Emmy

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Mrs.. Hartman

 Bump it! Set it! Spike it! Those are the words I think of when I think of volleyball. You learn bump then set them spike. Don’t forget ready potion, and your team.

Bump it! Bumping is when you put one hand over the other and move up you hit the ball off your arms.

Don’t hit it off your hands if you do you don’t know where the ball will go. Remember to move up with your knees, don’t swing your arms.

 Set it! When you set the ball you still keep your knees bent you just put your hands above your head. Hit off your fingertips. Act like your pouring pop on your head. Never, never set a serve .You will break your fingers. Like I say make a triangle with your fingers then pull your hands apart a little bit.

 Spike it! When you spike a ball you start with your opposite foot forward you take three steps forward, throw your arms back then jump up. Hit the ball down as hard as you can Don’t spike a ball if you are far away from the net it will just go straight down. I love volleyball because you can hit the hard, and serve it. You feel great when you get a point for your team. That is why I love and how to play volleyball.

232 words