. A good teaching cue for setting is imagining holding a cooler of water and dumping it onto your own forehead.
3. Only the tips of the fingers should be used to contact the ball for better control.
4. The elbows should be flexed and positioned at chin level to allow high contact.
5. Beginning players often struggle with higher contact because it requires more force from the shoulders and elbows.
6. The wrists recoil at contact with the ball and extend toward the target.
7. Strength in pushing the ball to the antennas can be increased by speeding up the delivery.
8. The hands should "finish high" during the follow-through motion.
9. High contact is unnecessary for effective ball control in setting.
10. The greater the surface area of contact with the ball, the greater the control.

8.3 Multiple Choice Questions

What position should the setter's wrists be in to receive the ball?

- A. Relaxed and straight
- B. Bent forward
- C. "Cocked" and ready
- D. Stretched sideways

What is a good teaching cue for preparing to set?

- A. Pretend to hold a cooler of water and imagine dumping it onto your forehead
- B. Imagine catching a ball with one hand
- C. Close your fists tightly and push the ball
- D. Pretend to toss the ball over your head

Which part of the fingers should be used at contact for greater control?

- A. Fingernails
- B. Finger pads
- C. Finger tips
- D. Entire hand

At what level should the elbows be positioned for high contact?

- A. At waist level
- B. At chin level
- C. Above the head
- D. Below the shoulders

Why do beginning players struggle with higher contact?

- A. It requires more precision from the shoulders
- B. It demands more force from the wrists rather than the shoulders and elbows
- C. It is difficult to position the ball above the forehead
- D. It is easier to use the arms for power

What happens to the wrists at contact with the ball?

- A. They extend toward the ground
- B. They recoil and then extend toward the target
- C. They stay stationary
- D. They flex downward

How can strength in pushing the ball to the antennas be increased?

- A. By using more force from the shoulders
- B. By improving the speed of delivery
- C. By contacting the ball below the forehead
- D. By using only the finger tips

What does "finish high" mean in the context of setting?

- A. The hands should end low to improve precision
- B. The hands should point toward the target at the end of the motion
- C. The hands should extend fully and end in an upward position
- D. The hands should stay stationary after the contact

Why is greater surface area of contact important when setting?

- A. It increases the speed of the ball
- B. It reduces the effort needed
- C. It provides greater control over the ball
- D. It improves the force of delivery

What part of the body primarily generates the force for higher contact during setting?

- A. Shoulders
- B. Elbows
- C. Wrists
- D. Entire arms

8.4 Collocations and Definitions Task

Match the collocation to its correct definition.

Collocation	Definition
1. Cock the wrists	A. Keeping the wrists bent back to prepare for receiving the ball.
2. Fingers open	B. Holding the fingers apart and ready to catch or control the ball.
3. Shape of the ball	C. Mimicking the round shape of the ball with the hands as a preparatory position.
4. Dumping the cooler	D. Imagining tilting a water cooler toward the forehead as a teaching cue.
5. Finger pads	E. Using the fleshy parts of the fingers (not just the tips) to control the ball.
6. High contact	F. Making contact with the ball above the forehead to generate power.
7. Recoil at contact	G. Wrists moving back slightly upon impact with the ball.

8. Extend toward the target	H. Straightening the arms and directing the hands toward the intended pass location.
9. Increase in speed	I. Delivering the ball faster for stronger, more accurate passes.
10. Finish high	J. Ending the motion with arms and hands in an upward position.

Word	Definition
1. Setter	A. A player responsible for setting up the ball for an attack.
2. Cocked	B. Bent backward or positioned at an angle to prepare for an action.
3. Dump	C. To pour or release something quickly, often used as a teaching cue for hand positioning.
4. Forehead	D. The part of the head above the eyes, often referenced in high-contact ball positioning.
5. Finger pads	E. The fleshy parts of the fingers used for better ball control during contact.
6. Elbows	F. The joints between the upper and lower arms, which should be flexed at chin level for setting.
7. Flexed	G. Bent or tightened, often referring to the position of joints like elbows during preparation.
8. Allow	H. To make it possible for something to happen or to enable an action.
9. Struggle with	I. To find something difficult or challenging.
10. Require	J. To need or demand something as necessary.
11. Recoil	K. To spring back slightly, such as when the wrists respond to the ball's contact.
12. Extend	L. To straighten or stretch out, as with arms or wrists toward the target.

13. Strength	M. The ability to generate force or power.
14. Generate	N. To produce or create something, such as power or motion.
15. Increase	O. To make something larger or more intense, such as speed or force.
16. Delivery	P. The act of sending or passing something, such as the ball to a target.
17. Follow-through	Q. The continuation of a motion after the initial action, ensuring proper execution.

8.5 Fill in the Gaps

Use the words below to complete the sentences:

setter, cocked, dump, forehead, finger pads, elbows, flexed, allow, struggle with, require, recoil, extend, strength, generate, increase, delivery, follow-through, wrist, target

1. The _____ is responsible for setting up the ball for an attack.
2. The wrists should be _____ to prepare for receiving the ball.
3. A good teaching cue for setting is to imagine holding a cooler of water and _____ it onto your _____.
4. The _____ (not the tips) should be used at contact for better ball control.
5. The _____ should be _____ and positioned at chin level to _____ high contact.
6. Beginning players often _____ making high contact above the forehead because it _____ more force from the wrists.
7. The wrists _____ at contact with the ball and then _____ toward the _____.
8. To push the ball to the antennas, players need to _____ more force and _____ the speed of _____.
9. The hands should finish high during the _____ to ensure proper ball trajectory.
10. Strong _____ muscles are necessary for effective ball setting and passing.

8.6 Choose the Best Word or Phrase to Complete Each Sentence

1. The wrists should be **relaxed/extended** to prepare for receiving the ball.
2. The **fingers/finger pads** should be used at contact to improve ball control.
3. Beginning players often **struggle with/ dump on** making high contact because it requires more wrist strength.

4. The hands should finish high during the **follow-through/delivery** to ensure proper ball trajectory.
5. Strong **elbows/wrist** muscles are necessary for generating power in ball setting and passing.

8.7 Find the Words in the Puzzle

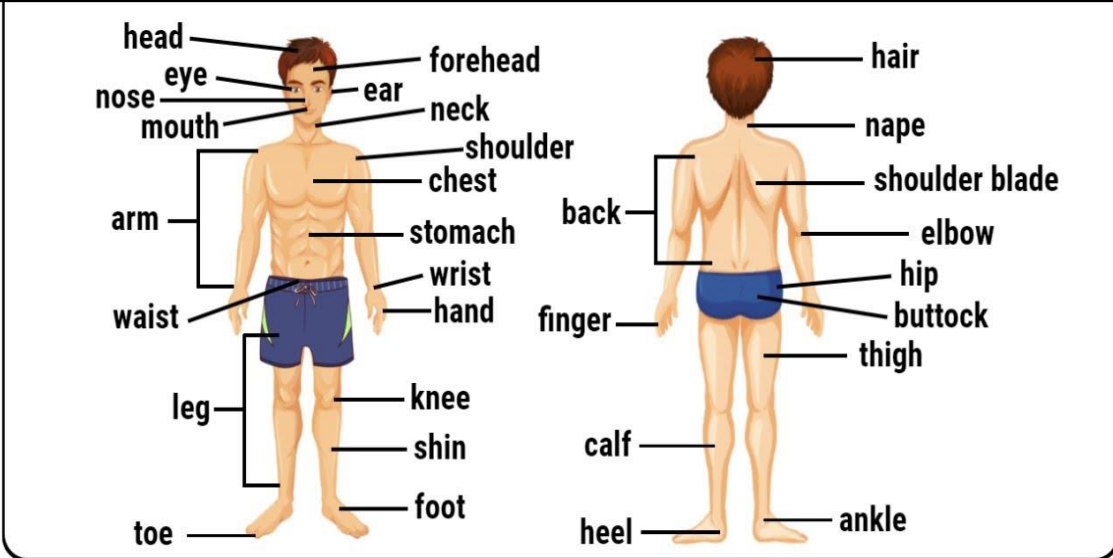
SETTERLOWSCOCKEDELBO DUMPDFLEXEANGRETN
 ATRFOREHEADEIRECOILEXTEPADSTRGETELOWER
 FENDS

8.8 Match each action to its correct meaning in volleyball.

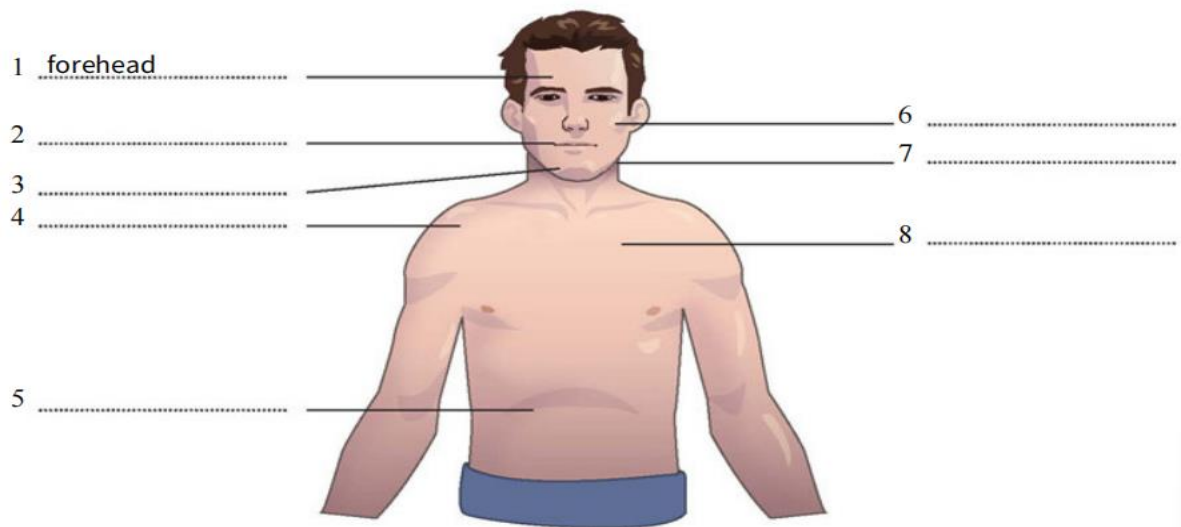
Action	Meaning
1. Cocking the wrists	A. Preparing the hands to receive or set the ball.
2. Dumping the cooler	B. Using a teaching cue to position hands for setting.
3. Recoil at contact	C. Absorbing the force of the ball and preparing to direct it.
4. Extending the arms	D. Straightening the arms to send the ball toward the target.
5. Flexing the elbows	E. Adjusting arm positioning to enable high contact with the ball.
6. Using finger pads	F. Controlling the ball more effectively by increasing the contact surface.
7. Finishing high	G. Ensuring proper trajectory of the ball with an upward follow-through.
8. Generating strength	H. Creating the force necessary to push the ball to the antennas.
9. Allowing high contact	I. Positioning hands and arms to make contact above the forehead.
10. Struggling with setting	J. Finding it difficult to position or control the ball properly.



PARTS OF THE BODY



8.9 Label the picture



8.10 Complete the Dialogues Using Words Similar to the Underlined Words

Fill in the blanks with words similar in meaning to the **underlined words** to complete each dialogue. Choose the best word from the box.

Word Bank:

setter, wrists, cocked, fingers, receive, cue, pretend, put, hold, imagine, entire finger pads, contact with the ball, elbows, struggle with, above the forehead, force, generate, strength, finish high, follow-through

Coach: "The **player responsible for setting the ball** must always be ready."

Player: "You mean the _____?"

Player 1: "How do I position my **hands and wrists** when setting?"

Player 2: "Keep your _____ bent and ready to snap."

Coach: "Your wrists should always be **bent backward** before the ball arrives."

Player: "Okay, I'll make sure they are _____."

Player 1: "What part of the hand should I use for setting?"

Player 2: "The _____ because they provide better control."

Coach: "Remember to fully use your **fingers** when contacting the ball."

Player: "Got it! I'll use my _____ pads."

Player 1: "What should I focus on when preparing to **receive** the ball?"

Player 2: "Think about your hand position and be ready to _____ it."

Coach: "Here's a helpful **hint** for positioning your hands."

Player: "What's the _____?"

Player 1: "I can't visualize how to set properly."

Player 2: "Just **imagine** you're holding a cooler of water."

Player: "Oh, so I should _____ I'm pouring water on my forehead?"

Coach: "It's all about the arms. Keep your **elbows** bent and at chin level."

Player: "So my _____ should stay flexed?"

Player 1: "I find it hard to make contact **above the forehead**."

Player 2: "It takes practice because it needs more wrist control to hit _____."

Coach: "If you're finding it hard to generate **strength**, focus on your wrists."

Player: "I see! I'll practice more to improve my _____."

Player 1: "Why is follow-through so important?"

Player 2: "It ensures your hands _____ for accuracy and power."

Coach: "Don't forget the final motion after releasing the ball."

Player: "Oh, the _____? I'll remember to keep it consistent."

8.11 Write the Opposites Using the Correct Prefix

Complete each word with the correct prefix to create its opposite. Use prefixes such as **un-**, **in-**, **im-**, **dis-**, **re-**, or **mis-**.

1. **Correct** → _____
2. **Possible** → _____
3. **Organized** → _____
4. **Connected** → _____
5. **Able** → _____
6. **Agree** → _____
7. **Active** → _____
8. **Appear** → _____
9. **Legal** → _____
10. **Lock** → _____
11. **Complete** → _____
12. **Direct** → _____
13. **Perfect** → _____
14. **Proper** → _____
15. **Understand** → _____

8.12 Divide Words into Noun, Adjective, Verb

Below is a table where words are divided into their respective categories: **Noun**, **Adjective**, or **Verb**. Some words can belong to multiple categories depending on their use. **Setter, cocked set, wrist, strong, receive,fingers bent struggle cue entiregenerate strength flexed**

Noun	Verb	Adjective

8.13 Fill in the Gaps Listening Task

Instructions:

1. Listen to the audio script carefully.
2. Fill in the missing words in the text using the terms you hear.

Audio Script (with gaps):

The _____ needs to have his or her _____ “_____” and _____ open to _____ the ball. A good teaching _____ for preparing to set is for a player to put his or her hands “in the shape of the ball” or _____ he or she is holding a cooler of water and then _____ dumping that cooler of water onto his or her own . **The entire _____ pads (not just the tips) should be used at _____ because the greater the surface area in _____ with the ball, the greater the control. _____ should be _____ and at chin level to _____ high contact. Beginning players often _____ with higher contact (the forehead) because this _____ more _____ to be generated by the wrists rather than by the shoulders and elbows. The wrists _____ at contact with the ball and _____ toward the _____. _____ in pushing the ball to the antennas can be _____ with the _____ in the speed of . **The _____ extend, and the hands “ high” for the _____.****

8.14 Write and draw

Write about the movement technique and set location and draw a picture!

UNIT 9. DIGGING

9.1 Reading

In volleyball, a dig is a defensive technique used to prevent an opponent's attack, typically a spike or tip, from hitting the ground. Digging involves getting low, using bent knees, and connecting the ball with the forearms to redirect it upwards and to a teammate. Key aspects include reading the attacker's movements to anticipate the ball's direction, using quick reflexes and body positioning, and performing various types of digs like the stationary, side, or diving dig to save the ball and initiate a counter-attack.

Fundamental Technique

Stance: Maintain a low, athletic stance with bent knees, ready to move in any direction.

