Chapter 1
Introduction

Physical education is to develop human personality in its totality. In other words physical education aims at all round development of the personality of an individual or wholesome development of human personality and it includes physical, mental, social, emotional and moral aspects to make an individual a good citizen, who will be able to contribute to the development process of nation. Physical education means making an individual physically fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted.

Dr J.B. Holland said that our good mood largely depends upon our health.

The main objective of physical education are physical fitness, social efficiency and cultured richness. The objective of physical fitness refers to that where an individual has developed great endurance, speed, strength etc., physical fitness is essential to lead a happy and abundant life.

Physical education also offers a unique setting in which to foster positive interactions among students. Through quality, structured activities and games, physical education helps students develop appropriate game play behaviors, such as treating equipment and players with respect, playing fairly with regard to etiquette and demonstrating good sporting behaviors.
The purpose of physical education and sport from ancient to modern times is to assist students in developing and understanding of the historical foundations of physical education and sport so that they will be equipped to undertake further work in the socio cultural study of human movement. Students will be encouraged to seek out the meanings that sport and physical education held for people during different historical periods, and to identify the linkages between modern sports and physical education and their earlier counterparts.

History plays an important role in the moulding of the future. Events of today make the history of tomorrow. We learn by past experiences and we must give sober consideration to the history for the future development.

1.1 The Origin of volleyball

William G. Morgan who was born in the State of New York, has gone down in history as the inventor of the game of volleyball in 1895, to which he originally gave the name ‘Mintonette’.

The young Morgan, who carried out his undergraduate studies at the Springfield College of the YMCA (Young Men’s Christian Association). After graduating, Morgan spent his first year at the Auburn (Maine) YMCA, and moved to the YMCA at Holyoke (Massachusetts).

He became Director of Physical Education at this place. In this role he had the opportunity to establish, develop and direct a vast programme of exercises and sports classes for male adults.
His leadership was enthusiastically accepted, and his classes grew in numbers. He came to realize that he needed a certain type of competitive recreational game, in order to vary his programmes. Basketball was beginning to develop, seemed to suit young people, but it was necessary to find a less violent and less intense alternative for the older members.

During a demonstration game Dr Alfred remarked to Morgan that the players seemed to be volleying the ball back and forth over the net and perhaps “volleyball” would be a more descriptive name for the sports. On 7th July 1896 at Springfield college USA the first game of volleyball was played.

The sport originated in the United State and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks only behind soccer among participation sports.

Today, there are more the 46 million Americans, who play volleyball. There are 800 million players worldwide, who play volleyball at least once a week.

Volleyball is a team sport played by two teams on a playing court divided by a net. The object of the game for each team is to send the ball regularly over the net, to ground it on the opponent’s court, and to prevent the ball from being grounded on their own court. The ball is put into play by the right back row player, who serves the team is allowed to hit the ball three times (in addition to the block contact) to return it to the opponent’s court. A player is not allowed to hit the ball twice consecutively, except when he is attempting a block. The
rally continues until the ball touches the ground/Floor, goes ‘out’ or a team fails to return it to the opponent’s court or commits a fault. The perfect play in Volleyball is: pass, Set, and Spike!

1.2 History of Volley Ball

In 1895, William G. Morgan, an instructor at the Young Men’s Christian Association (YMCA) in Holyoke, decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen, which would demand less physical contact than basketball. He created the game of volleyball (at that time called mintonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average men’s head.

At that time Morgan knew of no similar game to volleyball which could guide him, he developed it from his own sports training methods and his practical experiences in the YMCA gymnasium. Describing his first experiments he said; in search of an appropriate game, tennis occurred to me, but it required rackets, balls, a net and other equipment, so it was eliminated but the idea of a net seemed a good one. We needed a ball, and among those we tried was a basketball bladder, but this was too light and too slow; we therefore tried the basketball itself, which was too big and too heavy.

In the end, Morgan asked the firm of A.G. Splading and Bros. to make a ball, which they did at their factory near Chicopee, in Massachusetts. The result was quite satisfactory; the ball was leather-covered, with a rubber inner tube; its circumference was not less than 25 and not more than 27 inches (63.5 cm and 68.6 cm, respectively)
and its weight not less than 9 and not more than 12 ounces (252 gr and 336 gr, respectively).

Early in 1896 a conference was organized at the YMCA College in Springfield, bringing together all the YMCA Directors of Physical Education. Dr. Luther Halsey Gulick, Director of the professional Physical education training school (and also Executive Director of the Department of Physical Education of the International Committee of YMCA’s) invited Morgan to make a demonstration of his game in the new college stadium. Morgan took two teams, each made up of five men (and some loyal fans) to Springfield, where the demonstration was made before the conference delegated in the East Gymnasium, The captain of one of the team was J. J. Curran and of the other John Lynch who were, respectively, Mayor and Chief of the Fire Brigade of Holyoke.

Morgan explained that the new game was designed for gymnasium or exercise halls, but could also be played in open air, an unlimited number of player could participate, the object of the game being to keep the ball in movement over a high net, from one side to the other.

Mr. Morgan explained the rules and worked on them, then gave a handwritten copy to the conference of YMCA directors of physical education, as a guide for the use and development of the game. A committee was appointed to study the rules and produce suggestions for the game’s promotion and teaching.
A brief report on the new game and its rules was published in the July 1896 edition of “Physical education” and the rules were included in the 1897 edition of the first official handbook of the North American YMCA Athletic League.

On July 7, 1896 at Springfield College the first game of volleyball was played.

In 1900, a special ball was designed for the sport.

1900 YMCA spread Volleyball to Canada, the Orient, and the Southern Hemisphere.

1905 YMCA spread Volleyball to Cuba

1907 Volleyball was presented to the Playground of American Convection as one of the most popular sports

1909 YMCA spread Volleyball to Puerto Rico
1912 YMCA spread volleyball to Uruguay

1913 volleyball competition held in Far Eastern Games

In 1916, in the Philippines, and offensive style of passing the ball in high trajectory to be struck by another player (the set and spike) was introduced. The Filipinos developed the ‘bomba’ or kill, and called the hitter a ‘bomberino’.

