Beat: Sports

MSSPP Volleyball Tournament 2013

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USPA NEWS - Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team´s court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964.

MSSPP Volleyball Tournament is stand for Majlis Sukan Sekolah Negeri Pulau Pinang. Volleyball is causing the ball to touch the ground or floor outside the opponents´ court or without first passing over the net; Catching and throwing the ball;Double hit: two consecutive contacts with the ball made by the same player; Four consecutive contacts with the ball made by the same team; Net foul: touching the net during play; Foot fault: the foot crosses over the boundary line when serving.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body. A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, thevertical jump is an athletic skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

Lisa is accompanied by Dorm parent Shauna Archer who also enjoys coaching softball. Volleyball enthusiasts meet for about 5-6 weeks in Semester 1 & in 2008 we are excited to be able to join the MSSPP U18 Girls Volleyball competition for the 1st time in many years! Lisa & Shauna have been working with this particular group of girls for a couple years now. Our U15 girls competed in U15 MSSPP in March 07 & also participated in a local tourney in Nov 07. MSSPP is short for Majlis Sukan Sekolah Sekolah Pulau Pinang which is essentially Penang´s Zone & State playoffs.

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