Arm Position: Bring the arms together in front of the body, keeping them straight and forming a platform on the forearms just above the wrists.

Contact: Contact the ball with the large, flat surface of the forearms, not the hands or wrists.

Movement: Use your legs and a "split step" to move explosively to the ball, staying on your toes to be agile.

Control: Angle the ball towards a target in the middle of the court and use the movement of your legs to provide power to the pass, rather than swinging your arms.

Types of Digs

Stationary Dig: Used when the ball is hit directly at the player, allowing them to stay relatively still.

Side Dig: Similar to the regular dig, but the player moves laterally to receive the ball.

Diving Dig: When a player must throw themselves to the ground to reach a ball that is difficult to get to.

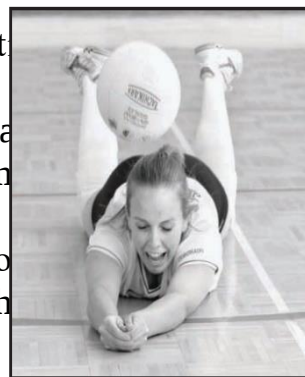
Overhead Dig: An overhand method of digging used in certain situations.

9.2 True or False: Volleyball Digging Technique

Write **True** or **False** next to each statement based on the information given.

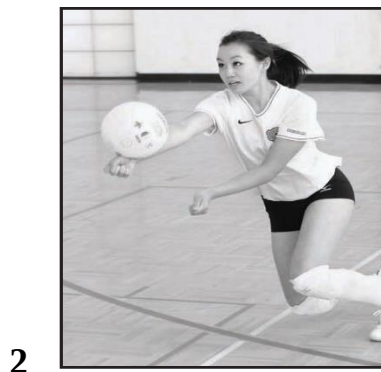
1. A dig in volleyball is an offensive technique used to score points.
2. A proper digging stance involves bent knees and readiness to move.
3. When digging, players should make contact with the ball using their hands.
4. A diving dig requires the player to leave their feet and go to the ground to save the ball.
5. The movement of the arms provides most of the power during a dig.

6. Reading the attacker's movements helps in anticipating the ball will go.
7. A side dig is used when the ball is hit straight at a player.
8. Players use a platform formed by their forearm and hands during a dig.
9. The goal of a dig is to redirect the ball down to the court.
10. An overhead dig is a type of dig that uses the hands and arms in certain situations.

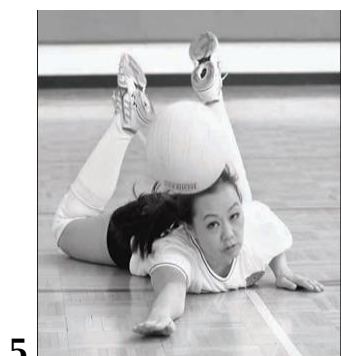
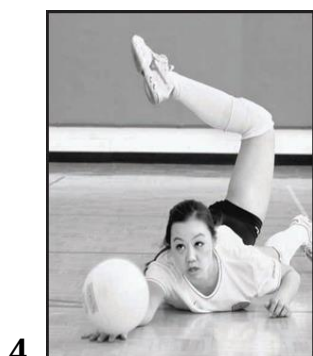


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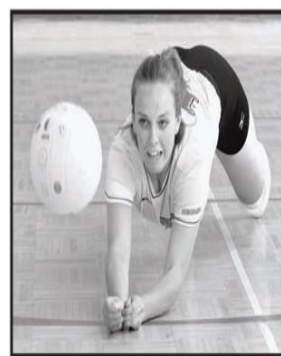
9.3 Match the words according to the pictures



3



6



Sprawl, collapse, j-stroke, one-arm dig, dive, pancake

9.4 Matching Task: Vocabulary and Definitions

Instructions: Match each word in **Column A** with the correct definition from **Column B** by writing the correct letter in the space provided.

Column A (Words)

1. Sprawl
2. Dive

Column B (Definitions)

- a. A paddling technique used in canoeing to keep the canoe straight, shaped like the letter "J".
- b. A volleyball technique where a player stretches one arm out to dig a ball far from their body.

Column A (Words)	Column B (Definitions)
3. J-stroke	c. To fall down suddenly, often due to weakness or loss of support.
4. One-arm dig	d. To fall or reach forward quickly and fully extended, often to save a ball or avoid danger.
5. Collapse	e. A volleyball move where the player lies flat and lets the ball bounce off the back of their hand.
6. Pancake	f. To lie or spread out in an awkward or uncontrolled way, especially with arms and legs extended.

9.5 Here's a dialogue between a volleyball coach and a beginner player discussing the dig technique, using the vocabulary and content you provided earlier.

Dialogue: Learning to Dig

Characters:

- **Coach Mia** (experienced volleyball coach)
- **Jordan** (beginner player, age 13–17)

Coach Mia:

Alright Jordan, let's talk about digging. Do you know what a dig is in volleyball?

Jordan:

I think so... it's when you stop the ball from hitting the ground, right?

Coach Mia:

Exactly! A **dig** is a defensive move used to stop a spike or tip from the other team. It's all about **quick reflexes** and good **body positioning**.

Jordan:

Cool. But sometimes the ball comes so fast, I panic. What's the right position to be in?

Coach Mia:

Good question. First, you want a **low, athletic stance**—knees bent, feet shoulder-width apart, and weight on the balls of your feet. You've got to be ready to move in **any direction**.

Jordan:

Okay, and what about my arms?

Coach Mia:

Bring them together in front of you and keep them straight. Create a **platform with your forearms**, just above the wrists. That's where the ball should hit—not your hands or wrists.

Jordan:

Got it. So, should I swing my arms to hit the ball?

Coach Mia:

Nope! That's a common mistake. Use your **legs to lift** the ball and just angle your platform toward the **center of the court**. Let the ball bounce off your arms—no need to swing.

Jordan:

Oh, that makes sense. Are there different types of digs?

Coach Mia:

Yes! There's the **stationary dig**—you barely move, just hold your ground. Then the **side dig**, where you move sideways. If the ball is really far, you might need a **diving dig**. And for high balls, sometimes we use an **overhead dig**.

Jordan:

I saw someone do a “pancake” once. Is that a dig too?

Coach Mia:

Good eye! Yes, that's a last-ditch dig where the player lays their hand flat on the floor and lets the ball hit the back of it. It's risky but can save a point!

Jordan:

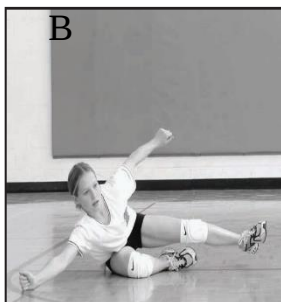
Whoa, that sounds intense. I want to try the diving dig next!

Coach Mia:

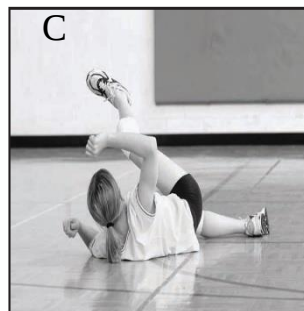
Love the enthusiasm! Let's start with the basics, then we'll get to diving. Remember: control first, then style.

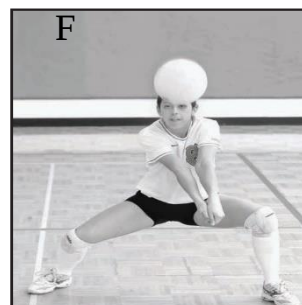
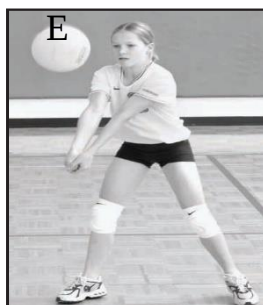
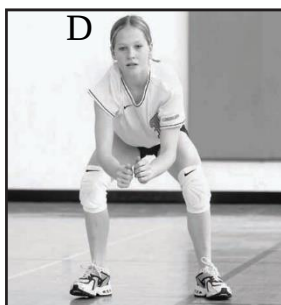
9.6 Match the pictures with the sentences and translate them

A



C





1. Player lunges toward the ball.
2. Player's hand slides along the floor as the body eases to the ground
3. Player rolls to soften landing.
4. Player returns to ready position.
5. Digger cushions the ball by allowing the forearms to absorb the ball on contact.
6. Server uses forearms to pass the ball.

9.7 Listening Task: Digging in Volleyball

Instructions:

Listen to the passage (read it aloud or play a recording), then answer the multiple-choice questions below. Choose the best answer for each question.

Movement to the Ball

Depending on the type of attack, the digger must decide whether movement is necessary and what type of reception is needed to dig. The velocity of the ball dictates how much the digger needs to absorb the ball or provide impetus to the ball. The harder the attack, the more the digger needs to cushion the ball. If the attacked ball is a slow impact ball, the digger might need to add impetus by lifting the legs or raising the arms slightly to add to the desired flight. Ideally, a defender wants to take the ball low at the midline with contact made under the ball.

Collocation

absorb the ball

Definition

To let the arms or body take in the ball's force without returning it too fast.

Collocation	Definition
add impetus	To increase the ball's energy or upward movement, especially when it's slow.
cushion the ball	To reduce the speed and force of the ball, especially after a hard hit.
slow impact ball	A ball that comes with little speed or force, requiring extra effort to keep in play.
take the ball low	To receive the ball near the floor, usually around the midline of the body.
make contact under the ball	To ensure the first touch happens below the ball, helping to guide it upward.

9.8 Multiple Choice Questions

- What determines whether the digger needs to move?**
 - The position of the setter
 - The type of attack
 - The score of the game
 - The height of the player
- What does the velocity of the ball influence?**
 - The height of the net
 - The number of players defending
 - The type of jersey worn
 - How much the digger absorbs or adds to the ball
- What should a digger do when facing a hard attack?**
 - Add power to the ball
 - Let the ball bounce first
 - Cushion the ball
 - Jump to block it
- What action might be needed for a slow-impact ball?**
 - Step aside and let it fall
 - Hit it as hard as possible
 - Raise the arms or lift the legs
 - Shout for help
- Where should a defender ideally contact the ball?**
 - High above the head
 - To the side, using one hand
 - Low at the midline, under the ball
 - While diving forward

9.9 Reading Task: Complete the Sentences

Instructions:

Read the passage below. Then complete the sentences that follow using **information from the text**. Each sentence has a blank space. Write the missing word or phrase to complete it correctly.

Juggling

Sometimes volleyball players have no other choice but to stick a fist in the air to keep a ball alive. Juggling refers to a player using a fist to punch the ball into the air to continue play. Juggling can be an underhand action or an overhead action (figure 6.14). For example, when a blocker attempts to block, but the ball remains in the air, close to the net on one's own side, and the blocker doesn't have time or space to pass the ball, he or she might use a fist to pop the ball up to a teammate. There are also plays in which bodies are on the court, and the only way to keep the ball from hitting the floor is to use a one-handed poke. (High school rules allow legal contact above the waist; all other rule codes allow legal contact anywhere on the body—that is, the ball can even be kicked.)

9.10 Complete the Sentences

1. In volleyball, juggling involves using a _____ to punch the ball into the air.
2. Juggling can be done with either an _____ or _____ action.
3. When a blocker has no time or space to pass, they might _____ the ball to a teammate.
4. A one-handed poke is sometimes used when _____ are on the court and the ball is about to hit the floor.
5. According to high school rules, legal contact must be made _____ the waist.
6. In other rule codes, the ball can legally touch _____ of the body—even the _____.

9.11 Write a short paragraph (8–12 sentences) explaining the skill of digging in volleyball. In your writing, include the following points:

1. What is *digging* in volleyball?
2. When is digging used during a game?
3. How does a player decide how to respond to different types of attacks (e.g. hard spike vs. slow ball)?
4. What body position and technique are important for an effective dig?
5. Why is digging an important skill for a defender?
6. Optional: Describe a time you tried digging or saw someone do it well in a game.

9.12 Reflection Task: Thinking About Digging in Volleyball

Objective:

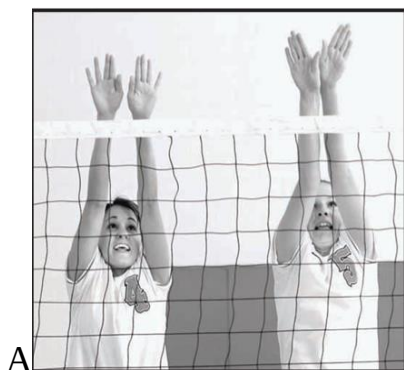
To reflect on your understanding, experience, and improvement with the skill of digging in volleyball. This task helps you become more aware of your strengths, challenges, and goals as a player or learner.

Reflection Questions (Answer in complete sentences):

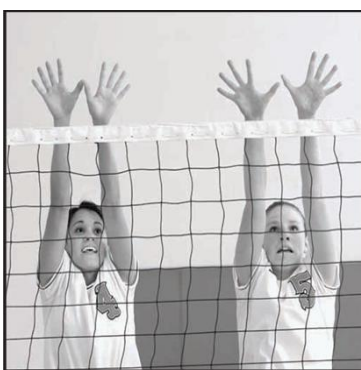
1. **What did you learn about the skill of digging today?**
(Think about technique, timing, or positioning.)
2. **What was challenging for you when practicing or trying to dig the ball?**
(Was it reading the ball, reacting quickly, body position, etc.?)
3. **Describe a moment when you (or a teammate) successfully made a dig. What made it work?**
4. **How do you decide whether to cushion the ball or add impetus when digging?**
(What clues do you look for in the speed or height of the ball?)
5. **What can you do to improve your digging skill in the future?**
(Mention drills, focus areas, or goals.)
6. **How did it feel to make (or attempt) a dig?**
(Did you feel confident, nervous, surprised, excited?) Why?

UNIT 10. BLOCKING TECHNIQUE

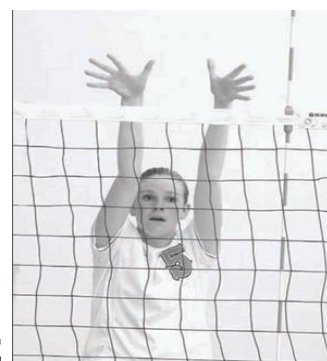
10.1 Match phrases to the photos



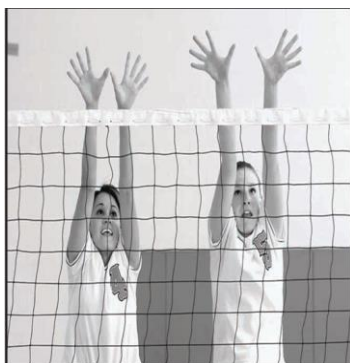
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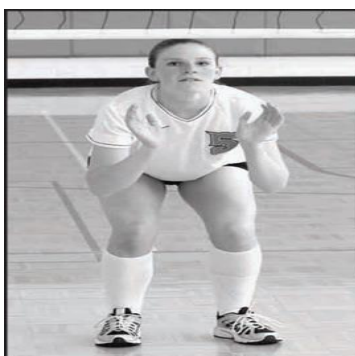
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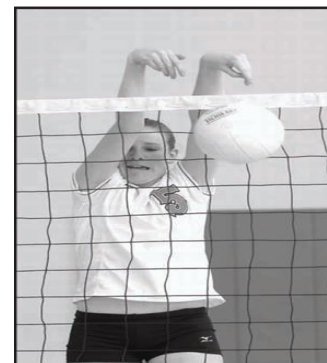
C



D



E



F

1. **Jumping Jack preparation** – "Jumping Jack" mashqiga tayyorgarlik
2. **Batting** – To 'pga zarba berish (yoki urish)
3. **Angle of hands for deflection by middle blocker** – Markaziy to'suvchi tomonidan to'pni burish (yo 'nalishini o'zgartirish) uchun qo'llarning burchagi
4. **Proper hand technique for blocking** – To'sib qolishda qo'lning to'g'ri texnikasi
5. **Fingers become vulnerable to injury if straight up in the air** – Barmoqlar tepaga to'g'ri yo 'naltirilsa, jarohat olish xavfi ortadi
6. **Thumbs out and fingers spread** – Bosh barmoqlar tashqariga, barmoqlar esa yoyilgan holda bo'lishi kerak

10.2 Reading Passage: Understanding Volleyball Blocking Techniques and Translate them

In volleyball, **blocking()** is a key defensive skill used to prevent the ball from crossing the net after an attack by the opponent. A **middle blocker()** plays a crucial role in stopping quick attacks and covering large areas of the net. One important part of effective blocking is the **angle of the hands()**. Middle blockers must angle their hands slightly downward and inward to **deflect ()** the ball back into the opponent's court. This requires **proper hand technique()**, including firm fingers, spread hands, and active wrist control. Another key technique is **penetrating the net plane()**, which means reaching the hands over the net as much as possible without touching it. This helps to cut off the ball early and limit its flight path.