1916 The NCAA was invited by the YMCA to aid in editing the rules and in promoting the sport. Volleyball was added to school and college physical education and intramural programs.

1917 YMCA spread Volleyball to Brazil.

FIVB 40th Anniversary 1947 -1987
In 1917, the game was changed from 21 to 15 points.

1919 American Expeditionary Forces distributed 16,000 Volleyballs to its troops and allies. This provided a stimulus for the growth of Volleyball in foreign lands.

In 1920, three hits per side and back row attack rules were instituted.

In 1922, the first YMCA national championships were held in Brooklyn, NY. 27 teams from 11 states were represented.

In 1928, it became clear that tournaments and rules were needed; the United States Volleyball Association (USVBA, now USA Volleyball) was formed.

1930’s Recreational sports programs became an important part of American life.

In 1930, the first woman beach game was played.

In 1937, at the AAU convention in Boston, action was taken to recognize the U.S. Volleyball Association as the official national governing body in the U.S.

Late 1940s Forearm pass introduced to the game (as desperation Play) most balls played with overhand pass.

1945 A study of recreation in the United State showed that Volleyball ranked fifth among team sports being promoted and organized.
In 1947, the Federation International De Volleyball (FIVB) was founded in Paris.

In 1948, the first women beach tournament was held.

In 1949, the first World Championships were held in Prague, Czechoslovakia.

1949 USVBA added a collegiate division, for competitive college teams. For the first ten years collegiate competition was dense. Teams formed only through the efforts of interested students and instructors. Many teams dissolved when the interested individuals left the college. Competitive teams were scattered, with no collegiate governing bodies providing leadership in the sport.

1951 Pan American Games included Volleyball.

1957 The International Olympic Committee (IOC) designated Volleyball as an Olympic team sport, to be included in the 1964 Olympic Games.

1959 International University Sports Federation (FISU) held the first University Games in Turin, Italy.

Midwestern institutions formed the Midwest Intercollegiate Volleyball Association (MIVA).

1964 Southern California Intercollegiate Volleyball Association (SCVIA) was formed in California.

1960’s new techniques added to the game included the soft spike (ding), forearm pass (bump), blocking across the net, and defensive diving and rolling.
1964, Volleyball was introduced to the Olympic games in Tokyo.

The Japanese Volleyball used in the 1964 Olympics, consisted of a rubber carcass with leather paneling. A similarly constructed ball in used in most modern competitions

In 1965, the California Beach Volleyball Association (CBVA) was formed.

1968 National Association of intercollegiate athletics (NAIA) made volleyball their fifteenth competitive sport.

1969 The Executive Committee of the NCAA proposed addition of volleyball to its programme.

In 1974, the World Championship in Mexico was telecast in Japan.

In 1975, the US National Women’s team began a year round training regime in Pasadena, Texas (Moved to Colorado Springs in 1979, Coto de Caza and Fountain Valley, CA in 1980, and San Diego, CA in 1985).

In 1983, the Association of Volleyball professional (AVP) was formed.

1986, the Women’s Professional Volleyball Association (WTA) was formed.

In 1987, the FIVB added a Beach Volleyball World Championship Series.

In 1989, the FIVB Sports Aid Program was created.
In 1990, the World League was created.

In 1994, Volleyball World Wide, was created.

In 1995, the sport of volleyball was 100 years old!

1996: 2-person beach volleyball debuted as an Olympic Sport.

1997: Dain Blanton (with Canyon Ceman) became the first African-American professional beach volleyball player to win a tournament on the Miller Lite/AVP Tour.

1998: For the first time in the FIVB World Tour, men and women players were rewarded at the same level with $170,000 in total prize money per Open event.

1999: For the first time beach volleyball was included in the Pan American Games which were held in Canada.

2000: Olympic Beach Volleyball Men's Gold medalists: Eric Fomoimoana & Dain Blanton (USA). The women's Beach Volleyball America (BVA) announces their inaugural season of play.

2001: Christopher "Sinjin" Smith plays the final match of his impressive career, a 21-19 and 24-22 loss with George Roumain to DaxHoldren and Todd Rogers in the 4th round of the contender's bracket at the AVP Manhattan Beach Open.

- 2002: Beach volleyball court dimensions reduced to 8m x 8m per side.
- 2003: KarchKiraly becomes the first player to earn US$3M in prize money and oldest player to win an AVP tournament at age 42 years, 9 months and 14 days.
- 2004: Kerri Walsh and Misty May Win the Women's Olympic Beach Volleyball Title


1.2.1 Development of Volleyball Game

William G. Morgan invented volleyball." Within a few years it has become a popular activity at YMCAs. Within a few decades volleyball has spread internationally and has become a college sport in the United States. Over time, the rules were refined to limit teams to six aside on the court and hits to three per possession. Volleyball became an Olympic sport in 1964 and beach volleyball became an Olympic sport in 1996.

Volleyball spread to Canada and then around the world. A version of the sport featuring 16 players aside was played at the first Far-Eastern Games in 1913. In 1918 the number of players on the court was limited to six per team. Another major rule change came in 1922 when the maximum number of hits per side was set at three.

The sport became a serious international competition in 1947 with the formation in Paris of the Federation International De Volley-Ball. The first World Championship was held two years later. With more than 50 million people now playing the sport in more than 60 countries by 1951, volleyball became part of the Pan-American
Games in 1955 and the Olympics in 1964. By the late 1960s, the National Association of Intercollegiate Athletics and National Collegiate Athletic Association had embraced the sport.

Get Fast Sports Performance Training Centres have been perfecting the development of Volleyball players since 1993. Through the use of specialized strength and speed equipment, analytical movement assessments and mental tenacity training, we are able to pretest Volleyball players into our system and post test them out with significant strength, power and speed gains. No matter the position, our players exit training and begin their season at absolute peak performance levels. These athletes not only avoid injury while seeing action, but also perform at significantly boosted athletic ability.

