Introduction

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. Volleyball is a widely played game in India. It is played outdoor and indoor between teams, in which six members in each side seek to score points in the course of hitting a ball back and forth across the net within the playing area.

The history of volleyball game is not very old. William G. Morgan introduced it in 1895, when he was the Physical director for the Y. M.C.A. in Holyoke Mass in U.S.A. He wanted to start a simple game that could be played by both fit and unfit. It also could be played almost anywhere. Basically this game was played for recreation. He divided a group into two teams and asked them to toss an inflated basketball bladder over a net; thus the game of volleyball was born. Its first name was “MINOTONETTE”. Dr. A.T. Halsted of Springfield College later named it as volleyball because the ball has to be volleyed with hands, from one side to the other.

In its early form, minotonette required nine players, in three rows of three. Team rotation was a special feature ensuring that all players took turns in all
positions on the court during the game. The full playing area was 50 ft. (15.24m) X25ft. (7.62m) divided by a net at a height of about 6 ft. 6 inch (2m).

At the 1896 YMCA conference the name of this new game was changed to volleyball. Later, the height of net was increased to 7 ft. and 6 inches (2.28m) and the teams were reduced to six players. The court was slightly enlarged and a special light leather ball was introduced. Earlier the rules and regulations of the volleyball were very simple but later on they become very complicated.

Through YMCA it gained worldwide popularity. By then it was seen as a competitive sport along with an enjoyable leisure activity. The first attempt to bring standardized organisation into volleyball came in 1936 during the Berlin Olympics. The first international volleyball tournament was held at the world university games in 1939. The war years then gave a boost to the game; many soldiers played volleyball during training, and many used it as a form of exercise and recreation while interned in prison camps.

In April 1947 FIVB (International volleyball federation), was formed with its head quarters in Paris and with 14 members (Belgium, Brazil, Czechoslovakia, Egypt, France, Holland, Hungary, Italy, Poland, Portugal, Romania, Uruguay, United states and Yugoslavia). The first world volleyball championship was held in 1949 at Prague (Czechoslovakia). Where Russia had beats Czechoslovakia in
the final. The first Asian volleyball championship was held at Tokyo (Japan) in 1955 and in this championship, India had beaten Japan in the final. Today there are approximately 202 member countries in the international volleyball federation and the sports has over 84 million registered players, making it world’s major recreational sports.

Volleyball was introduced in India by the YMCA. The volleyball federation of India was formed in 1950 to coordinate the activities of various state associations and to promote this game at the national level, and almost all-state association became the member of it. An Indian team selected at Kolkata in 1952, had taken part in the world volleyball championship at Moscow but could not show better performance.