There are different types of blocking:

- **Swing blocking()** involves using momentum from a side step and swinging the arms up to block.
- **Soft blocking()** focuses on controlling the ball gently rather than forcefully rejecting it.
- **Deflection blocking()** is used to redirect the ball to a teammate for a better counterattack.

Blockers must also be ready to defend **quick sets()** by reacting fast and using the correct **push step posture()** or **Jumping Jack preparation()**—a stance where the arms and legs are extended wide before jumping.

In some situations, players face a **joust()**—a battle at the net where both sides contact the ball simultaneously. Here, balance and timing are key.

Many errors can occur, such as an **improper first step()**, or a too-narrow **spread angle()** when reaching back, leading to poor block timing.

10.3 Vocabulary Matching

Match the term with its correct definition:

Term	Definition
a) Swing Blocking	1. Blocking technique using momentum and arm swing
b) Soft Blocking	2. Technique focused on gently controlling the ball off the block
c) Penetrating the Net Plane	3. Reaching hands over the net to intercept the ball
d) Jousting	4. A simultaneous contact between blockers from both teams at the net
e) Proper Hand Technique	5. Correct finger, wrist, and hand positioning to effectively block

10.4 Dialogue Title: “Mastering the Block”

Characters:

- **Coach Lara** – A volleyball coach explaining techniques
- **Jamie** – A volleyball player asking questions and learning

[Scene: On the volleyball court after a training session. Jamie approaches Coach Lara.]

Jamie:

Coach Lara, can I ask you something about blocking? I always feel a step behind when I try to stop quick attacks.

Coach Lara:

Of course, Jamie. Blocking is one of the most challenging — but also most rewarding — defensive skills. Are you playing as a middle blocker right now?

Jamie:

Yes, I’ve just started in that position. I know I need to react quickly, but my timing is off, and sometimes the ball just slips through my hands.

Coach Lara:

That’s very common. Let’s start with your **hand angle**. Are you keeping your hands angled slightly downward and inward?

Jamie:

Hmm... I think my hands are mostly just straight up.

Coach Lara:

That could be part of the problem. If your hands are flat or angled wrong, the ball will deflect off in the wrong direction — or worse, go out.

Remember, middle blockers must use proper **hand technique: firm fingers, hands spread, wrists active.**

Jamie:

Got it. What about reaching over the net? I heard someone say I should “penetrate the net plane”?

Coach Lara:

Exactly! That means you should **reach over the net**, not just jump straight up. Get your hands over the plane of the net — without touching it — so you can cut off the ball earlier and reduce its flight path.

Jamie:

Is that the same for all types of blocks?

Coach Lara:

Good question. There are **different types of blocking.** For example:

- **Swing blocking** uses momentum from a side step and an arm swing — great for fast lateral movement.
- **Soft blocking** is more about controlling the ball gently — not sending it flying back, just slowing it down.
- And **deflection blocking** helps you redirect the ball to a teammate for a counterattack.

Jamie:

Interesting. I think I’ve only tried swing blocking so far.

Coach Lara:

That’s a strong choice, but make sure your technique is solid. Watch out for **improper first steps** — that’s a common error. Also, if your arms are too close together or your **spread angle is too narrow**, it limits your coverage.

Jamie:

I’ve noticed that. Sometimes I jump with my hands too tight together and the ball goes right through.

Coach Lara:

Try the **Jumping Jack preparation** next time — legs and arms wide before jumping. It opens up your body and gives you more control.

Jamie:

Thanks, Coach! One more thing — what’s a “joust”? I heard the term during the last match.

Coach Lara:

Ah, a **joust** is when you and an opposing player make contact with the ball **simultaneously at the net**. It's like a mini-battle! The key is to stay balanced and time your push correctly.

Jamie:

That sounds intense! I need to practice all of this.

Coach Lara:

You're doing great, Jamie. Blocking is all about **timing, positioning, and hand control**. Keep working on it — the improvements will come.

Jamie:

Thanks again, Coach. I'll see you at practice tomorrow — ready to block like a pro!

10.4 Speaking. Comprehension Questions

Answer in 1–2 sentences:

1. Why is the angle of the hands important for a middle blocker?
2. What is the purpose of penetrating the net plane?
3. How does swing blocking differ from soft blocking?
4. What physical position helps players prepare for a quick jump?
5. What does the term "improper first step" refer to in blocking?

10.5 Read the text below and fill in the blanks using the correct words from the word box.

Word Box: **swing blocking, penetrating, deflection, soft blocking, jousting, proper, angle, quick set, push step, first step**

In volleyball, **blocking** is a vital skill used to stop or control the opponent's attack. A middle blocker must use the correct (1) _____ of the hands to deflect the ball back into the opponent's court. This requires (2) _____ hand technique, with firm, spread fingers and strong wrist action.

One key strategy is (3) _____ the net plane, where the blocker's hands reach over the net to cut off the attack before it crosses. Sometimes, blockers use (4) _____, a method where momentum and arm swing are used for a higher and more aggressive block. On the other hand, (5) _____ is used when the blocker wants to gently redirect the ball instead of sending it back hard. In fast plays like a (6) _____, blockers must react quickly and use techniques like the (7) _____ to move into position. Poor footwork, such as an (8) _____ that is too slow or in the wrong direction, can lead to ineffective blocking. When players from both teams make contact with the ball above the net at the same time, it's called (9) _____. Timing, balance, and control are essential in winning this type of challenge. Effective

blockers use their hands to control the **(10)** _____ of the ball, directing it into areas where their team can transition into attack.

10.6 Match each **term** in Column A with its correct **definition** in Column B. Write the correct **letter** in the "**Match**" column.

Column A – Term	Column B – Definition
1 Swing Blocking	E. A fast, low set requiring quick reaction from blockers
2 Soft Blocking	B. Gently redirecting the ball instead of forcefully stopping it
3 Penetrating the Net Plane	G. Reaching over the net (without touching it) to block the opponent's shot early
4 Proper Hand Technique	J. Direction of the hands during blocking to guide the ball's deflection
5 Angle of Hands	I. Using spread fingers, strong wrists, and good hand positioning for effective blocks
6 Quick Set	A. Blocking technique using sideways movement and arm swing for height and power
7 Jousting	F. Redirecting the ball off the block into your team's control
8 Deflection Blocking	H. When both players touch the ball simultaneously at the net
9 Push Step	D. A movement technique to quickly position for blocking
10 Improper First Step	C. A poor or mistimed initial step that weakens the block

10.7 Grammar Task: Volleyball Blocking Techniques

Part 1: Verb Tense Practice – Complete the sentences Use the correct form of the verb in brackets to complete each sentence. Pay attention to the correct tense (present simple, present continuous, past simple, or future simple).

1. The middle blocker always _____ (jump) quickly to react to a quick set.
2. Yesterday, the player _____ (miss) the block because of an improper first step.
3. Right now, the team _____ (practice) soft blocking techniques in training.
4. If the blocker penetrates the net plane, they _____ (increase) their chance of stopping the ball.
5. Tomorrow, we _____ (work) on swing blocking in the gym.

10.8 Part 2: Modal Verbs – Fill in the blanks Use the correct modal verb (**can, should, must, might, shouldn't**) to complete the sentence.

6. Blockers _____ keep their hands strong and fingers spread for a successful block.
7. You _____ jump too early, or the attacker will easily hit over you.
8. The libero _____ not block or attempt to block at the net.
9. Players _____ communicate with each other during blocking to cover more space.
10. If timed perfectly, a block _____ completely stop the opponent's attack.

10.9 Sentence Correction – Find and correct the mistake. Each sentence has one grammar mistake. Find it and rewrite the sentence correctly.

11. The blockers was too late to reach the quick set.

→

12. She jumping when the attacker hit the ball.

→

13. You must to keep your eyes on the setter.

→

14. They don't should cross the centerline during the block.

→

15. We uses swing blocking during fast plays.

→

10.10 In Part A, match each volleyball-related word with its closest synonym. In Part B, match each word with its opposite (antonym).

Part A – Match the Synonyms

- 1 Blocker A. Defender
- 2 Jump B. Leap
- 3 Quick C. Fast
- 4 Deflect D. Redirect
- 5 Position E. Placement

Part B – Match the Antonyms

- 6 Proper F. Incorrect
- 7 Strong G. Weak
- 8 Inside H. Outside
- 9 Upward I. Downward
- 10 React J. Ignore

10.11 Volleyball Listening Task: Blocking Techniques

10.12 Listening for specific information, key vocabulary, and understanding blocking concepts.

Instructions for the Teacher/Coach:

1. Read the **audio script** below aloud **once or twice**.
2. Have students complete the **tasks** (gap-fill, multiple choice, true/false, etc.).
3. Optional: Use a recording if available, or have students record themselves summarizing it.

Audio Script (Teacher Reads Aloud):

In volleyball, blocking is a key defensive skill. Middle blockers are responsible for stopping fast attacks and covering both sides of the court. A good block begins with proper footwork, especially the first step. Players often use a push step to quickly move into position.

During blocking, hand positioning is very important. The hands must be strong, fingers spread, and angled slightly downward to deflect the ball back into the opponent's court. This is called deflection blocking.

There are different styles of blocking. Swing blocking uses fast, powerful movements to reach higher. Soft blocking is used to gently stop the ball and keep it in play for teammates. In some cases, both blockers and attackers touch the ball at the same time — this is called a joust.

To improve blocking, players must practice jumping, timing, and reading the setter's movements. Good communication is also essential to cover all attack angles.

Task 1: Fill in the Blanks. Fill in the missing words from the audio.

1. Middle blockers stop _____ attacks and cover the _____.
2. A good block starts with _____.
3. Hands must be strong, fingers _____, and angled _____.
4. _____ blocking is used to keep the ball in play gently.

5. When both sides touch the ball at once, it's called a _____.

Task 2: Multiple Choice. Choose the correct answer.

6. What is a *push step* used for?
A. Hitting the ball
B. Moving into blocking position
C. Jumping higher
7. What is the purpose of soft blocking?
A. To score a point directly
B. To slow the ball down for a teammate
C. To spike the ball
8. What is a *joust* in volleyball?
A. A type of block that uses jumping
B. A drill to improve passing
C. A situation when both players touch the ball above the net at the same time

Task 3: True or False. Write **True** or **False** next to each statement.

9. Swing blocking uses slow and careful movements. _____
10. Communication is important for effective team blocking. _____
11. Only front-row players are allowed to block. _____

10.13 Write a short paragraph (100–150 words) explaining **one volleyball blocking technique**. Use the prompts below to help organize your paragraph:

1. **Name the technique** (e.g., swing blocking, soft blocking, deflection blocking).
2. **Describe how the technique is performed** — What does the blocker do with their hands, feet, and body?
3. **Explain when and why the technique is used** in a game.
4. **Mention any important tips or mistakes to avoid** when using this technique.

Example starter sentence: *"Swing blocking is a blocking technique where the player uses a fast arm swing to reach higher and block the opponent's attack..."*

Optional Extension:

After writing your paragraph, answer these questions in 2–3 sentences:

- Which blocking technique do you think is the hardest to learn? Why?
- How can a player improve their blocking skills during practice?

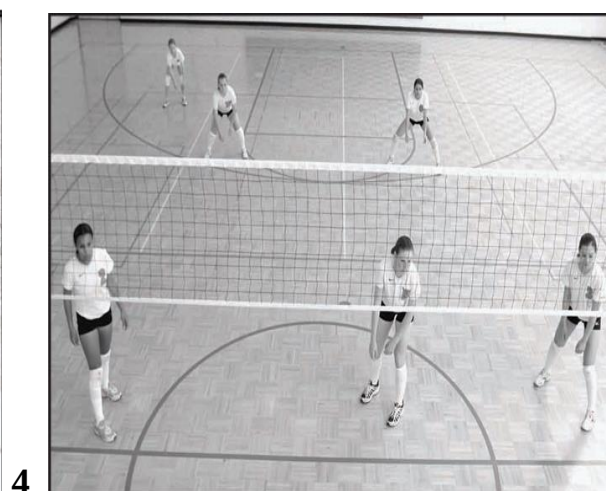
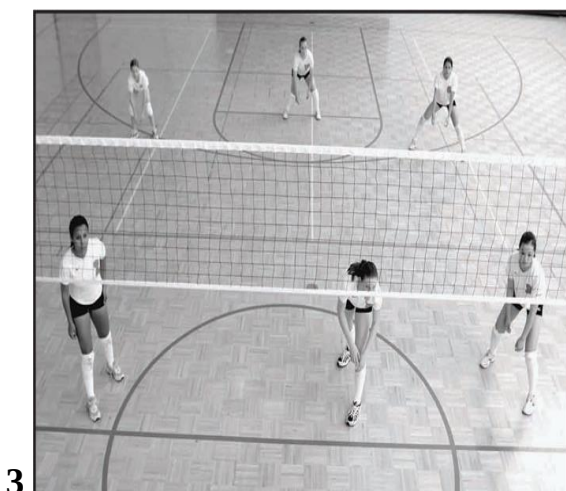
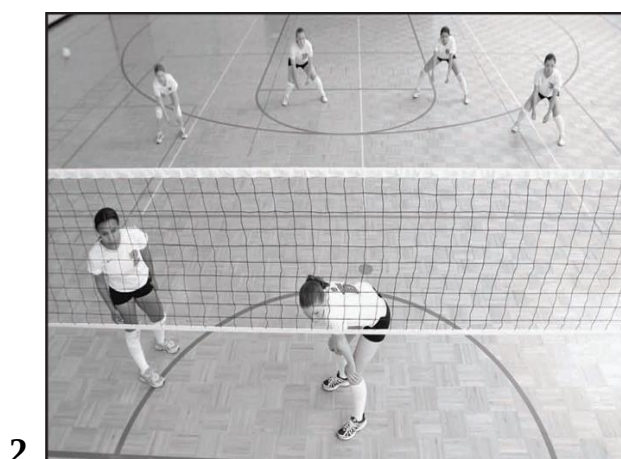
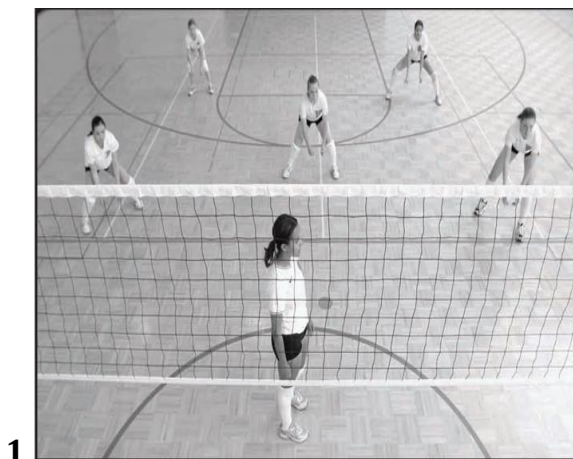
10.14 Describe the picture



UNIT 11. PLAYING OFFENSE

11.1 Match phrases to the pictures

W-shape serve formation, U-shape serve formation, Three-person serve-receive pattern, Two-person passers



11.2 Fill in the Gaps: Volleyball Offense

Errors, adaptable, teamwork, attack, passing, unexpected, space, angles, control, back-row, defense, serve, passing, setter, versatile, strategic, serve, passers, W, planning

In volleyball, defense aims to disrupt the offense and force _____, while offense must be powerful, creative, and _____. Offense requires strategic planning, quick decision-making, and _____. The goal is to constantly pressure the defense using speed, deception, and varied _____ patterns, making it difficult for opponents to anticipate plays.