High-speed treadmills are utilized both in a forward and reverse capacity, eliciting the highest level of neuromuscular responses related to recruiting fast-twitch muscle fiber possible. Corded platform jumps and usage of our plyo-press machines to increase vertical jump. In these ideal conditions, sport-specific energy systems are developed at aggressively higher levels of performance than any other training can provide. A very specific ACL injury prevention component has been written into all protocols.

Specific to Volleyball, we provide 24,000 square feet of field turf, Solo spike hitting devices, weight room, straight track and agility training areas. These spaces are set up to focus on first step quickness, single and double leg power development, increased core strength, increased vertical jump ability, overall mental toughness and increased coordination for jumping and blocking.
Our Tested, Proven and Guaranteed position specific training protocols allow us to focus on every position on the field, no matter whether you’re an Outside hitter, Blocker Specialist or Libero.

1.2.2 Volleyball In World

The Physical Education Directors of the YMCA, encouraged particularly by two professional schools of physical education, Springfield College in Massachusetts and George Williams College in Chicago (now at Downers Grove, Illinois), adopted Volleyball in all its societies throughout the United States, Canada (in 1900 Canada became the first foreign country to adopt the game), and also in many other countries: Elwood S. Brown in the Philippines (1910), J. Howard Crocker in China, Franklin H. Brown in Japan (1908), Dr J.H. Gray in Burma, in China and in India, and other precursors in Mexico, the South-American, European and African countries.

By 1913 the development of volleyball on Asian continent was assured as, in that year, the game was included on the programme of the first Far-Eastern Games, organized in Manila. It should be noted that, for a long time, volleyball was played in Asia according to the “Brown” rules which, amongst other things, used sixteen players (to enable a greater participation in matches).

An indication of the growth of Volleyball in the United States is given in an article published in 1916 in the Spalding Volleyball guide and written by Robert C. Cubbon. In that article Cubbon estimated that the number of players had reached a total of 200,000. People subdivided in the following way: in the YMCA (boys, young Men, and older men) 70,000 , in the YWCA (girls and women) 50,000 , in
schools (boys and girls) 25,000, and in colleges (young men) 10,000. During the First World War, Dr. George J. Fisher, as Secretary of the YMCA War Work Office, made volleyball a part of the programme in military training camps, both in the USA and abroad. The Rules of Volleyball were included in the Athletic Handbooks written for those responsible for sports and recreations in the Army and Marines. Thousands of balls and nets were sent overseas to the US troops, and were also presented to the Allied Armies’ sports directors more than 16,000 volleyball were distributed to the American Expeditionary Corps forces alone.

In June, 1919, the Inter-Allies Games were organized in Paris but Volleyball was not included since the game was not yet known sufficiently well by the 18 participating allied countries to allow for a fair and balanced competition. In 1916, the YMCA managed to induce the powerful National Collegiate Athletic Association (NCAA) to publish its rules and a series of articles, contributing to the rapid growth of volleyball among young college students. In 1918 the number of players per team was limited to six and in 1922 the maximum number of authorized contact with the ball was fixed at three.

Until the early thirties volleyball was for the most part a game of leisure and recreation, and there were only few international activities and competitions. There were different rules of the game in the various parts of the world; however, national championships were played in many countries (for instance, in Eastern Europe where the level of play had reached a remarkable standard). Volleyball thus
became more and more a competitive sport with high physical and technical performance.

1.2.3 Volleyball In Asia:

The Asian Volleyball Confederation (AVC) was established on May 6, 1952, and since then AVC has become one of the largest continental volleyball associations in the world, with its member federations increasing to 65 from only 12 at the time of its set-up.

The first concept of the AVC was launched by the initiative of the late Mr. Nishikawa of Japan on April 1952, and on May 6 of the same year, AVC was officially established with 12 countries participating. The major tasks of AVC at the time were the organization of the Asian Volleyball Championships and the Volleyball Tournaments at the Asian Games.

In 1962, AVC was renamed the Asian Volleyball Federation (AVF) with 20 affiliated national federations after the FIVB Congress held in September 1961 decided to establish the continental zone committee.

The first Congress of the Asian sport Committee (ASC) was held in Tokyo with 22 national federations on October 8, 1964 and Mr. Nishikawa was elected Chairman of the ASC. Due to the revisions of the FIVB Constitution, the ASC was renamed as the Asian Volleyball Confederation. In November 1976 an extraordinary General Assembly was held in Tokyo and elected Mr. Maeda of Japan as AVC President (from 1976-1985) and at the 6th AVC General Assembly Mr. Yasutaka Matsudaira, also from Japan, in November 1985 replaced Mr. Maeda to become AVC President. The two AVC
Presidents concentrated their efforts to reorganize and consolidate the AVC organizations and its activities step by step. Asian Senior Men's and Women's Championships, Asian Junior Men's and Women's Championships began to be held on a regular basis; the Board of Administration and the 8 Technical Committees meetings are held annually, and the General Assembly is held every other year.

In 2008, the Asian Volleyball Confederation elected Mr. Saleh Bin Nasser of the Saudi Arabia as its new president. He replaced Mr. Wei Jizhong (Chinese) of China as the leader of AVC. On 19 June 2008, Mr. Wei Jizhong was elected as the third president in the history of the FIVB during the 31st FIVB World Congress in Dubai, United Arab Emirates. The handover of the FIVB presidency took place on 24 August 2008 in Beijing, China.

1.2.4 **Volleyball in India :**

Volleyball in India is a popular sport that is played in various regions of India and several reputed Volleyball tournaments are also organized as well. Volleyball in India was introduced by Physical Education instructors who came to India from abroad around 70 years ago. Volleyball comprises energetic body movements as well as rapid jumps and leaps. Being a fairly affordable sport, volleyball is played in all parts of the country around the year. Volleyball in India is played by several educational institutions and the armed forces also.

