



Welcome to Vision with Volleyball

歡迎來到排球視界

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One picture to understand a volleyball game — 一張圖認識排球賽事

During a volleyball match, each team can hit the ball a maximum of 3 times. The third time the ball needs to be returned to the opposite side (it will not count if there is a block). More than 3 times is a foul; in addition, the same player is not allowed to hit the ball consecutively 2 times.

排球比賽進行時，每隊最多擊球3次，第三次就必須將球送回對面（攔網觸球除外），超過3次即為犯規；此外，同一球員不得連續擊球2次。

Hey! Serve!
嘿！發球！

Wow! Fish dive.
哇！魚躍飛撲！

Block!
攔網！

Back one.
C式快攻！

Go for gold!
達到最好的表現了！

My ball. It's mine.
我的球。我來。

Ball Skills 球類技能

Executing the dig 操作接球

Step 1 Get low and lean forward
放低身體並向前傾

Step 2 Place your arms in a receiving position
將手臂置於接收位置

Step 3 Move to meet the ball
移動接球

Step 4 Aim for your target
瞄準你的目標

Step 5 Absorb and redirect the spike
前手臂掌握來球緩衝時機，並轉守為攻，再次回擊



Key Words 關鍵字

serve 發球

My overhand serves are too easy for them to return.
我的上手發球對對方毫無威脅。

dive 飛撲

Your dive allowed us to score one more point and win.
你的飛撲讓我們得到一分並獲勝。

blocker 攔網手

A successful blocker can always accurately predict the timing of the opponent's attack.
成功的攔網手，總能準確預判對方攻擊的時間點。