Offense depends on the coordinated skills of _____, setting, and hitting. Teams need players who can score both in planned and _____ situations. Key factors in offense include using _____ along the net, timing, and varying attack _____ to create power and open opportunities. Players must visualize offensive patterns linked to the opposing defense and use creativity and _____ to execute attacks effectively.

Offense can be divided into three types:

- Free-ball offense: Counterattack from an easy ball received from the opponent, usually involving _____ players.
- Transition offense: Switching from _____ to attack quickly after a dig.
- Sideout offense: Starts immediately after receiving a _____, requiring precise passing and setting for an effective attack.

Key offensive positions include:

- Outside hitter: Balances power and smart attacking, often also _____ well.
- Middle hitter: Fast, sacrificial player who works closely with the _____.
- Opposite hitter: _____ attacker who handles difficult plays.
- Setter: Team leader who coordinates attacks and makes _____ decisions.
- Libero: Defensive specialist focused on passing and improving _____ receive.

Successful offense depends heavily on _____ receive quality. Coaches must decide how many _____ to use and how to position players, including the libero, to optimize passing and set up attacks. Serve receive formations vary from five-passers (_____ shape) to two-passers, based on team skill and strategy.

Ultimately, the best offense balances technical skill, tactical _____, and player abilities to keep opponents under pressure and control the game.

11.3 Read the text carefully, then answer the questions below.

In volleyball, defense aims to disrupt the offense and force errors, while offense must be powerful, creative, and adaptable. Offense requires strategic planning, quick decision-making, and teamwork. The goal is to constantly pressure the defense using speed, deception, and varied attack patterns, making it difficult for opponents to

anticipate plays. Offense depends on the coordinated skills of passing, setting, and hitting. Teams need players who can score both in planned and unexpected situations. Key factors in offense include using space along the net, timing, and varying attack angles to create power and open opportunities. Players must visualize offensive patterns linked to the opposing defense and use creativity and control to execute attacks effectively. Offense can be divided into three types: free-ball offense, transition offense, and sideout offense. Key offensive positions include outside hitter, middle hitter, opposite hitter, setter, and libero. Serve receive quality strongly influences offensive success. Coaches choose formations and player roles based on team skills to optimize passing and attack.

Here are multiple-choice questions based on the volleyball offense text:

11.4 Multiple Choice Questions: Volleyball Offense and Serve Receive

1. What is the primary goal of volleyball offense?
 - a) To maintain possession of the ball
 - b) To constantly pressure the defense and force errors
 - c) To avoid quick attacks
 - d) To focus only on power hitting
2. Which skills are essential for a successful volleyball offense?
 - a) Serving, blocking, and digging
 - b) Passing, setting, and hitting
 - c) Running, jumping, and catching
 - d) Kicking, throwing, and dribbling
3. Which of the following is NOT one of the three types of offense?
 - a) Free-ball offense
 - b) Transition offense
 - c) Sideout offense
 - d) Defensive offense
4. What role does the libero primarily play in offense?
 - a) Attacking from the front row
 - b) Coordinating offensive plays
 - c) Improving serve receive and passing
 - d) Making strategic calls
5. How does a good offense create difficulties for the defense?
 - a) By using slow and predictable attacks
 - b) By increasing speed, using deception, and varying attack patterns
 - c) By focusing only on power hits
 - d) By avoiding communication among players
6. Why is serve receive important for running a successful offense?
 - a) It gives the defense a chance to score
 - b) It allows the setter more options to set attackers
 - c) It makes the game slower
 - d) It reduces the number of attackers on the court

11.5 Read each statement carefully. Write **True** if the statement is correct according to the text, or **False** if it is incorrect.

1. The main goal of offense is to pressure the defense and force errors.
2. Offense depends only on powerful hitting, without much teamwork.
3. Using space, timing, and varying attack angles helps create offensive power.
4. The libero's primary role is to improve passing and serve receive.
5. Free-ball offense happens when the team quickly switches from defense to offense.
6. The setter is the player who coordinates the offense and makes strategic decisions.
7. Serve receive quality does not affect the success of the offense.
8. The opposite hitter must be versatile and able to attack difficult sets.
9. Transition offense occurs after receiving a serve.
10. Teams with better passing skills can use fewer passers in serve receive.

11.6 Fill in the blanks with the correct words from the box below:

Box:

offense | defense | libero | setter | serve receive | transition | power | creativity | passing | free-ball | timing | attack | pressure | patterns

1. In volleyball, the _____ aims to disrupt the offense and force errors.
2. A good volleyball offense requires _____, strategic planning, and teamwork.
3. The _____ is responsible for coordinating the offense and making strategic decisions.
4. The _____ specializes in passing and improving the team's serve receive.
5. _____ offense happens when the team switches quickly from defense to offense after a dig.
6. The quality of _____ strongly affects the success of the offense.
7. Offense creates constant _____ on the defense using speed and varied attack _____.
8. A _____ offense is a counterattack from an easy ball received from the opponent.
9. Timing and space are key factors in creating _____ and opening attack opportunities.
10. Players must visualize offensive _____ linked to the opposing team's defense to be effective.

11.7 Dialogue: Game Strategy Discussion

Characters:

- **Coach**
- **Player**

Coach:

Alright, before the match starts, let's review our offensive plan. Remember, we'll focus on three types of offense: free-ball offense, transition offense, and sideout offense. Do you understand the difference?

Player:

Yes, Coach. Free-ball offense happens when we get an easy ball from the other team, right?

Coach:

Exactly! It usually comes from a free ball or down ball from the opponents. We want to use our back-row players to receive those and prepare for a strong attack.

Player:

What about transition offense?

Coach:

That's when we quickly switch from defense to offense after a dig. Speed and timing are key here. The setter will call audibles based on the quality of the pass.

Player:

Got it. And sideout offense is right after we receive the serve?

Coach:

Correct. Serve receive quality is crucial here. Depending on our passing skills, we'll choose a serve-receive formation like W-shape or U-shape. How comfortable are you with those?

Player:

I'm pretty familiar. In the W-shape, we have five passers, right?

Coach:

Yes. It gives us more options but requires good coordination. For weaker passing teams, we might use a three-person or two-person serve-receive pattern.

Player:

Understood. Can you remind me of the roles of the outside hitter and middle hitter?

Coach:

Sure! The outside hitter balances power and smart attacking, often also helps with passing. The middle hitter needs to be quick and work closely with the setter, especially for quick sets.

Player:

What about the libero?

Coach:

The libero focuses on passing and improving our serve receive. They don't attack but help the team stay in system.

Player:

Thanks, Coach! I feel ready. Let's win this match!

Coach:

That's the spirit! Remember to watch for down balls and use your attack patterns wisely.

11.8 Matching Definitions: Volleyball Terms

Match each volleyball term on the left with its correct definition on the right. Write the letter of the correct definition next to the term.

Term	Definition
1. Free-ball offense	A. A defensive specialist who improves serve receive and passing but does not attack.
2. Transition offense	B. A serve-receive formation with five passers arranged in a W shape on the court.
3. Sideout offense	C. An offensive play immediately following a serve receive.
4. Outside hitter	D. A quick offensive attack after digging the opponent's ball.
5. Middle hitter	E. An attack from an easy ball (free ball) received from the opponent.
6. Opposite hitter	F. The player positioned opposite the setter, often handling difficult sets and attacks.
7. Setter	G. The player who coordinates the offense and makes tactical decisions.
8. Libero	H. The player who attacks near the middle of the net and works closely with the setter.
9. W-shape serve formation	I. A serve-receive formation with four passers arranged in a U shape.
10. U-shape serve formation	J. A serve-receive formation using three players to cover the court.
11. Three-person serve-receive pattern	K. A serve-receive formation using only two passers.
12. Two-person passers	L. An attack from a position opposite the setter.

Term	Definition
13. Down ball	M. A soft or controlled attack used to keep the ball in play.
14. Free ball	N. A ball sent over the net with little force, allowing the opponent to set up an attack easily.

11.9 Fill in the Gaps: Volleyball Terms

Fill in the blanks with the correct words from the box below:

Box:

free-ball offense | transition offense | sideout offense | outside hitter | middle hitter | opposite hitter | setter | libero | W-shape serve formation | U-shape serve formation | three-person serve-receive | two-person passers | down ball | free ball

1. The _____ is a defensive specialist who improves passing but does not attack.
2. _____ offense occurs right after receiving the opponent's serve.
3. The _____ is the key player who coordinates the team's offense and makes strategic decisions.
4. When the team receives an easy ball from the opponent, it is called a _____.
5. The _____ hitter attacks from the left side and often helps with passing.
6. A _____ ball is a soft or controlled hit meant to keep the ball in play.
7. The _____ hitter is quick and works closely with the setter for fast attacks.
8. _____ offense happens when the team quickly switches from defense to offense after a dig.
9. In the _____ serve formation, five passers cover the court in a W shape.
10. The _____ serve formation uses four passers arranged in a U shape.
11. A _____ serve-receive pattern uses three players to cover the court.
12. A _____ formation involves only two passers receiving the serve.
13. The _____ hitter is positioned opposite the setter and attacks difficult sets.
14. A _____ offense is a counterattack from a non-attacked ball.

11.10 Complete the sentences with the correct form of the verb in parentheses or rewrite the sentence as directed.

1. The offense _____ (require) excellent strategic planning and teamwork to be successful.
2. When the team receives a free ball, they _____ (prepare) for an effective attack.

3. The setter usually _____ (coordinate) the offense and _____ (make) tactical decisions during the game.
4. If the libero _____ (not improve) serve receive, the team's offense will struggle.
5. The players _____ (run) different serve-receive formations depending on their passing skills.
6. Rewrite the sentence in the passive voice:
 "The coach calls audibles based on the quality of the pass."
 → _____
7. Combine these two sentences using "because":
 "The team uses the W-shape serve formation. It provides more passing options."
 → _____
8. Fill in the correct preposition:
 The middle hitter works closely _____ the setter to execute quick attacks.
9. Choose the correct verb form:
 The offense (is/are) a chain made up of passing, setting, and hitting capabilities.
10. Make a question using the word "setter":

11.11 Listen carefully to the passage read aloud. After listening, answer the questions below.

Listening Script:

"In volleyball, offense is complex and requires power, creativity, and good planning. There are three main types of offense: free-ball offense, transition offense, and sideout offense. Free-ball offense happens when the team receives an easy ball from the opponent and prepares to attack. Transition offense occurs when the team quickly moves from defense to offense after digging the ball. Sideout offense happens right after the team receives the serve.

Key players in offense include the setter, who coordinates plays, the outside hitter, who attacks from the left side, the middle hitter, who works close to the setter, and the opposite hitter, who plays opposite the setter. The libero is a defensive specialist who helps improve serve receive and passing but does not attack.

Teams use different serve-receive formations, such as the W-shape, U-shape, three-person, and two-person patterns. The quality of serve receive affects how well the offense can run. A well-organized offense uses timing, space, and attack patterns to keep the defense off balance."

11.12 Comprehension Questions:

1. What are the three main types of offense in volleyball?
2. What is the role of the setter in offense?
3. Which player is responsible for improving serve receive but does not attack?
4. Name two serve-receive formations mentioned in the passage.
5. Why is serve receive quality important for offense?
6. How does a well-organized offense keep the defense off balance?

11.13 Unscramble the letters to find the correct volleyball term.

1. EEFRBAL
2. TTSRE
3. RELBIO
4. DISIEOUT
5. NOSTIITRAN
6. WSPHAE
7. UTAPSH
8. DDEILHITERT
9. TSOIPESIHTTER
10. RSHTREEPOSNE
11. WOSTOPERSN
12. WNODLBA
13. RDOWNBLA

11.14 Find the following words in the grid below:

FREEBALL, TRANSITION, SIDEOUT, OUTSIDEHITTER, MIDDLEHITTER, OPPOSITEHITTER, SETTER, LIBERO, WSHAPE, USHAPE, THREEPERSON, TWOPERSON, DOWNBALL

14. FREEBALLXTRANSITION
15. SIDEOUTQWERTYUIOPLK
16. OUTSIDEHITTERSADFGH
17. MIDDLEHITTERJKLZXCV
18. OPPOSITEHITTERBNMQW
19. SETTERERTYUIOPASDFG
20. LIBEROHJKLZXCVBNMQW
21. WSHAPEASDFGHJKLQWER
22. USHAPEYUIOPASDFGHJ
23. THREEPERSONKJLZXCVBN
24. TWOPERSONMQWERTYUIO
25. DOWNBALLASDFGHJKLZX

11.15 Writing Task: Write a Letter

Scenario:

Imagine you are a volleyball team captain. You want to write a letter to a new player who just joined your team. Your goal is to welcome them and explain some important volleyball offense concepts and positions to help them understand the team's strategy.

Write a letter to the new player including the following:

- A warm welcome to the team.
- A brief explanation of the three types of offense: free-ball offense, transition offense, and sideout offense.
- A description of at least three key player positions (e.g., setter, outside hitter, libero) and their roles.
- Why teamwork and good communication are important in volleyball.
- An encouraging closing statement.

Tips:

- Use a friendly and clear tone.
- Organize your letter with an introduction, body, and conclusion.
- Try to use some volleyball terms you have learned.

UNIT 12. PLAYING DEFENSE

12.1 Read and translate the highlighted words

PHYSICAL POSITIONING OF THE DEFENSIVE PLAYER

Much of the **strength training** and **early-season conditioning** should center on solidifying a strong **base of support**, from the **feet** to the **legs** to the **lower back**. Most players have the ability to make an occasional great **defensive play**, but **outstanding defensive players** make great plays **consistently**. Such players typically have the **physical strength**, **muscular endurance**, and **mental toughness** to maintain a solid **defensive position** for extended periods of time.

The basic **posture** of a **defensive player** might change several times during the course of a **rally**, depending on what's happening on the other side of the **net**. A team should begin each rally in a "**medium position**" (figure 8.1), in which **front-row** and **back-row** players are relaxed and ready to **move**, with **eyes** watching the **opponents** and **feet** slightly wider than **shoulder width**. **Front-row players** have their **hands high** in preparation for **blocking** and remain in this position unless they retreat from the net to assume a **defensive position** for an **attacked ball** that they're not involved in **blocking**.