The Indian Volleyball team secured third place and the bronze at the Asian games in 1958 at Tokyo, the year in which the game was first introduced in the event. The Y.M.C.A. College of Physical Education in Madras (now Chennai) first began training its students in
the sport, which then eventually spread to other parts of the country. Initially, the game was managed by Indian Olympic Association and the Interstate Volleyball Championship was conducted every 2 years, between the years 1936 and 1950. At the time, the Championship was organized for male players only. In the year 1951, the Volleyball Federation of India was established and since then the national team had participated in several international championships like Asian Championship, Commonwealth Games, and Asian Games etc. After Indian independence, the first Indian National Championship was organized in 1952 at Chennai. The game was there upon organized for both men and women.

The popularity of volleyball in India made it the only game to make a stable place in the South Asian Federation Games (SAF) in 1987 in Kolkata. In the year 1991, the Indian Volleyball team regained its gold medal in Colombo games. The Indian Women Volleyball team distinguished itself in the 1993 SAF games in Dhaka, although it is yet to make a mark in the Asian games. Indian volleyball witnessed its best in the year 2003, when the Indian team won an Asian Games title at the Rajiv Gandhi Port indoor stadium in Vishakhapatnam. The Indian junior team also qualified for the World Championship at the end of the year 2002. It won the Asian Games in Iran in 2010.

In the long history of Asian volleyball, India has always had the problem of breaking the monopoly of the three giants, Korea, China and Japan. Whether it was senior championship or junior events, the trio had shut out the other nations to take the first three slots.
However, in 1980 the Indian junior side broke that monopoly to get into the first three positions and qualified for the World championship for the first time. That team was groomed and the Indian seniors sprang a big surprise by beating Japan and clinched the bronze medal in the 1986 Seoul Asian Games. This was the first time that an Asian nation other than the trio managed to win a medal in Asian competitions.

After that India's stock went down again, though the Indian junior side continued to be No. 4 in Asia till 1994 when the Juniors beat China and Japan twice — in the Asian championship and Asian qualifier — to make it to the World championship under the guidance of National coach Shyam Sundar Rao. But in the last three or four years Iran had emerged as a volleyball power. In the last Asian junior championship it won the title, beating India in the final.

In the last Youth championship in 2001, Iran, South Korea, Chinese-Taipei and DPR Korea made it to the semi-finals and finished in that order. But this time South Korea, which looked disjointed and under prepared, lost all its four matches in the five-team group and did not even qualify for the quarter-finals as only four sides were selected from that pool. Chinese-Taipei fought to some extent, but could not arrest the slide. It finished eighth in the competition. So the tussle for supremacy took its toll.

Iran's block had been weak and it was making up through attack and jump serve. But against India it could not gain its rhythm and Soleymani was blocked so strongly that he was confused not knowing what to do. The Indians put the fear of God in the rivals. With
Kamaraj setting superbly despite poor first pass sometimes, India maintained the momentum right through. It was so confident that it even wiped out five-point deficit in the second set to win it. However, in the third set at 20-19 left-hander Salehi served well and Iran managed to take it. But India bounced back to finish off Iran amid deafening noise. There was all-round celebration because of the great victory.

1.2.5 The Birth of National Volleyball Associations:

Many countries had established their own national volleyball associations, and the interest in international competition and organization became evident.

In 1922, the Czechoslovakian Basketball and Volleyball Federation became the first of its type, soon to be followed by the Bulgarians and the Soviets.

In Spain, the Toledo Central School of Gymnastics published the first book of rules. In 1928, the American Volleyball Association was formally set up, although the first national Volleyball championships of the USA took place in 1922 (at the Brooklyn Central YMCA with 23 well-prepared teams from YMCA’s in 11 states and Canada). The Japanese Federation was set up one year later, in 1929; and in that same year the Cubans organized the first tournament according to American rules as part of the Central American and Caribbean Games Four years later, in 1933. El-Salvador organized the same Games and added a Women’s tournament to the programme, they also played according to the American rules.
During the period between the Wars the game of Volleyball was tested and found interest in numerous countries around the world.

During the 1936 Olympic Games in Berlin, steps were again taken to establish an International Volleyball Federation, and the Technical Committee for Volleyball of the International Field Handball Federation was formed with representatives from Poland, USA, Estonia, Germany, and Czechoslovakia; a total of twenty-two countries applied to the Technical Committee; 13 from Europe, 5 from Africa, and 4 from Asia. International links between national teams and federations, especially in Europe, were established, notably between Poland and France, the latter led by Felix Castellan, first president of the French Federation which had been set up in 1936.

1.2.6 Volleyball Federation of India (VFI)

The Volleyball Federation of India was formed in the year 1951. Prior to the formation of the Volleyball Federation of India (VFI), the game was controlled by the Indian Olympic Association (IOA) and at that time the Interstate Volleyball Championship was held every two years from 1936 to 1950 for men only. The first Championship was held in the year 1936 at Lahore (now in Pakistan). In 1951, Volleyball Federation of India was formed and its first meeting was held in Ludhiana (Punjab).

1.2.7 Former Players.

- T.P.P. Nair
- Balwant Singh Sagwal
- Abdul Basith
- Jimmy George
1.2.8 The Birth of the FIVB

In January 1946, the A.C. Spartan Prague team, at the time one of the leading clubs in Czechoslovakia, travelled to Poland with a basketball team. During their stay in Warsaw, the Polish volleyball federation and its President, Mr. Wirsxyllo, organized a match between its representatives and a few Czech members guided by Mr. Jerabek. The conditions of play were, however, difficult since no international rules existed.

The most important event during this visit to Warsaw was a meeting organized by the Polish Federation with their Czechoslovakian counterparts. In this meeting the MCA building was lit by a small kerosene lamp. It was decided, during this meeting that in order to further promote closer relations with other countries in Europe, contact with the West and South European states, whereas the Polish would establish contacts with the Soviet Union and the Balkan countries.
One of the major results of this policy was the organization of an international match between Czechoslovakia and France. This game – the first in Czechoslovakia international volleyball history took place in Prague on August 27, 1946, in the presence of some 5000 spectators. The Czechs won easily by 3 sets to 0.