Back-row players assume a **defensive position** each time the opponent has a chance to put the **ball** on the **floor**. Back-row players might **drop** if a **setter** can **dump** the ball, then drop again for a **quick attack**, then drop again if the ball is set **high** to an **outside hitter**. The only time a back-row player is back in the **medium position** is when adjusting his or her **position** on the **floor**.

The basic **defensive position** remains the same across the board, regardless of **age level** or **experience**. The major difference between the **beginner** and **advanced player's** ability to demonstrate and maintain the **basic position** is **physical strength** and **stamina**. Following are the mechanics of the **basic position**:

- The **feet** are **balanced**, spread slightly wider than **shoulder width**.
- **Body weight** is slightly **forward**, on the **balls of the feet**.
- The **knees** are **bent**, extending beyond the **toes**.
- The **waist** is **bent** so that the **back** is as **flat** as possible.
- The **chest** is **down**, and **shoulders** are in front of the **knees**.
- The **head** is **up**, with **eyes** focused **forward**.
- The **arms** are **loose** and **relaxed**, ready to form the **platform** to **dig** or to release the **hands** for an **overhead dig**.

From this **defensive position**, players should be able to **move laterally**, **forward**, **backward**, or even into the **air**. At the highest levels of play, the goal is to maintain the **lowest** and most **stable defensive position** continuously. The harder the **ball** is **hit**, the more available **reaction time** will **decrease**, which means the player must be **low** and **ready** sooner to have a better chance to **play the ball** successfully.

12.2 True or False: Physical Positioning of the Defensive Player

1. T / F – Great defensive players are defined by their ability to occasionally make impressive plays.
2. T / F – Strength training should focus on building a strong base from the feet to the lower back.
3. T / F – Players always stay in the same defensive posture throughout a rally.
4. T / F – The “medium position” is the ready position players start in at the beginning of a rally.
5. T / F – Front-row players keep their hands low to prepare for blocking.
6. T / F – Back-row players adjust their position depending on what the opponent is doing.
7. T / F – The basic defensive position differs greatly between beginner and advanced players.
8. T / F – In a correct defensive stance, the knees should be bent and the weight should be on the balls of the feet.
9. T / F – Arms should be stiff and locked to be ready for digging.
10. T / F – Staying low and stable helps players react better to fast attacks.

12.3 Multiple Choice Questions: Physical Positioning of the Defensive Player

- 1. What is the main physical focus during early-season conditioning for defensive players?**
- A. Building upper-body strength
 - B. Developing serving techniques
 - C. Solidifying a strong base of support
 - D. Increasing jumping height
- 11.2. What characteristic distinguishes outstanding defensive players from average ones?**
- A. Height
 - B. Ability to play different positions
 - C. Consistency in making great plays
 - D. Loud communication
- 12.3. When should players be in the “medium position”?**
- A. Only after the serve
 - B. At the start of each rally
 - C. During timeouts
 - D. When returning to the bench
- 13.4. What do front-row players do in the medium position?**
- A. Keep their hands down
 - B. Face away from the net
 - C. Keep hands high, ready to block
 - D. Move toward the back row
- 14.5. Back-row players adjust their defensive position depending on:**
- A. Their teammates' movement
 - B. The crowd's reaction
 - C. The opponent's play and attack
 - D. The score
- 15.6. The only time a back-row player returns to the medium position is when:**
- A. Blocking at the net
 - B. Serving the ball
 - C. Adjusting floor position
 - D. Setting the ball
- 16.7. What is a key physical difference between beginner and advanced defensive players?**
- A. Height and weight
 - B. Physical strength and stamina
 - C. Skill level in spiking
 - D. Speed of serving
- 17.8. In the basic defensive stance, where should the player's weight be?**
- A. On the heels
 - B. On one foot
 - C. Evenly on both heels
 - D. On the balls of the feet

- 18.9. What is the correct posture for the arms in the defensive position?
- A. Crossed in front of the body
 - B. Stiff and straight
 - C. Loose and relaxed
 - D. Behind the back
- 19.10. Why must players stay low and ready at higher levels of play?
- A. To avoid fatigue
 - B. To look more intimidating
 - C. Because reaction time is reduced with harder hits
 - D. To signal the referee

12.4 Synonym & Antonym Task: Defensive Positioning in Volleyball

Instructions:

1. Read each **word** from the list.
2. Match it with the correct **synonym** and **antonym**.
3. Some words may have more than one correct answer—focus on the best match in the context of **volleyball** and **physical positioning**.

Part A: Match the Synonyms

Match each word in **Column A** with its closest meaning from **Column B**.

Column A (Word) Column B (Synonym)

- | | |
|--------------|---------------------|
| 1. Defensive | A. Flexible |
| 2. Stamina | B. Endurance |
| 3. Position | C. Form/Posture |
| 4. Balanced | D. Alert |
| 5. Reaction | E. Response |
| 6. Strong | F. Powerful |
| 7. Relaxed | G. Loose |
| 8. Ready | H. Defensive-minded |

Part B: Match the Antonyms

Match each word in **Column A** with its opposite from **Column B**.

Column A (Word) Column B (Antonym)

- | | |
|------------|-------------|
| 1. Low | A. Weak |
| 2. Forward | B. Tense |
| 3. Bent | C. Backward |
| 4. Strong | D. High |

Column A (Word) Column B (Antonym)

- | | |
|--------------|---------------|
| 5. Relaxed | E. Straight |
| 6. Stable | F. Unbalanced |
| 7. Focused | G. Distracted |
| 8. Defensive | H. Offensive |

12.5 Matching Task: Polysemantic Word Group – Volleyball & Beyond

Match each **word** in **Column A** with its **volleyball-specific meaning** in **Column B**, and its **general meaning** in **Column C**. Some words may have more than one match in Column C. Think carefully!

Column A: Words

1. **Position**
2. **Base**
3. **Block**
4. **Drop**
5. **Set**
6. **Attack**
7. **Dig**
8. **Platform**
9. **Back**
10. **Flat**

Column B: Volleyball-Specific Meanings

- A. A movement to prevent a spike at the net
- B. An initial strong foundation built through strength training
- C. A player's specific location on the court
- D. A quick placement of the ball by the setter for a hitter
- E. A player movement lower to the ground to prepare for a hit
- F. A motion to stop or deflect a ball above the net
- G. A method of defending a hard-hit ball using forearms
- H. A return move when an opponent may tip or attack
- I. A tool created with arms for digging a ball
- J. A position where knees and back are bent, torso level

Column C: General Meanings

- a. A flat surface or layer of support
- b. To fall suddenly
- c. A form or layout; condition of being placed
- d. To obstruct or shut something off

- e. To uncover or remove earth or material
- f. To place carefully or systematically
- g. Lower part or foundation of something
- h. To go in reverse or support someone
- i. An organized military or strategic move
- j. Smooth, even, without bumps or curves

12.6 Dialogue Title: “What Do You Mean by That?”

Cast:

- **Coach**
- **Riley (Beginner Player)**
- **Jordan (Advanced Player)**

Scene: Volleyball gym during practice. Riley is stretching while Jordan warms up with serves. Coach walks in holding a clipboard.

Coach:

Alright, team! Let’s go! Today we’re focusing on **defensive position** and how to stay strong through the rally.

Riley (confused):

Wait—Coach, when you say “position,” do you mean like... where I stand? Or my posture? Or like... applying for a job position?

Jordan (grinning):

All of the above if you’re trying out for libero, Riley.

Coach (laughs):

Good question. In volleyball, **position** means two things:

1. Where you are on the court.
2. How your body is set — knees bent, weight forward.
But no résumé needed for this one!

Riley (nodding slowly):

Got it. So... what about “base”? I heard you say we need a solid base.

Coach:

Yes — that means a **strong foundation**. Your legs, core, feet — that’s your **physical base**.

But in life, your **base** could be your home... or your base in a game of tag!

Jordan:

Or a military base. But in volleyball, if your base isn't strong, you're going to drop—literally.

Riley:

Speaking of that, what's a **drop**? Like, a ball drop?

Coach:

Ha! Yes. But in this context, a **drop** can mean lowering into a defensive stance.

Or it can be a sudden **drop shot** by the setter to trick the defense.

Outside of volleyball? "Drop the mic." "Drop in grades." "Drop your phone." It's a versatile word.

Jordan (laughing):

Just don't drop the ball unless you want to run laps.

Coach:

Exactly. Now let's talk about the **block**.

Riley (joking):

You mean like on Instagram?

Jordan:

Or like when Coach blocked my spike in practice yesterday?

Coach (smiling):

Both! In volleyball, a **block** is a defensive move at the net. But outside?

You can block someone online, block traffic, or build with blocks.

Same word, different uses.

Riley:

Wow, volleyball is like... one big English lesson.

Coach:

You have no idea. Let's "**dig**" into that next.

Jordan:

You mean like a dig with your platform? Or a dig like... searching for buried treasure?

Coach:

Exactly. A **dig** here means using your arms to save a hard-hit ball.

But it could also mean to dig into the ground — or dig into a good book.

Riley (laughing):

So many meanings. How do we know which one you mean?

Coach:

Context. Just like in a rally, you have to read the play. Language works the same way.

Jordan:

Let's set up a drill already. This grammar game's got me ready to spike a dictionary.

Coach:

Alright, alright. Let's **set** — both the ball and your minds — and get to work!

12.7 Listen carefully to the passage read by your coach or teacher (or play a recording). Fill in the blanks with the correct word(s) from the list below.

Word Bank: Medium, relaxed, feet, bent, knees, flat, shoulders, eyes, platform, forward, consistent, low, reaction

Passage:

Much of the strength training and early-season conditioning should center on solidifying a strong base of support, from the feet to the legs to the lower back. Most players can make an occasional great defensive play, but outstanding defensive players make great plays **(1)**. Such players typically have the physical strength, muscular endurance, and mental toughness to maintain a solid defensive position for extended periods.

The basic posture of a defensive player might change several times during the course of a rally, depending on what's happening on the other side of the net. A team should begin each rally in a "**(2)** position," in which front-row and back-row players are **(3)** and ready to move, with **(4)** watching the opponents and **(5)** slightly wider than shoulder width.

Front-row players have their hands high in preparation for blocking and remain in this position unless they retreat from the net to assume a defensive position. Back-row players assume a defensive position each time the opponent has a chance to put the ball on the floor. The basic defensive position remains the same regardless of age or experience. The major difference between beginners and advanced players is physical strength and stamina.

Following are the mechanics of the basic position:

- The **(6)** are balanced, spread slightly wider than shoulder width.
- Body weight is slightly **(7)**, on the balls of the feet.
- The **(8)** are **(9)**, extending beyond the toes.
- The waist is bent so that the back is as **(10)** as possible.
- The chest is down, and **(11)** are in front of the knees.
- The head is up, with **(12)** focused forward.
- The arms are loose and relaxed, ready to form the **(13)** to dig or release the hands for an overhead dig.

At the highest levels, the goal is to maintain the lowest and most stable defensive position continuously. The harder the ball is hit, the more available **(14)** time decreases, which means the player must be **(15)** and ready sooner to have a better chance to play the ball successfully.

12.8 Practice correct use of the present simple and present continuous tenses and appropriate prepositions related to position and movement.

 **Part 1: Fill in the blanks with present simple or present continuous form of the verbs in parentheses.**

1. Most players _____ (have) the ability to make an occasional great defensive play.
2. Outstanding defensive players _____ (make) great plays consistently.
3. Right now, the front-row players _____ (hold) their hands high in preparation for blocking.
4. The team usually _____ (begin) each rally in a "medium position."
5. Back-row players _____ (drop) to a defensive position whenever the opponent attacks.
6. The coach _____ (explain) the importance of maintaining a strong base during conditioning.
7. Players _____ (move) laterally, forward, backward, or into the air during a rally.

Part 2: Choose the correct preposition to complete each sentence.

1. Feet are spread slightly wider ____ shoulder width.
(a) in
(b) than
(c) on
2. The body weight is slightly forward, ____ the balls of the feet.
(a) on
(b) in
(c) at
3. The knees extend ____ beyond the toes.
(a) out
(b) forward
(c) over
4. The chest is down, and the shoulders are ____ of the knees.
(a) behind
(b) in front
(c) above
5. Defensive players adjust their position ____ the floor as the rally progresses.
(a) on

- (b) at
- (c) to

Part 3: Rewrite the sentences in the negative form.

1. Players make great plays consistently.
2. Back-row players assume a defensive position only sometimes.
3. The team is starting each rally in a relaxed medium position.
4. The knees are bent, extending beyond the toes.
5. The head is up, with eyes focused forward.

Practice formal/informal letter writing skills while explaining key volleyball defensive concepts.

12.9 Imagine you are an experienced volleyball player on your team. Write a letter to a new teammate who is just starting to learn about defense. Your letter should:

- Explain the importance of having a **strong defensive position** during a rally.
- Describe the **basic defensive posture** and key body mechanics (feet, knees, back, arms, eyes).
- Give advice on how to maintain focus and physical strength throughout the game.
- Encourage your teammate to practice and be patient as they improve.

Suggested Structure:

Greeting:

Dear [Teammate's Name],

Introduction:

Welcome to the team! I wanted to share some important tips about defense that will help you become a stronger player.

Body:

- Why defense is important (consistency, mental toughness)
- How to set up your defensive position (feet, knees, back, arms, eyes)
- How to stay ready and focused during the whole rally
- The role of physical strength and practice in improving defense

Closing:

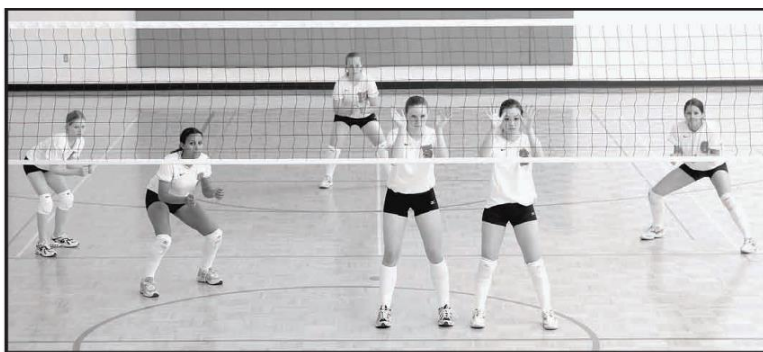
I'm looking forward to seeing you improve and make some great defensive plays. Keep working hard and don't get discouraged!

Best,
[Your Name]

Writing Tips:

- Use clear, simple sentences.
- Include volleyball terms from the text (e.g., “medium position,” “platform,” “muscular endurance”).
- Write in a friendly and encouraging tone.