This meeting started by the reading of written declaration of support which had been sent by the Federation of Italy, Yugoslavia, Rumania, and Belgium. It then proceeded to establish the so-called “autonomous volleyball commission” composed of the following members. Ronald Wirszyllo (POL), President; Paul Labuan (FRA), vice-president, and Josef Cabala (TCH), general secretary, together with a representative each from the Soviet Union, the USA, and Rumania. The assistant to the general secretary was Mr. Castellan (FRA). The main aim of the commission was to lay the foundations of an international volleyball federation, together with much publicity as possible to volleyball in all countries; to create a unified set of rules of the game using a basis of the American rules; the organization of some championships (European and World Championships) in Prague; the inclusion of volleyball in to the programme of the Olympic Games and the convening of Constitutive Congress in Paris, to be held in 1947.

The organization of this first Constitutive Congress was entrusted to the President of the French Volleyball Federation, Paul Labuan. It took place in Paris from April 18 to 20, 1947, in the splendid rooms of the Grand Hotel with the participation of 14 Federations, some of which had been delegated to act for other Federation.
The Beginning of the FIVB World Championships, the first World Championships were organized in 1949 for Men and 1952 for Women and both have remained the biggest events in volleyball, along with the Olympic Games, since 1964. The world competitions immediately generated enthusiasm, and the number of players and National Federations affiliated with the FIVB grew by leaps and bounds. Volleyball fever had caught on just about everywhere and increased rapidly. FIVB promoted events began to multiply.

Olympic Games testifying to the prestige attained in 1959 at the IOC session in Munich, volleyball were included as a medal sport in the Olympic Games. The game was played with 10 Men’s and six Women’s teams for the first time at the 1964 Tokyo Olympics, where the Japanese Women and USSR Men won gold medals. Consequently, the Volleyball phenomenon started in Japan soon after the Games. Thirty-two years later, at the Atlanta Games, Beach Volleyball, one of the world’s fastest-growing sports, made its Olympic debut as Volleyball’s successful second discipline.

The World Cup In 1965, Poland hosted the first World Cup for Men before Uruguay hosted the first World Cup for Women in 1973. Following the first two editions for Men and the first edition for Women, Japan gave new life to Men’s and Women’s World Cups by staging the third and second editions respectively in 1977. From there on until today, with the sponsorship of Fuji Television, the quadrennial World Cup has become a major event and qualifies three teams for the Olympic Games.
From game to great TV spectacle at the same time, volleyball went through a number of modifications to change the face of the sport. The need to make it more telegenic in order to attract fans and sponsors led to major modifications in 1998, such as the introduction of the Rally Point System, the Libero player, the “let ball in play” rule and many other new rules that makes the game much more attractive.

The FIVB consists of 220 affiliated federations and governs, manages and promotes all forms of volleyball and beach volleyball worldwide through tournaments such as the World Championships, World League, World Grand Prix, World Cup, Grand Champions Cup, Club World Championships, FIVB Swatch World Tour, FIVB Swatch World Championships, Beach Volleyball Continental Cup and Beach Volleyball World Cup, Junior and Youth tournaments and, of course, the Olympics.

**KEY DATES**

1954: Asian Confederation is created as a Zone Commission
1958: South America is created as a Zone Commission
1963: European Confederation is created as a Zone Commission
1967: African Confederation is created as a Zone Commission
1969: NORCECA (North, Central American and Caribbean) Confederation is created as a Zone Commission
1972: The five Continental Zone Sport Commissions are recognized as Continental Confederations.
1993: FIVB becomes the largest sports organization in the world with 210 affiliated member associations.
1.2.9 FIVB Volleyball World Cup

The FIVB Volleyball World Cup is a men's and women's volleyball competition. Created in 1965 (men) and 1973 (women), it is an international qualification event for the Olympic Games. It is not to be confused with the World Championship or the World League/World Grand Prix.

The World Cup was created in 1965 with the purpose of partially filling the gap between the two most important volleyball tournaments, the Olympic Games and the World Championship, which take place in alternating 4-year cycles. The establishment of a third international competition would leave only one in every four years with no major events.

The World Cup was to be held in the year following the Olympic Games. The first two tournaments were for men's volleyball only; in 1973, a women's tournament was also introduced. Originally, each tournament had a different host, but in 1977 the competition was transferred to Japan on a permanent basis.

With the competition now set as a qualifying event for the Olympic Games, Soviet Union, led by Dmitri Fomin won the title in 1991, at the brink of dissolution. The Italians, who hadn't participated in this edition, finally conquered their gold medal in 1995.

Inheriting a large part of the former Soviet volleyball programme, Russia was the winner in 1999. In the following two editions, played in 2003 and 2007 respectively, were won by favorite Brazil.
The first edition of the tournament was won by the Soviet Union. Japan, the runner-up of 1973, took the gold in 1977. With the help of superstar player Lang Ping, China won the following two editions, in 1981 and 1985.

Then Cuba stepped forward to begin its amazing World Cup career, winning its first title in 1989. With the tournament now as an Olympic qualifier, there followed three more consecutive victories, in 1991, 1995 and 1999.

1.2.10 Beach volleyball

Beach volleyball is a team sport played by two teams of two players on a sand court divided by a net. It has been an Olympic discipline since the 1996 Games.

As in indoor volleyball, the object of the game is to send the ball over the net and to ground it on the opponent's court, and to prevent the same effort by the opponent. A team is allowed up to three touches to return the ball across the net. The ball is put in play with a service—a hit by the server from behind the rear court boundary over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out", or is not returned properly.

The team winning a rally scores a point and serves to start the following rally. The four players serve in the same sequence throughout the match, changing server each time a rally is won by the receiving team. Originating in Southern California (United States), beach volleyball has achieved worldwide popularity.
In 1920, new jetties in Santa Monica, California created a large sandy area for public enjoyment, planting the seed for beach volleyball development in that region. The first permanent nets began to appear, and people soon began playing recreational games on public parts of the beach and in private beach clubs. Eleven such beach clubs appeared in the Santa Monica area, beginning in late 1922. The first inter-club competitions were staged in 1924.

Most of these early beach volleyball matches were played with teams of at least six players per side, much like indoor volleyball. The concept of the modern two-man beach volleyball game is credited to Paul "Pablo" Johnson, an indoor player of Santa Monica Athletic Club. In the summer of 1930, while waiting for players to show up for a six-man game, Johnson decided to try playing with only the two people present. The game was forever changed. Though recreational games continue to be played with more players, the most widely played version of the game, and the only one contested at an elite level, has only two players per team.

In the meanwhile, beach volleyball gained big popularity: in the 1960s The Beatles tried playing in Los Angeles and even US president John was seen attending a match.

1.2.11 Beach Volleyball Rules

Rule differences between beach and indoor Beach volleyball is fundamentally similar to indoor volleyball: a team scores points by grounding the ball on the opponents' court, or when the opposing team commits a fault consecutive contacts must be made by different players
The major differences between beach and indoor volleyball are:

- Playing surface – sand rather than hard court
- Bare feet are allowed for the players
- The dimensions of the court are 16 by 8 meters, compared to 18 by 9 meters in the indoor game.
- The beach court has no "attack line", unlike the indoor court, which has such a line 3 meters from the net.
- Team size – two rather than six, with no substitutions allowed
- Scoring system – best of 3 sets played to 21 (15 for a deciding set) rather than best of 5 to 25
- A block at the net counts as one of the three allowed touches in the beach game, but not in the indoor game
- Coaching during matches is not allowed
- There are no rotation errors on the beach – players may switch sides at will
- It is legal to cross under the net in beach volleyball as long as it does not interfere with opponents' play
- Teams switch ends of the court every seven points, rather than between sets
- There is no Libero in beach like there is in indoor

The only similarity in the courts used in the two forms of volleyball is the net. In both versions, the height of the net is 2.43 meters for men and 2.24 meters for women.
The first to win two sets wins the match. A set is won by the first team to reach 21 points (15 points in the deciding final set) with a two-point advantage. Thus, if the score is 21–20 (or 15–14 in a final set) the set continues.

Whenever a team fails to execute a legal service or to return the ball, or commits any other fault, the opposing team wins the rally, scores a point, and serves to start the following rally.

**1.2.12 FIVB Beach Volleyball World Championships:**

The **FIVB Beach Volleyball World Championships** is an international beach volleyball double-gender championship held every two years.

The first official edition of this event, was the 1997 Beach Volleyball World Championships in Los Angeles, California. Before that there had been ten unofficial championships (1987–1996) all held in Rio de Janeiro, Brazil. It was hosted in 2005 in Berlin, in 2007 in Gstaad, in 2009 in Stavanger and in 2011 in Rome.

**1.2.13 Volleyball Rules and Regulations**

1. The team winning the toss of coin shall have the privilege of either serving first or taking court preference in the first game.
2. The player in the right back position for either team shall be the first server for his team. Thereafter, the serving team must rotate in a clockwise circle. The right from player rotates to the serving area.
3. The ball is served from within the serving area specified. The server’s body may be over the line in the air, but he shall not touch the line or anywhere before the line until the ball is in contact.
4. The server may strike the ball with one hand, or hit out of air after the server releases it.

5. All players, except the server, shall be within the team boundary lines or the playing area.

6. A point is scored when the opponents fail to return the ball, or commit a foul.

7. The ball must be clearly hit. There shall be no catching, hesitation, pushing, carrying, or throwing of the ball.

8. A team shall not have more than three hits before the ball crosses the net into the opponent’s playing area. When the team’s first contact is a block, the next contact is considered the team’s first hit.

9. A ball is dead, when it touches ground antennas, or passes outside the net antennas.

10. Screening of the server is not permissible. A screen is an act intentional or unintentional, which obstruct the receiving player’s view of the server or the flight of the ball from the server.

11. The back row player may jump to spike a ball anywhere behind the attacking line.

12. The player shall not play the ball twice in succession. The only exceptions to this rule are in the cases of simultaneous contact by teammate or between opponents, and if there should be two or more players involved in block.
13. A match shall consist of the best of 5 games.

14. When there is a double violation with both teams at fault, no point is scored and a replay is ordered.

15. A ball landing on a boundary line is ‘in’.

16. If a ball touches a player or a player touches a ball, he is considered as having played the ball. If the ball hits two or more blockers after being spiked, it is considered as having been played just once. A block is not considered as of the three allowable hits.

17. The ball may be played only three times by one team in a volley, and player may not hit twice in succession but may play it twice if it is played by a teammate in between.

18. Players of the serving team must rotate clockwise when receiving the ball to serve.

19. Players may shift position after the ball is served, but back row players are not permitted to block of spike in front of the line.

1.2.14 Volleyball Officials and Their Duties:

As in most sporting competitions, volleyball employs referees in order to control the flow of the game and enforce the rules. The volleyball referee team includes the first referee, the second referee, the scorer and two line judges. Without the referee team, the fast-paced game could easily get out of hand if disputes regarding rules were to arise.
First Referee

The first referee stands on the referee stand and controls the play of the entire game. Whatever issues arise during the game, the first referee determines the call and the final say. After making a call, no player or other referee can argue the call, although a formal Protest can be placed with the scorer. Before the match begins, the first referee inspects the equipment and the player; uniforms. The warm-ups and the coin toss also fall under the jurisdiction of the first referee. Throughout the match, the first referee makes calls regarding faults and scoring issues. Following the match, the first referee notes the score and signs the official paperwork. The second referee works to assist the first referee throughout the game. If for some reason the first referee cannot finish his duties, the second referee may take the place of the first referee.

The second referee stands next to the post opposite the first referee. In addition to assisting the first referee with determining faults throughout the game, the second referee is in charge of all substitutions, timeouts.