12.10 Describe the pictures and write 5-10 sentences



Medium position- o`rta tayyorlik holati yoki o`rta pozitsiya



Basic defensive position- asosiy himoya pozitsiyasi yoki asosiy mudofaa holati

UNIT 13. TRANSITIONING

13.1 Fill in the Gaps: Transition in Volleyball

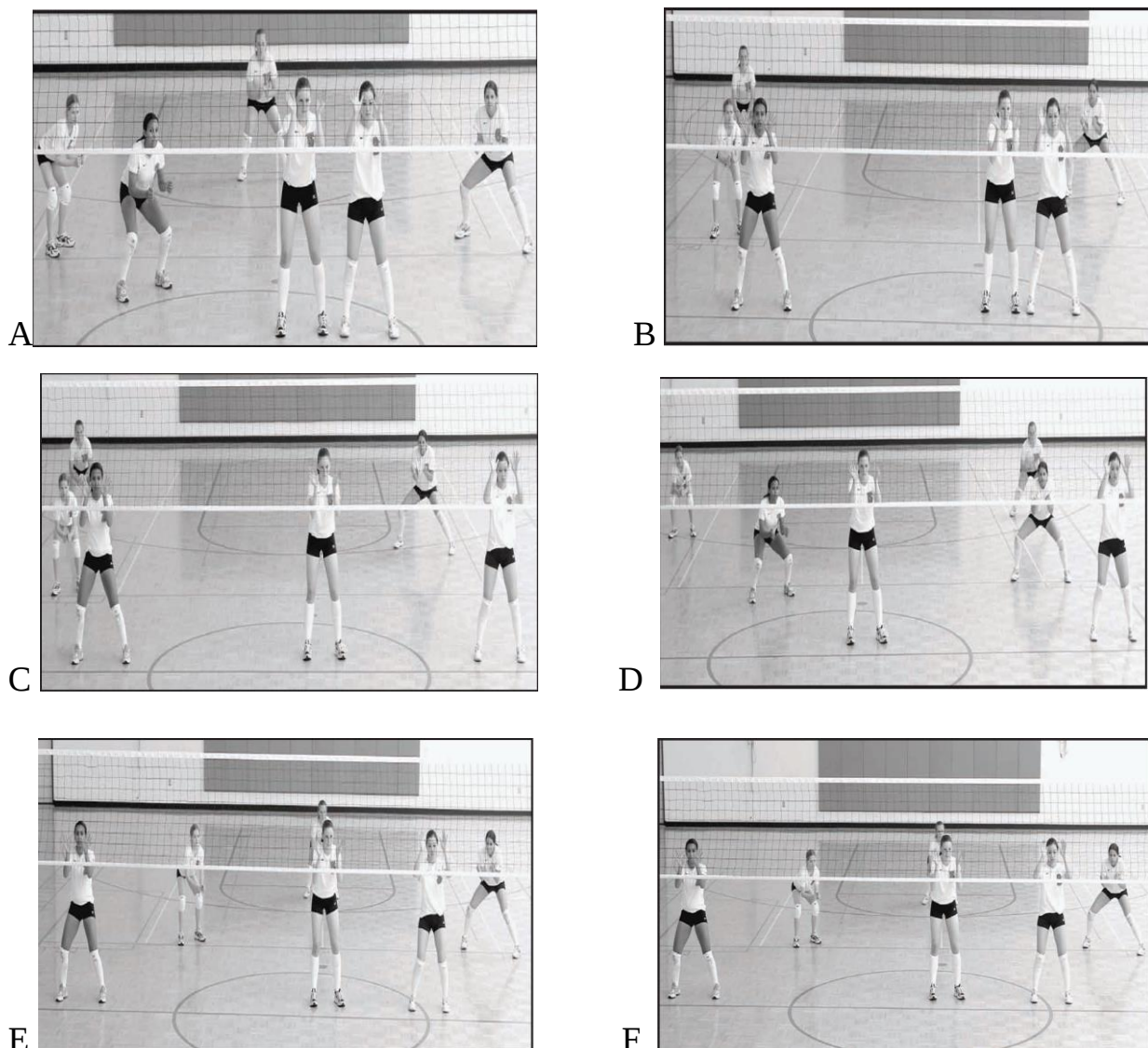
Movement, side, defensive, serve, competition, transition, skill, hitters, offensive, choreographed, subtle, transition, speed, competitiveness, transition

Transition is best described as the _____ of players from one phase of the game to another. In basketball, transition is the movement from one end of the court to another, but in volleyball, transition is much more _____. Every time the ball passes over the net, transition occurs on each _____. Generally, when coaches think of transition, they think of the movement of the players between actual _____ and _____ execution. But transitions also occur at other times

during a game, such as when preparing for defense, switching positions before the _____ or after receiving the serve, covering _____, and preparing to receive a “free” or “down” ball. Watching teams execute transition effectively is like watching a well-_____ ballet with synchronized movement on each side of the court. Top coaches might debate over which _____ in volleyball is the single one most important to a team’s success. However, virtually all highly successful coaches agree that efficient and effective _____ ranks among the top three. This is particularly true for higher levels of _____, where all teams have highly skilled players. Teams with higher levels of skill have faster and more efficient _____. In essence, the _____ at which the game is played increases with skill, and the speed and efficiency of the game is directly proportionate to the speed of the transition within the game. Coaches can greatly enhance the _____ of their teams—without significantly improving skills—by improving the speed and efficiency of the _____ game.

13.2 Match the phrases to the pictures

1. Left wing moves to blocker positions, using the left back and right back for digging the second ball attack
2. Left wing moves back to cover dump into left-front area
3. Base position with left front on left sideline
4. Base position with left front more left
5. Base position for defense when ball is with setter
6. Base position for defense when the ball is with the server



13.3 Read each statement and decide whether it is True or False based on the text.

1. Transition in volleyball only occurs when the ball crosses the net.
2. In volleyball, transition is less noticeable compared to basketball.
3. Coaches typically associate transition only with switching from offense to defense.
4. Transition includes actions like covering hitters and preparing for free balls.
5. Transition is not important at higher levels of volleyball competition.
6. The speed of the game in volleyball is closely related to the speed of team transitions.
7. Teams can become more competitive simply by improving their transition efficiency.
8. Transition has no impact unless players have advanced technical skills.
9. Synchronized movement during transition is compared to a choreographed dance.
10. Improving transition requires completely changing the players' skill levels.

13.4 Choose the best answer for each question.

1. What is "transition" best described as in volleyball?

- A. The time players rest between points
- B. Movement of players from one phase of the game to another
- C. A substitution between front-row and back-row players
- D. Rotational movement after scoring a point

2. Compared to basketball, transition in volleyball is more:

- A. Physical
- B. Aggressive
- C. Subtle
- D. Fast-paced

3. Which of the following is NOT mentioned as a type of transition moment in volleyball?

- A. Switching sides after a set
- B. Preparing for defense
- C. Covering hitters
- D. Receiving a "free" or "down" ball

4. According to the text, highly successful coaches agree that transition is:

- A. Overrated at higher levels
- B. One of the top three most important skills
- C. Only useful for beginner players
- D. A purely defensive concept

5. What happens to the speed of the game as players' skill levels increase?

- A. It slows down
- B. It remains the same
- C. It increases
- D. It becomes unmanageable

6. Which of the following contributes most to faster and more efficient transition?

- A. Strong serves
- B. Loud communication
- C. Higher individual skill
- D. Coordinated team movement

7. Coaches can increase their team's competitiveness by:

- A. Changing the libero every set
- B. Improving transition speed and efficiency
- C. Focusing only on serving
- D. Avoiding rotation strategies

8. What metaphor does the text use to describe effective transition?

- A. A military drill
- B. A machine in motion
- C. A choreographed ballet
- D. A chess game

13.5 Word Search Puzzle: Transition in Volleyball

Instructions:

Find and circle the following 15 words hidden in the puzzle. Words can go **horizontally**, **vertically**, or **diagonally** (forwards or backwards). All words are related to volleyball **transition** and gameplay.

Transition, Movement, Defense, Offense, Serve, Hitters, Coverage, Subtle, Speed, Skill, Efficiency, Choreographed, Competition, Court, Coaches

Here's the **word grid**:

T R A N S I T I O N P
S C O A C H E S U Q I
U D E E P S E L T T E
B E F I C I E N C Y T
T N E M E V O M S I I
L F I I N S K I L L O
E E E V R E S D F T I
C N R O R E V O C O T
I S U B T L E R H N I
F E N S E E F N E D T
F E C N A D E T A R O
O H I T T E R S A C I
C H O R E O G R A P H

13.6 Dialogue to Act Out: “Faster Transitions, Better Results”

Characters:

- **Coach Taylor** – An experienced volleyball coach
- **Lena** – A high school volleyball player who wants to improve her performance

[Scene: After volleyball practice. Coach Taylor is reviewing the team's performance with Lena.]

Coach Taylor:

Hey Lena, great hustle today! But I noticed the team struggled a bit during transitions. Do you know what I mean by that?

Lena:

Yeah... kind of. Is it when we move from defense to offense?

Coach Taylor:

Exactly. Transition is the movement from one phase of the game to another. Every time the ball crosses the net, we need to react quickly—get into position, adjust, and be ready for the next play.

Lena:

I see. I think we're good at blocking and hitting, but we're a bit slow switching roles.

Coach Taylor:

That's a common challenge. Transition isn't just physical—it's mental too. You have to read the game, anticipate the play, and move fast. It's subtle, but it makes a huge difference.

Lena:

So how can I improve my transition?

Coach Taylor:

Start with awareness. After a dig or serve receive, don't wait. Move into your offensive role right away. And communicate with your teammates. Good coverage and spacing come from teamwork.

Lena:

Got it. So it's not just about speed—it's about timing and coordination too.

Coach Taylor:

Exactly! At higher levels, teams with quick and efficient transitions dominate—even if the individual skills are similar. We can work on some drills this week to sharpen that.

Lena:

Thanks, Coach! I'll focus more on it next practice.

Coach Taylor:

That's the spirit. If we master transition, we'll be two steps ahead of our opponents.

** Tips for Acting Out:**

- Use body language to show movement (e.g., stepping to “demonstrate” transition).
- Emphasize volleyball vocabulary (*transition, coverage, offense, awareness, coordination*).
- Try adding your own lines or extending the conversation!

13.7 Grammar Task: Transition in Volleyball

Part A: Choose the correct verb tense

Complete each sentence by choosing the correct verb form.

1. When the ball ____ over the net, both teams must adjust quickly.
 - a) passed
 - b) is passing
 - c) passes
2. During today’s game, we ____ too slowly from defense to offense.
 - a) transition
 - b) transitioned
 - c) have transitioned
3. If the team ____ to improve its transitions, we’ll be more competitive.
 - a) tries
 - b) tried
 - c) had tried
4. Players must ____ their position before the serve.
 - a) adjusted
 - b) adjust
 - c) adjusting

Part B: Passive Voice

Rewrite the active sentences in the **passive voice**.

5. The players perform quick transitions after every rally.
→ _____
6. Coaches can improve the team's transition with special drills.
→ _____

Part C: Modal Verbs

Complete the sentences using appropriate **modal verbs**: (must, should, can, could, might)

7. A team ____ improve its performance just by speeding up transitions.
8. Players ____ communicate better during transitions to avoid confusion.
9. Without good timing, the attack ____ be less effective.

10. Even beginner players ____ learn transition with enough practice.

13.8 Listening Matching Task: Understanding Transition in Volleyball

You will hear a short audio (read by the teacher or played from a recording) about how transition works in volleyball. While you listen, **match each term (Column A)** with its **correct description (Column B)**.

Column A – Volleyball Terms

- A. Transition
- B. Free Ball
- C. Defense to Offense
- D. Choreographed Movement
- E. Coaches' Role
- F. Team Efficiency

Column B – Descriptions (Match to Letters)

- 1. Movement where all players adjust in sync, almost like a dance
- 2. A moment when the team switches from stopping an attack to creating one
- 3. A soft, easily returned ball that gives the receiving team a chance to set up an organized play
- 4. The overall speed and coordination a team shows during transitions
- 5. The action of shifting from one phase of the game to another
- 6. People who guide players in improving transition timing and positioning

Sample Script for Listening (to be read or recorded):

Transition in volleyball is the process of shifting from one phase of play to another—whether from offense to defense or vice versa. It happens every time the ball crosses the net. One important form of transition is going from defense to offense, where players must react quickly after a dig to prepare an attack. When teams move smoothly together, it's like a choreographed movement—each player knows their role and timing. Free balls, which are soft and easy returns, are great chances for a team to run an organized play. Coaches play a big role in improving transition, using drills and feedback to help players react faster. In the end, team efficiency in transition can make the difference in a high-level match.

13.9 Writing Task: Write an Informal Letter to a Friend

Scenario:

You recently attended a volleyball match or practice session where you learned about the importance of *transition* in the game. Write a letter to your friend telling them about it.

Instructions:

Write an informal letter to your friend (about 120–150 words). In your letter, include:

- A greeting and ask how they are doing.
- Describe what *transition* means in volleyball.
- Share why it is important during the game.
- Talk about what you found interesting or challenging about it.
- Invite your friend to watch or play volleyball with you sometime.

Example Opening:

Hi [Friend's Name],

I hope you're doing well! I wanted to tell you about something cool I learned at volleyball practice...

13.10 Describe the photo with the new words that related to the transition



GLOSSARY

UNIT 1

Inglizcha Atama	Ruscha Tarjima	O'zbekcha Tarjima	O'zbek tilida ta'rif (Definition)
Standing Position	Положение стоя	Tik turish holati	O'yinchi to'xtab turadigan yoki tayyor turadigan holat, hujum yoki mudofaa uchun qulay vaziyatda bo'lish.
Sliding	Скользить	Sirpanish	Tez harakat qilish uchun oyoq barmoqlari ustida biroz egilgan holda maydonda sirpanish.
Jumping	Прыжок	Sakrash	Bir oyoqdan turtki olib havoga ko'tarilish, kuchli hujum zarbasi uchun zarur.
Ready Position	Готовая позиция	Tayyor holat	O'yinchi harakatga tayyor bo'lishi uchun tananing biroz egilgan, oyoqlar egilgan va tayyor vaziyatdagi holati.
Attack Shot	Атакующий удар	Hujum zarbasi	To'pga kuch bilan zarba berish harakati.
Short Runs	Короткие пробежки	Qisqa yugurishlar	3-5 metr oralig'ida tez va qisqa yugurishlar, to'pga tez yetib borish uchun.
Spring	Пружина	Turtki	Sakrashda bir oyoqdan kuch olish harakati.
Forward	Вперёд	Oldinga	Tanani oldinga qarab egish yoki harakat qilish.
Parallel	Параллельный	Parallel (teng masofada)	Oyoqlar yoki tana a'zolarining teng masofada va bir tekisda joylashishi.
Posture	Позы	Tana holati	Tanani turishi yoki joylashishi, harakatga mos holda bo'lishi.
Attack Techniques	Техники атаки	Hujum texnikalari	To'p bilan yoki to'psiz bajariladigan hujumga oid harakatlar va usullar.
Quick Movement	Быстрое движение	Tez harakat	Maydonda tez va samarali harakat qilish.
Defensive Position	Оборонительная позиция	Mudofaa holati	Tanani oldinga biroz egib, mudofaa uchun tayyor turadigan holat.

UNIT 2

Introduce the ball into play	Вводить мяч в игру	To'pni o'yinga kiritish	O'yinni boshlash yoki davom ettirish uchun to'pni o'yinga kiritish harakati.
Serve	Подача	Xizmat (to'pni tashlash)	Ralli boshlash uchun to'pni raqib tomonga tashlash harakati.
Strike	Удар	Urish	To'pni qo'l yoki panja bilan urish harakati.
Spinning	Вращение	Aylanish	To'p havoda aylanib harakatlanishi.
Target area	Целевая зона	Maqsadli maydon	Raqib maydonida to'pni yuborishga mo'ljallangan hudud.
Body weight shift	Перемещение веса тела	Tana vaznini siljitish	Urish paytida vaznni bir oyog'dan ikkinchisiga ko'chirish.

Timing of contact	Время контакта	Aloqa vaqti	To'pga tegish paytidagi aniq lahza, to'pning uchish yo'nalishini belgilaydi.
Platform pass	Платформенный пас	Platforma pas	Qo'llarning old tomonini tekis yuzasi qilib, to'pni o'tkazish texnikasi.
Block	Блок	Blok	Raqibning hujumini to'siqda to'xtatish harakati.
Spike	Сильный удар	Shtampovka (zarba)	To'pni yuqoridan kuchli va pastga urish harakati.
Dig	Защита от сильного удара	To'pni qoplash	Raqib hujumidan keyin to'pning yerga tushishini oldini olish harakati.
Libero	Либеро	Libero	Faqat mudofaa qiluvchi o'yinchi, to'pni netdan yuqori hujum qilishi taqiqlangan.
Rotation	Ротация	Rotatsiya	Ralli yutgandan keyin o'yinchilar joylarini almashtirish tizimi.
Jump serve	Подача с прыжка	Sakrash bilan xizmat	Sakrab xizmat qilish, kuch va turli xil zarbalarni yaratish imkonini beradi.
Elbow height	Высота локтя	Tirsak balandligi	To'pni pastdan kiritishda odatda bel darajasidagi balandlik.
Firm hand	Твердая рука	Qattiq qo'l	To'pni ushlab turishda yoki urishda barqaror, kuchli ushlab turish.
Fist strike	Удар кулаком	Panja bilan urish	Ochilgan qo'l o'rniga yopiqlik panja bilan zarba berish.
Shoulder-width apart	На ширине плеч	Elkadan elkagacha masofa	Oyog'lar elkadan elkagacha kenglikda joylashgan holat.
Feet slightly bent	Ноги слегка согнуты	Oyog'larni biroz egish	Tayyor turish uchun tizzalarni ozgina egish.
Rear foot / Forward foot	Задняя / Передняя нога	Orqa oyoq / old oyoq	Orqa oyoq balans uchun, old oyoq esa urish uchun qo'yiladi.

UNIT 3

Float serve	Подача с эффектом «флоат»	To'pni aylantirmasdan uzatish	To'pni aylantirmasdan, u havoda aylanmasdan, nazorat qilinmaydigan tarzda yuborish.
Receiver	Приёмщик	Qabul qiluvchi	To'pni xizmatdan yoki hujumdan keyin qabul qiluvchi o'yinchi.
Flight	Полёт	Parvoz	To'pning havoda uchish yo'nalishi va harakati.
Torque	Крутящий момент	Burilish kuchi	Tanani aylantirishda ishlatiladigan burilish harakati va kuchi.
Position	Позиция	Pozitsiya	Tananing yoki tana qismlarining joylashuvi.
Weight	Вес	Vazn	Tananing massasi, xizmatda kuch hosil qilish uchun taqsimlanadi.

Lift	Подъём	Ko‘tarish	To'pni havoga ko'tarish harakati, xizmat uchun tayyorlovchi harakat.
Toss	Бросок	To'pni tashlash	To'pni xizmat qilish uchun havoga tashlash harakati.
Momentum	Импульс	Harakat kuchi	Harakat davomida hosil bo‘lgan energiya va kuch.
Coordination	Координация	Muvofiqlashtirish	Tananing turli qismlari harakatini muvofiqlashtirish qobiliyati.
Footwork	Работа ног	Oyog‘ harakatlari	Oyog‘larning to‘pga xizmat qilish paytida qiladigan joylashuvi va harakatlari.
Hitting arm	Ударяющая рука	Zarba beruvchi qo‘l	To'pga zarba berishda ishlatiladigan qo‘l.
Non-hitting hand	Рука, не ударяющая	Zarba bermaydigan qo‘l	To'pni ushlab turuvchi qo‘l.
Step	Шаг	Qadam	Harakat paytida oyoq bilan tashlanadigan qadam.
Weight transfer	Перенос веса	Vazn ko‘chirish	Tana vaznini bir oyoqdan boshqasiga o'tkazish.
Contact with the ball	Контакт с мячом	To'p bilan aloqa	Qo‘lning to'pga tegishi yoki zarba berishi.
Direction	Направление	Yo‘nalish	To'pning uchish yoki harakatlanish yo‘nalishi.
Power	Сила	Kuch	Harakatni bajarish uchun kerakli kuch va energiya.
Small step	Маленький шаг	Kichik qadam	Xizmatda birinchi tashlanadigan kichik qadam.

UNIT 4

Attack hit	Атакующий удар	Hujum zarbasi	Jamoaning hujum harakatini yakunlash uchun bajariladigan zarba.
Running approach	Подход с разбега	Yugurish yondoshuvi	Sakrash oldidan to‘pga yaqinlashish uchun yugurish bosqichi.
Jumping	Прыжок	Sakrash	Yer yuzasidan ko‘tarilish harakati.
Hitting the ball	Удар по мячу	Mayshni zarb qilish	To‘pga zarba berish harakati.
Landing	Приземление	Qo'nish	Sakrashdan keyin yerga qo‘nish harakati.
Powerful hit	Мощный удар	Kuchli zarba	Kuchli va tez zarba, to‘pni tez harakatga keltiradi.
Sharp hit	Резкий удар	Keskin zarba	Tez va aniq zarba, to‘p yo‘nalishini keskin o‘zgartiradi.
Deceptive hit	Обманный удар	Aldovchi zarba	Raqqibni chalg‘itish uchun qilingan noaniq va sekin zarba.
Elbow	Локоть	Tizza	Qo‘lning tirsakdan pastdagi qismi.
Palm	Ладонь	Lab	Qo‘lning yuzasi, to‘pni zarba berishda ishlatiladi.

Arm movement	Движение руки	Qo'l harakati	Qo'lning zarba berishdagi harakati.
Knee bend	Сгибание колена	Tizza bukish	Sakrash va qo'nishda tizzani bukish harakati.
Body position	Положение тела	Tananing holati	Tanani harakatdagi joylashuvi.
Jump height	Высота прыжка	Sakrash balandligi	Yer yuzasidan qancha balandlikka sakralgani.
Foot placement	Положение стопы	Oyoq holati	Oyoqning yerga qo'yilish joylashuvi.
Tactical focus	Тактический акцент	Taktikaviy e'tibor	O'yin davomida hujumni samarali qilish uchun strategiyaga e'tibor qaratish.

UNIT 5

Passing Process	Процесс передачи	O'tish jarayoni	To'pni o'ynashda jamoa a'zolari o'rtasida uzatish jarayoni.
Proper Stance	Правильная стойка	To'g'ri pozitsiya	To'pni samarali o'tish uchun tananing boshlang'ich holati yoki turishi.
Wide Base	Широкая основа	Keng taglik	Oyoqlarni yelka kengligidan biroz kengroq joylashtirish.
Push Off Side to Side	Отталкиваться в стороны	Yon tomonga itarilish	Yon tomonga harakatlanish uchun oyoq bilan yerga bosish.
Slightly Ahead	Немного вперед	Biroz oldinda	Bir oyog'ni boshqasidan biroz oldinda joylashtirish.
Slightly Bent	Слегка согнуты	Biroz egilgan	Tizzalar yoki boshqa bo'g'imlarni biroz egilgan holatda ushlab.
Forward of the Toes	Впереди пальцев ног	Oyoq barmoqlari oldida	Tizzalar oyoq barmoqlaridan oldinda joylashgan holat.
Body Weight	Вес тела	Tanadagi og'irlik	Tanani yerga bosuvchi kuch yoki siqim.
Balls of the Feet	Подушечки стоп	Oyoq panjalari	Oyoqning oldingi qismi, oyoq barmoqlari osti va biroz orqasida joylashgan.
45-degree Angle to Floor	Угол 45 градусов к полу	Polga 45 daraja burchak	Orqa va yelkalar bilan pol orasida hosil bo'lgan 45 daraja burchak.
Correct Platform	Правильная платформа	To'g'ri platforma	To'pni qabul qilish uchun qo'l va qo'llarning to'g'ri holati.
Prior to Movement	До движения	Harakatdan oldin	Harakat boshlanishidan avvalgi holat yoki vaqt.
Upper Body	Верхняя часть тела	Tananing yuqori qismi	Bel va bo'yin ostidan yuqori bo'lgan tana qismi.
Relaxed in Preparation	Расслабленный в подготовке	Tayyorlanishda bo'shagan	To'pni qabul qilishga tayyorlanayotganda mushaklarning bo'sh holati.

UNIT 6

Angle left	Поворот влево	Chap tomonga burilish	To'pga nishon olish uchun tananing yoki platformaning chap tomonga burilishi.
Receiver tilts shoulders and angles platform to target	Приёмщик наклоняет плечи и направляет платформу в цель	Qabul qiluvchi yelkasini egadi va platformani nishonga yo'naltiradi	Qabul qiluvchi to'pni aniq o'tkazish uchun yelka va qo'l platformasini maqsadga to'g'ri yo'naltiradi.
Receiver drops to one knee	Приёмщик опускается на одно колено	Qabul qiluvchi bir tizzasini yerga qo'yadi	Past kelgan to'pni yaxshiroq qabul qilish uchun qabul qiluvchi bir tizzasini yerga qo'yadi.
Receiver drops to both knees	Приёмщик опускается на оба колена	Qabul qiluvchi ikkala tizzasini yerga qo'yadi	Juda past kelgan to'pni qabul qilishda, qabul qiluvchi ikkala tizzasini yerga qo'yadi.
Passer shuffles through	Подающий скользит в стороны	Pas beruvchi yon tomonlarga harakat qiladi (yengil qadamlar bilan siljiydi)	Pas beruvchi to'pga yengil qadamlar bilan siljib, harakat qilgan holda pasni amalga oshiradi.
Errant pass	Неточный пас	Noto'g'ri pas	Maqsaddan chiqib ketgan, xato yoki aniq bo'lmagan pas.
Executing the pass	Выполнение паса	Pasni amalga oshirish	To'pni to'g'ri tana harakati va pozitsiyasi bilan uzatish jarayoni.
Cushioning the ball	Амортизация мяча	To'pni yumshatish	Kuchli zarbani kamaytirish uchun qo'l va yelkalarni bo'shashtirib, to'pning tezligini yumshatish texnikasi.
Hard-driven serve	Сильная подача	Kuchli zarba	Tez va kuchli yuborilgan xizmat, qabul qilish qiyin bo'ladi.
Shuffle through	Скользить сквозь	To'p orqali siljish	Harakatda bo'lib, to'pga yaqinlashib pas berish texnikasi.
Above-mentioned	Вышеупомянутый	Yuqorida aytib o'tilgan	Matnda oldin tilga olingan yoki ko'rsatilgan.
Passers	Подающие	Pas beruvchilar	To'pni qabul qilib, uni uzatuvchi o'yinchilar.
Receiver	Приёмщик	Qabul qiluvchi	To'pni xizmatdan qabul qiluvchi o'yinchi.
Platform	Платформа	Qo'l platformasi	Qo'llar birlashtirilgan holatda to'pni uzatish uchun tayyorlangan yuzasi.

Knee bend	Сгибание колена	Tizza bukish	Sakrash yoki pas berishda tizzani bukish harakati.
Body position	Положение тела	Tananing holati	O'yinchi tanasining joylashuvi va harakatdagi holati.
Foot placement	Положение стопы	Oyoqning joylashuvi	Oyoqlarni yerga qanday qo'yilishi.
Shoulder tilt	Наклон плеч	Yelkaning egilishi	To'pni aniq qabul qilish uchun yelkani biroz egish harakati.

UNIT 7

Base position	Базовая позиция	Asosiy pozitsiya	O'yinchining tarmoqdan ma'lum masofada joylashgan boshlang'ich holati, maydonni samarali qoplash uchun.
Two-thirds of the way back	На две трети пути назад	Orqaga uchdan ikki qismi	Tarmoqdan maydonning taxminan uchdan ikki qismiga joylashish holati.
Three-meter line	Линия трех метров	Uch metr chizig'i	Voleybol maydonidagi tarmoqdan 3 metr masofada joylashgan chiziq.
Endline	Конечная линия	Oxirgi chiziq	Maydonning orqa qismidagi chiziq, o'yin maydonining chekkasi.
Server	Подающий	Xizmat qiluvchi	To'pni o'yinni boshlash uchun tashlovchi o'yinchi.
Attack	Атака	Hujum	To'pni raqib maydoniga kuch bilan urish yoki hujum qilish harakati.
Hitters	Нападающие	Hujumchilar	Hujumda to'pni uradigan o'yinchilar.
Setter	Связующий	Setchi	O'yinni tashkil qiluvchi, to'pni hujumchilar uchun aniq uzatuvchi o'yinchi.
Back row	Задний ряд	Orqa qatlam	Maydonning orqa qismidagi o'yinchilar joylashgan qatlam.
Front row	Передний ряд	Old qatlam	Maydonning old qismidagi o'yinchilar joylashgan qatlam.
Serve-receive	Прием подачи	Qabul qilish	Xizmatni qabul qilish jarayoni, o'yinni davom ettirish uchun to'pni olish.
Move	Двигаться	Harakat qilish	O'z pozitsiyasidan boshqa joyga o'zgarmoq, harakatga kelmoq.
Left	Левый	Chap	Maydonning chap tomoni yoki chapdagi o'yinchi.
In	В игре	Maydonda	To'pning maydon ichida ekanligini bildiruvchi atama.

Out	Вне игры	Maydon tashqarisida	To'pning maydon tashqarisida ekanligini bildiruvchi atama.
Intended receiver	Предназначенный принимающий	Mo'ljallangan qabul qiluvchi	To'pni qabul qilish uchun tayinlangan o'yinchi.
Transition	Переход	O'tish	Himoyadan hujumga yoki aksincha o'tish jarayoni.
Communication	Общение	Aloqa	O'yinchilar o'rtasidagi so'zli yoki imo-ishora orqali axborot almashinuvi.
Responsibility	Ответственность	Mas'uliyat	O'yinchining o'z vazifasi yoki zimmasiga olgan ishining javobgarligi.
Focus	Фокус	Diqqat	Maqsadga yoki muhim narsaga e'tibor qaratish holati.
Call the ball	Звать мяч	To'pni chaqirish	To'pni qabul qiluvchi o'yinchi tomonidan boshqalarga to'pni olishini bildirish.
Slight adjustments	Незначительные корректировки	Biroz o'zgartirishlar	Vaziyatga qarab maydon pozitsiyasida yoki harakatda kichik o'zgarishlar qilish.
Front row players	Игроки переднего ряда	Old qatlam o'yinchilari	Maydonning old qatlamida o'ynaydigan o'yinchilar.
Back row players	Игроки заднего ряда	Orqa qatlam o'yinchilari	Maydonning orqa qatlamida o'ynaydigan o'yinchilar.

UNIT 8

Setter	Сеттер	Seter	To'pni hujumga tayyorlovchi o'yinchi.
Wrist	Запястье	Bilak	Qo'lning qo'l bilan qo'ltiq orasidagi bo'g'im.
Cocked	Откинутый назад	Orqaga egilgan	Qo'l yoki bilak harakatga tayyor holatda egilgan.
Fingers	Пальцы	Barmoqlar	Qo'lning uch qismini tashkil qiluvchi a'zolar.
Finger pads	Подушечки пальцев	Barmoq yostiqlari	Barmoqlarning yumshoq qismi, to'pni ushlashda ishlatiladi.
Elbows	Локти	Tirsaklar	Qo'lning yuqori va pastki qismini bog'laydigan bo'g'im.
Flexed	Согнутый	Egilgan	Bo'g'im yoki mushaklarni egib, tayyor holatga keltirish.
Contact	Контакт	Aloqa	To'p bilan tegish yoki zarba berish holati.
Recoil	Отскок	Orqaga qaytish	Zarba ta'siridan keyin bilak yoki bo'g'imning orqaga siljishi.