Scorers

The official scorer keeps track of the score throughout the volleyball game. Before the game begins the scorer notes the starting lineup of each team and notifies the referees if the lineup wasn’t received on time.
Line Judges:

At least two, and as many as four, line judges monitor each game. The line judges stand at the corners of the court watching the lines to indicate whether a ball in play falls in or out of the court. If a server steps on the line during a serve, the line judge watching the given line notifies the referees using a flag. When a player touches an out-of-play ball or if the ball hits an antenna, the designated line judge also indicates the interference.

1.2.15 Equipment’s:

A volleyball, and net, shorts, and team jersey (Kneepads are optional).

Important Specifications.

1. The playing court should be 18 mtr length and 9 mtr width, divided by a centerline into equal courts. An attack line shall be drawn open each side of the court parallel to the centerline 3 mtr from the centerline.

2. A net is 1 mtr wide and 9.50 to 10 mtr long shall be tightly stretched across the center of the court. Net height is 2.43 mtr for men and 2.24 for women’s. The net should have vertical tape markers and antennas on each side directly above the sideline indicating the out of bounds portion of the net.

3. All supports, scoring stand or other construction should be at least three mtr completely outside of the court.
4. The ball shall be spherical made of a flexible leather with a molded leather cover with a bladder inside. It should measure 65 to 67 cm in circumference, with a weight 260 to 280 gram.

1.2.16 Players:

Two teams of six player set up on the court at one time. A net divides the court in half, with each half split between a ‘frontcourt’ (Attack) and a ‘backcourt’. Team line up with three frontline player near the net and three back row players near the baseline (end line). The serving team rotates its lineup clockwise prior to each service change.

Players move to each position on the court throughout the course of a game. Teams are allowed up to six substitutions per match. However, substituted players may only return to the game in place of those teammates by whom they were replaced.

**Frontline Players** Positioned in the frontcourt between the attack line and the net. These players mostly hit ‘spikes’ into the opposite court and jump to ‘block; shots hit by the opposing side, Frontline players, while positioned in the frontcourt, may strike the ball when it is at any level above or below the net.

**Back row Players** Play to the backcourt behind the attack line. They are primarily responsible for passing the ball towards the teammate, who then ‘set’ the ball to other teammates in the attacking court for spikes. Back row players also ‘dig’ the ball on returned shots.
Duration:

There is no set time limit for a volleyball match, as each set is played to twenty five points. Team captains flip a coin to determine which side will serve first. There are three minute breaks between each set teams switch court side after each set. Teams are permitted two thirty-second timeouts and may use them when the ball is not in play.

1.2.17 Fundamental Skill:

The serve begins the play. A legal serve takes place, when the ball completely clears the net and drops within the boundary of the opposite court. A missed serve counts as a fault, and possession of the ball is turned over to the other team as a side out. When serving players may use an underarm, sidearm, or overhand motion to strike the ball while either standing the stationary position or jumping in the air. The server may not step over the end line onto the court until he or she has struck the ball.

The Overhand Pass (or Volley) The most basic technique used in striking the ball. On the overhand pass, players hit the ball with open palms using their fingers to direct the ball up in the air toward teammates. The volley can be used for either passing the ball or for sending it over the net.

The Forearm Pass (or Dig) A type of shot players use when receiving a serve or playing a hard, low hit ball, The players position his or her body low toward the ground, extending his or her forearms underneath the ball, to pass it up toward the ‘setter’. The dig is often the first action in ‘classic three hit’ Volleyball.
**The Set.** An overhead pass in which the setter direct the ball upward with a high arc toward frontline players at the net. The set follows the dig and precedes the spike in a three hit volley.

**The Spike (or Smash).** The most aggressive shot in the Game. The spike is a powerful overhand smash into the opposite court performed by frontline players. The spike steps toward the net, jumps high in the air, and swings his or her arm powerfully toward the ball to slam it down. The spiker must be careful not to touch the net.

**The Block-** A defensive play in which players jump high in the air to block the ball back into the opposing court. Blocking is only done by frontline players since the ball is hit. Therefore, if the ball remains on the blocking team’s court, the team still has three touches to get the ball back over the net.

1.2.18 Volleyball Scoring System:

**Rally point Scoring:**

The teams winning a rally score a point (Rally Points System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

The best of five games will win matches. If not deciding game will be won by the team that first scores 25 points with a minimum two points advantage, If there is a deciding set, it will be won by the teams that first score 15 points with a minimum two point advantage.
### TABLE-1.1

**Records of Volleyball in Asian Games (Men)**

<table>
<thead>
<tr>
<th>Year</th>
<th>Host</th>
<th>Final</th>
<th>Third place match</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Winner</td>
<td>Score</td>
</tr>
<tr>
<td>1958</td>
<td>Tokyo</td>
<td>Japan</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Jakarta</td>
<td>Japan</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Bangkok</td>
<td>Japan</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Bangkok</td>
<td>Japan</td>
<td>No</td>
</tr>
<tr>
<td>1974</td>
<td>Tehran</td>
<td>Japan</td>
<td>3–1</td>
</tr>
<tr>
<td></td>
<td>Bangkok</td>
<td>South Korea</td>
<td>No</td>
</tr>
<tr>
<td>1982</td>
<td>New Delhi</td>
<td>Japan</td>
<td>No</td>
</tr>
<tr>
<td>1986</td>
<td>Seoul</td>
<td>China</td>
<td>No</td>
</tr>
</tbody>
</table>

### Year | Host | Final | Third place match
### Winner | Score | Runner-up | 3rd place | Score | 4th place
| 1998 | Bangkok | China | 3–1 | South Korea | Chinese Taipei | 3–2 | Japan |
| 2002 | Busan | South Korea | 3–0 | Iran | Japan | 3–2 | China |
| 2006 | Doha | South Korea | 3–1 | China | Saudi Arabia | 3–2 | Qatar |
| 2010 | Guangzhou | Japan | 3–1 | Iran | South Korea | 3–0 | Thailand |
| 2014 | Incheon | Iran | 3–1 | Japan | South Korea | 3–1 | China |
Initially, the game was managed by Indian Olympic Association and the Inter-State Volleyball Championship was conducted every 2 years, between the years 1936 and 1950. At the time, the Championship was organized for male players only. In the year 1951, the Volleyball Federation on India was established and since then the national team had participated in several international championship like Asian championship, Commonwealth Games, and Asian Games,. After Indian Independence, the first Indian National Championship was organized in 1952 in Madras (now Chennai). The game was thereupon organized for both men and women.