Extend	Вытягивать	Cho‘zmoq	Qo‘l yoki bilakni to‘liq cho‘zish harakati.
Strength	Сила	Kuch	Mushaklar yoki tana kuchi, zo‘riqish qobiliyati.
Generate	Генерировать	Hosil qilmoq	Kuch yoki harakat yaratmoq, ishlab chiqarmoq.
Increase	Увеличивать	Oshirmoq	Miqdor yoki sifatni ko‘paytirmoq, kuchaytirmoq.
Delivery	Подача	Yetkazib berish	To‘pni maqsadga yuborish harakati.
Follow-through	Завершение движения	Harakatni davom ettirish	To‘pni qo‘yib yuborganidan keyin qo‘l harakatining tugashi.
Allow	Позволять	Imkon bermoq	Biror harakatni amalga oshirishga ruxsat bermoq.
Struggle with	Испытывать трудности	Qiynalmoq	Biror narsani qilishda qiyinchilik sezmoq.
Forehead	Лоб	Peshona	Boshning ko‘zlar ustidagi qismi.
Target	Цель	Maqsad	To‘p yuboriladigan yoki yo‘naltiriladigan nuqta.
Cue	Подсказка	Belgilar	O‘rganishda yordam beruvchi signal yoki maslahat.
Dump	Выливать	To‘kmoq	Suv yoki suyuqlikni tezda quyish harakati.

UNIT 9

Dig	Диг	Dig (himoya harakati)	Raqibning zarbasini (spike yoki tip) to‘p yerga tegmasligi uchun oldini olish usuli.
Defensive technique	Защитная техника	Himoya texnikasi	Raqib hujumini oldini olish uchun ishlatiladigan harakat usuli.
Spike	Спайк	Spayk	Kuchli va yuqoridan qattiq zarba berish orqali to‘pni tashlash.
Tip	Тихий удар (тип)	Tip	Yumshoq va yuqoridan nozik zarba berish orqali to‘pni tashlash.
Bent knees	Согнутые колени	Egilgan tizza	Tizzalarni bukilgan holatda ushlab turish, tayyorlanish pozitsiyasi.
Forearms	Предплечья	Bilaklar	Qo‘l bilagining tirsakdan qo‘lka tomon bo‘lgan qismi.
Redirect	Перенаправлять	Yo‘naltirmoq	To‘pning yo‘nalishini o‘zgartirish.
Teammate	Товарищ по команде	Jamoa a‘zosi	O‘yinchi yoki guruh a‘zosi.
Stance	Поза	Pozitsiya	Harakatga tayyor turish holati.
Athletic stance	Спортивная стойка	Sport pozitsiyasi	Kuchli, tayyor holatda turgan tana pozitsiyasi.
Platform	Платформа	Platforma	Bilaklar bilan hosil qilinadigan tekis yuzasi, to‘pni urishda ishlatiladi.

Split step	Сплит-степ	Bo'lingan qadam	Tez harakatga tayyorlanish uchun oyoqlarni tez va kichik tarzda bo'lish harakati.
Stationary dig	Статичный диг	Statik dig	To'p bevosita o'yinchiga kelganda joydan ko'p harakat qilmasdan qilish.
Side dig	Боковой диг	Yon dig	Yon tomonga harakat qilib to'pni qabul qilish.
Diving dig	Прыжковый диг	Sakrashli dig	To'pni olish uchun yerga sakrab tushish.
Overhead dig	Верхний диг	Yuqoridan dig	Qo'llar bosh ustida bo'lgan holatda bajariladigan dig turi.
Control	Контроль	Nazorat	To'p ustidan boshqaruv va yo'naltirish qobiliyati.
Cushion the ball	Амортизировать мяч	To'pni yumshatmoq	Kuchli zarbani kamaytirib, to'p tezligini pasaytirish.
Add impetus	Придавать импульс	Kuch qo'shmoq	Sekin kelayotgan to'pga kuch va harakat qo'shish.
Velocity	Скорость	Tezlik	To'pning harakat tezligi.
Absorb the ball	Поглощать мяч	To'pni yutmoq	To'pning zarbasini o'z tanasi yoki qo'llari bilan yumshatib qabul qilish.
Juggling	Жонглирование	Janglash	To'pni barmoqlar yoki panjalar bilan yuqoriga urib o'ynash texnikasi.
One-handed poke	Одноручный удар	Bir qo'l bilan urish	Bir qo'l yordamida to'pni yuqoriga urish harakati.
Pancake	Ладонь на полу (панкейк)	Pancake (to'pni yerda ushlab)	Qo'lni yerga tekis qo'yib, to'pni orqasidan ushlab qolish usuli.
Sprawl	Растяжка	Yotish	Tana va qo'llarni keng yoyib yerga cho'zilish harakati.
Collapse	Обрушение	Yiqqilmoq	To'planmay yoki kuchsizlanib, yerga yiqilish.
J-stroke	Джей-удар	J-shtrix (kanotda)	Kanotni to'g'ri ushlab yuritish uchun ishlatiladigan "J" shaklidagi harakat.

UNIT 10

Blocker	Блокирующий	To'suvchi	To'pni raqib hujumidan oldini olish uchun to'sib qo'yuvchi o'yinchi.
Jump	Прыжок	Sakrash	Havoga ko'tarilish harakati.
Quick	Быстрый	Tez	Juda tez yoki tezkor harakat.
Deflect	Отклонять	Yo'naltirish	To'pni boshqa tomonga yo'naltirish.
Position	Позиция	Pozitsiya	O'yinchining joylashuvi yoki holati maydonda.
Swing Blocking	Блокировка с замахом	Kattalashtirilgan to'sish	Qo'l va qo'llarni tez harakatlantirib blok qilish texnikasi.

Soft Blocking	Мягкий блок	Yumshoq to'sish	To'pni kuch ishlatmasdan, nazorat bilan to'sish.
Penetrating the Net Plane	Проникновение через сетку	To'r yuzasiga kirib borish	To'r ustidan qo'lni chiqarib, to'pni oldini olish.
Jousting	Борьба у сетки	To'r yonida kurash	Ikkala jamoaning bir vaqtda to'pga tegishi holati.
Proper Hand Technique	Правильная техника рук	To'g'ri qo'l texnikasi	To'pni samarali to'sish uchun qo'lni to'g'ri joylashtirish.
Angle of Hands	Угол рук	Qo'l burchagi	Qo'llarning to'pni yo'naltirish uchun egilgan burchagi.
Push Step	Шаг толчка	Itarish qadam	Blok uchun tez pozitsiyaga o'tish uchun qadam.
First Step	Первый шаг	Birinchi qadam	Blok uchun birinchi qadam, harakat boshlanishi.
Deflection Blocking	Блокировка с отклонением	Yo'naltiruvchi to'sish	To'pni o'yinchiga yoki maydon ichiga yo'naltirish uchun blok qilish.

UNIT 11

Offense	Атака	Hujum	Raqib himoyasini yorib o'tish maqsadida bajariladigan hujum harakatlari.
Defense	Защита	Himoya	Raqib hujumini to'xtatishga qaratilgan o'yin uslubi.
Serve Receive	Приём подачи	To'p qabul qilish	Raqibning uzatgan to'pini qabul qilib, hujumga tayyorlash bosqichi.
Setter	Связующий	Pas beruvchi	Hujumni boshqaruvchi o'yinchi; to'pni hujumchilar uchun qulay joyga uzatadi.
Outside Hitter	Нападающий с края	Tashqi zarbach	Chap yoki o'ng qanotdan hujum qiladigan o'yinchi; ko'pincha pasda ham yordam beradi.
Middle Hitter	Центральный нападающий	Markaziy zarbach	To'r markazida joylashib, tez hujumlar va blokka javobgar o'yinchi.
Opposite Hitter	Диагональный нападающий	Qarama-qarshi zarbach	Pas beruvchiga qarama-qarshi pozitsiyada o'ynaydi; qiyin to'plarni hujum qiladi.
Libero	Либеро	Libero	Faqat himoyada qatnashadigan maxsus o'yinchi, zarba qilmaydi, to'p qabulni yaxshilaydi.
Free Ball	Свободный мяч	Erkin to'p	Raqib kuchsiz uzatgan, himoya uchun qulay bo'lgan to'p.

Down Ball	Слабая атака	Yumshoq zarba	Raqib tomonidan kuchsiz yuborilgan, lekin hujum sifatida baholanadigan to'p.
Free-Ball Offense	Атака после свободного мяча	Erkin to'pdan hujum	Raqibning kuchsiz uzatmasidan keyingi hujum harakati.
Transition Offense	Атака в переходе	O'tish holatdagi hujum	Himoyadan hujumga tezkor o'tishda amalga oshiriladigan hujum.
Sideout Offense	Атака после приёма подачи	To'p qabuldan keyingi hujum	Raqibning servisini qabul qilib, zudlik bilan hujumga o'tish.
Attack Patterns	Схемы атаки	Hujum sxemalari	Turli joylardan va burchaklardan hujum qilinadigan uslublar.
W-Shape Formation	Расстановка W-формой	W shaklidagi joylashuv	Beshta to'p qabul qiluvchi o'yinchidan iborat format.
U-Shape Formation	Расстановка U-формой	U shaklidagi joylashuv	To'rtta to'p qabul qiluvchi o'yinchi bilan tuzilgan joylashuv.
Three-Person Pattern	Трёхчеловеческий приём	Uchtalik to'p qabul qilish	Uchtalik xizmat qabul formasi; yaxshi pasli jamoalar foydalanadi.
Two-Person Passers	Двое на приёме	Ikki o'yinchilik qabul	Ikki kuchli pas beruvchi orqali xizmat qabul qilish strategiyasi.
Power	Сила	Kuch	Hujumdagi zarbalar kuchi.
Creativity	Креативность	Yaratijchilik	Turli xil hujum uslublarini qo'llay olish qobiliyati.
Timing	Тайминг	Vaqt tanlash	Hujumni to'g'ri vaqtda bajarish qobiliyati.
Teamwork	Командная работа	Jamoaviy ish	Barcha o'yinchilarning birgalikda ishlashi.
Errors	Ошибки	Xatolar	Noto'g'ri harakatlar natijasida yuzaga keladigan muammolar.
Strategic Planning	Стратегическое планирование	Strategik rejalashtirish	Hujumga oldindan tayyorlanish va rejani tuzish.
Versatile	Универсальный	Ko'p qirrali	Bir nechta rolni bajara oladigan o'yinchi yoki taktika.

UNIT 12

Defensive position	Защитная позиция	Himoya holati	To'pni qaytarish uchun tananing pastga egilgan, tayyor holati.
Medium position	Средняя позиция	O'rta pozitsiya	Raqib zarba berishidan oldingi, yengil harakatga tayyor holat.
Base (of support)	Основа (опоры)	Tayanch bazasi	Oyoq, tizza va bel orqali tanani barqaror tutuvchi poydevor.
Platform	Платформа	Platforma	Dig (qazib olish) uchun qo'llarni birlashtirgan holat.
Dig	Поднять мяч	To'pni qazib olish	Kuchli zarba bilan pastdan kelgan to'pni qo'l bilan qaytarish.
Reaction time	Время реакции	Reaksiya vaqti	To'p harakatiga tezda javob qaytarish uchun zarur vaqt.

Lateral movement	Боковое движение	Yon harakat	Himoyada o'ng yoki chapga tez harakatlanish.
Bent knees	Согнутые колени	Egilgan tizzalar	Himoyaviy pozitsiyada tizzalar bukilgan bo'lishi kerak.
Weight forward	Вес вперёд	Og'irlik oldinga	Tana og'irligini oyoq oldi qismiga berish holati.
Flat back	Прямая спина	To'g'ri bel	Bel egilgan bo'lsa ham, orqa mushaklar tekis holatda bo'lishi.
Relaxed arms	Расслабленные руки	Erkin (bo'sh) qo'llar	Zo'riqmagan, harakatga tayyor holatda turgan qo'llar.
Eyes forward	Глаза вперёд	Ko'zlar oldinga qaratilgan	Doimiy ravishda raqib va to'pni kuzatish holati.
Stamina	Выносливость	Chidamlilik	Uzoq vaqt himoyaviy pozitsiyani saqlab turish qobiliyati.
Consistency	Последовательность	Barqarorlik	Har doim bir xil darajada yaxshi himoya qilish odati.
Strength training	Силовая подготовка	Kuch-g'ayrat mashqlari	Himoyaviy tayanchni mustahkamlash uchun bajariladigan jismoniy mashqlar.

UNIT 13

Transition	Переход	O'tish holati	O'yin davomida himoyadan hujumga (yoki aksincha) o'tish jarayoni.
Movement	Движение	Harakat	Maydonda pozitsiyalar o'zgarishi yoki o'yinchilarning joylashuvi.
Offensive	Атакующий	Hujumkor	Raqib tomoniga to'pni urib ochko olishga qaratilgan o'yin uslubi.
Defensive	Защитный	Himoyaviy	To'pni tushirmaslikka, zarbani qaytarishga qaratilgan o'yin uslubi.
Choreographed	Синхронизированный	Moslangan, uyg'un	Harakatlar puxta rejalashtirilgan va bir-biriga moslashtirilgan.
Coverage	Подстраховка	Yordamchi pozitsiya	Jamoadosh zarba olayotganida yoki blokda turganda ortiqcha xavfni qoplash holati.
Hitters	Атакующие игроки	Zarba beruvchilar	Hujumda zarba beradigan (spiker) o'yinchilar.
Free Ball	Легкий мяч	Erkin to'p	Raqib tomonidan kuchsiz yoki yuqori uzatilgan to'p — hujumga tayyorgarlik uchun imkoniyat.
Efficiency	Эффективность	Samaradorlik	Kam vaqt, harakat bilan ko'p natijaga erishish darajasi.
Speed	Скорость	Tezlik	O'yinchilarning harakatlanish tezligi va o'yindagi o'zgarishlarga javob berish darajasi.
Serve	Подача	Uruv, serve	O'yinni boshlash yoki to'pni raqib maydoniga uzatish harakati.

Coaches	Тренеры	Murabbiylar	O'yinchilarni o'rgatuvchi va boshqaruvchi shaxslar.
Skill	Навык	Ko'nikma	O'yinchining texnik va jismoniy malakasi.
Court	Площадка	Maydon	Voleybol o'yinini o'ynash uchun belgilangan joy.
Subtle	Тонкий, незаметный	Yengil, nozik	Tashqaridan bilinmaydigan, ammo muhim bo'lgan harakat yoki o'zgarish.
Competition	Соревнование	Musobaqa	Jamoalar yoki o'yinchilar o'rtasidagi sport bellashuvi.
Team Efficiency	Командная эффективность	Jamoaviy samaradorlik	Jamoa sifatida o'zaro moslashib, tez va aniq harakat qilish qobiliyati.
Defense to Offense	От защиты к атаке	Himoyadan hujumga o'tish	Himoyaviy harakatdan keyin hujum tayyorlash va amalga oshirish jarayoni.

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