1.2.20 A brief introduction of MrT.P.P.Nair :

MR. T.P.P. NAIR was born on 30th August 1934 in Cherukunnu, Kannur in the state of Kerala. He was born to parents Mr. T.V. NaryanaPriharody and Mrs. RoolhakuttyAmma. He has 10 siblings among which he has 5 brothers and 5 sisters. Mr Nair was lovingly called ‘Mani’ by his family members. Mr Nair is from a true rural area and his upbringing was done in the lap of nature.

Mr. Nair’s childhood ambition was to become an engineer, right from his childhood he loved to play Football and Badminton. Mr. Nair had his paternal Grandmother who was very loving and caring. She was very affectionate. Mr. Nair always loved her company Mr. Nair’s ideal right from his childhood were his parents, he idolized them for their humanitarian feelings and sober and loving behaviour. Mr. Nair was brought in a well bonded family with traditional and cultural values instilled in him. There was a strong support from his
family when Mr. Nair wanted to enter in the field of sports. His parents never questioned his ability.

Mr. Nair completed his pre-school from Cherukunnu. He completed his primary and high school from Government Board High School Cherukunnu from 1945 to 1951. Mr. Nair has done Diploma in Mechanical Engineering from Indian Air Force in the year 1959.

In 1962, IV Asian Game, Mr. T.P.P. Nair coached and captained Indian Volleyball team at Jakarta Indonesia where India won a Silver Medal. This incidentally happened to be the best ever achievement in history of Indian Volleyball team at an International competition.

T.P.P. Nair says “The greatest historical event in my sport life is that I happened to be the only person living or dead to get two International Medals at Asiad i.e. A Silver at IV Asiad and a Bronze at III Asiad. This has not been broken even after 52 long years. I am sure, the history of Indian Volleyball will always remember me for this feat”.

1.3 Statement of Problem:

The investigator has conducted a study on the renowned personality Mr. T.P.P. Nair and the contribution he made to the field of volleyball.

Hence to achieve this purpose the problem selected by the present Investigator was cited as below.

“A Case Study of Indian Volleyball Legend, Mr. T.P.P. Nair”.
1.4 Objective of Study:

The study is taken with the following objectives.

- To study T.P.P. Nair’s childhood.
- To study T.P.P. Nair’s family background.
- To study T.P.P. Nair’s educational background.
- To study T.P.P. Nair’s nature behaviour and hobbies.
- To study T.P.P. Nair’s practice methodology, like styles and techniques.
- To study T.P.P. Nair’s training method like physical training.
- To study coach and mentors role of T.P.P. Nair.
- To study the role of media.

1.5 Limitations:

1) The study is limited only to Mr. T.P.P. Nair’s Contribution to volleyball sports.

2) The investigator has collected information regarding the events and occasions which covers the published records.

3) The investigator has collected the information from all possible written sources available from literature.

4) The investigator has collected the information from subject and related persons to the subject.
1.6 Delimitations :

The present study is delimited in the following aspects.

- The study is delimited to only one person because method of study is single case study.
- The study is delimited to the official records and reports in institutions office.
- The study is delimited to his present economic conditions his social status, attitude and hobbies, ambitions, present family situation, present health conditions.
- The study is delimited to the personality makeup, training method, diet and food habits, family background of the subject and the influence of the family, teammates friends and coaches on the subject and his sporting career in volleyball.
- The study is based on the information provided by the subject and his family members, friends, teammates and students.
- 16 Personality factor test.

1.7 Hypothesis :

The researcher formulated the following hypothesis for the present study on Mr. T.P.P. Nair.

1) On the basis of the interview taken with Mr. T.P.P. Nair and his family member’s friends, teammates and students, it was assumed that the information provided by them will be true.
towards the subject’s life and his contribution in the field of volleyball.

2) On the basis of the questionnaire sent to Mr.T.P.P.Nair and the persons related to the subject, it was assumed that the information provided will be true about the subject as a player, as a mentor, as a personality and as a team manager and administrator, in his sporting career.

3) On the basis of the collected information through interviews and questionnaires it was assumed that it will give a clear image about the personality of Mr.T.P.P.Nair and his contribution in the field of volleyball.

1.8 Definition and Explanations of the Terms:

1) Legend: A famous person in a particular field.

2) Personality: The different qualities of a person’s character that make him different from other people.

3) Case study: Case study is a comprehensive study of a social unit, a person, a group, a social institution of a district or a community.

4) Volleyball: Volleyball is played by 6 players of each team. The purpose of each team is to finish the ball in to the opponents court and prevent the other team from scoring.

5) Contribution: The part played by a person in bringing about a result.

6) YMCA: Young Man Christian Association.
7) IFVB: International Federation of Volleyball.
8) VFI: Volleyball Federation of India.
9) Mintonnette. : An old name of Volleyball.
10) 16 PF: This is a personality test developed by British Psychologist Raymond Cattell. He found that variations in human personality could be best explained by model that has sixteen personality factors (16 PF), using a statistical procedure known as factor analysis.

1.9 The Need and Significance of the Study:

The present study is undertaken to answer such questions which promote the volleyball game in India from the lower level to the higher level competitions. The present study contributed to the knowledge in the following ways.

- This study will point out need of case study for volleyball players.
- Result and conclusions of this study will influence the policies and practices in physical education and sports.
- This study may be helpful to motivate the beginner, professional, students, and all physical educationists and this study may be helpful to sports persons, coaches, administrators and officials of volleyball and other sports to learn from his experiences
Reference:


5. Author Monika Yadav “All About The game of volleyball” Page No. 16 to 38


8. FIVB 40th Anniversary 1947 -1987