



## Historical Development and Modern Trends in Volleyball: A Review

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### Abstract

Volleyball is actually the 5th most popular sport, and the second most popular team sport in the world, with over 900 Million fans around the globe. It's also a fairly recent sport, developed at Springfield Massachusetts in 1895 by YMCA instructor William G.

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Morgan. The sport, originally named 'mintonette', borrowed ideas from a number of sports including basketball, tennis, handball and baseball. The following year, professor Alfred Halstead proposed changing the name to 'volleyball' after observing the volleying nature of the game. The sport became very popular, very quickly, being played by both men and women around the country at various colleges, playgrounds and even throughout the armed forces.

**Key words:** Volleyball, Women, Game, Organized, Players etc.

### Introduction

Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances and purposes. With half a billion organized players in more than 210 countries, volleyball is one of the most widespread sports the world over, and it has had a positive reception in widely differing cultures. In its origins it has certain similarities with basketball. Both games were developed in the United States in the 1890s; both achieved a rapid global spread by means of the international YMCA system, where they were applied in support of a pragmatic muscular Christianity; both are nowadays internationally recognized, dynamic competitive sports with a certain touch of lifestyle. This last point can be demonstrated not least by the latest shoot off the main branch of volleyball, beach volleyball, which signals sunshine, summer, and sandy beaches. Furthermore beach volleyball's inclusion in the Olympic program in Atlanta in 1996 marked the unique occurrence of two internationally widespread variants of the same branch of a sport.

### History of volleyball in India



Tracing the history of Volleyball is an onerous task and to comprise the gathered information in a nutshell is still a more difficult job. We Indians are generally not bothered about our past unlike Europeans and Americans who record and keep all major events for the sake of future generation. There is a general belief that the game was introduced in India through the Madras YMCA in 1920. Some other believes that Mr. J.H. Gray had brought it in 1900. He was also credited with popularizing the game in Myanmar (Burma) and China. But reliable information push back the birth of the game in India to three or four more years. When the Kunnamkulam YMCA was formed on Jan., 1, 1880 it was only the seventh in the country after Calcutta (1857), Trivendrum (1873), Bombay (1875), Madurai (1884), Bangalore (1885) and Otty (1886). The Madras YMCA was started only in 1890. Mr. K.T. Paul from Calcutta was deputed to orgnise the YMCA activities here in its formative years. He was joined by Mr. J.H. Fowler later. The YMCA then was functioning in a small building which had a small courtyard. It was very difficult to get flat ground in Kunnamkulam – as its name indicated it is a town of hill and dales –for games like football, rugby or cricket. The YMCA ground was just enough to have a Volleyball court so Mr. Fowler native of American who had learned the game at home, prepared a court and taught the game to the locals. While inaugurating the court Mr. Fowler said, “This is the first time the game of Volleyball is being played in India”. The year was 1896-97. The game picked up in popularity very fast for several regions: the game was different from other game played in area; it could be played in the heart of the old town near their homes, the locals, most of them very tall, had the strength and stamina to play the game. The Volleyball of those days was very different from today. The old timers says the height of the net was only six feet six inches, any number of touch were allowed, each team had nine players, etc.

### **The History & Development of Volleyball**

- **Invention of the Sport**

Morgan developed volleyball in 1895, four years after a mentor, James Naismith, invented basketball. As director of physical education at the Holyoke (Massachusetts) YMCA, Morgan sought a sport less vigorous than basketball. "In search of an appropriate game, tennis occurred to me, but this required rackets, balls, a net and other



equipment, so it was eliminated, but the idea of a net seemed a good one," Morgan explained. He raised the net higher than the height of the average person and experimented with various balls. Morgan asked A.G. Spalding & Bros. to develop a ball that could be batted back and forth. Morgan then began promoting his game.

- **Competition Begins**

Morgan showcased his new sport to YMCA directors in 1896. At the suggestion of Professor Alfred T. Halstead, its name was changed to "volley ball" to match the action of the sport. It was played on a smaller court (25 feet by 50 feet) with an unlimited number of players hitting the ball an unlimited number of times. The sport's rules were published in the July 1896 edition of "Physical Education" and were included the first official handbook of the North American YMCA Athletic League in 1897.

- **Evolution of the Sport**

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.

- **Volleyball Gets Big**

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.

- **Beach Volleyball**

The outdoor version of volleyball -- a two-on-two competition played on sand -- was born as a tournament sport in 1948. It grew in popularity after its introduction at the



1996 Summer Olympics in Atlanta. It has been a vibrant professional sports for decades and has become one of the fastest-growing sports at the collegiate level.

### **The Evolution of Volleyball**

At least once a week, 800 million people worldwide play volleyball. As of 2017, it is considered the fifth most popular sport in the world. It has been a part of many major sporting events, including the Olympics, the Commonwealth Games (beach volleyball only), the European Games, the Asian Games, and the Youth Olympics. It's the favourite sport of many people across the world and has many clubs and leagues dedicated to it. But how did it all begin? When and why was it created? Who invented volleyball and how has it evolved over time?

In 1895, William G. Morgan, a gym teacher in Holyoke, Massachusetts, invented a game that was a combination of four different sports: basketball, tennis, handball, and baseball. Morgan was born on January 23, 1870 in Lockport, New York, and attended Springfield College, where he befriended James Naismith, the inventor of basketball. He then went on to teach physical education to young businessmen in the YMCA (Young Men's Christian Association.) However, he soon realized that basketball was too aggressive a sport for them, so he decided to create something for them to play that required less physical contact but was still played in teams. He borrowed a tennis net and set it up 6 feet and 6 inches high and called his new sport "Mintonette" because of its likeness to badminton.

Mintonette was slightly different from modern day volleyball. The court was 25 ft by 50 ft and the game could be played with an unlimited amount of people. There were nine innings in a game, and in each inning each of the two teams served three times. The server had two tries to serve the ball and if the ball hit the net on the second attempt the other team would get a point. The teams could touch the ball as many times as they wanted before passing it to the other team.

### **Conclusion**

Volleyball is actually the 5th most popular sport, and the second most popular team sport in the world, with over 900 Million fans around the globe. It's also a fairly recent



sport, developed at Springfield Massachusetts in 1895 by YMCA instructor William G. Morgan. The sport, originally named ‘mintonette’, borrowed ideas from a number of sports including basketball, tennis, handball and baseball. The following year, professor Alfred Halstead proposed changing the name to ‘volleyball’ after observing the volleying nature of the game. The sport became very popular, very quickly, being played by both men and women around the country at various colleges, playgrounds and even throughout the armed forces. Initially a basketball was used in the game however players found it a little too heavy. Morgan contacted A.G. Spalding, a local sporting goods manufacturer for help. Spalding designed a special lighter ball with a leather shell. The ball was around 25” in circumference and far easier to keep airborne. Modern volleyball designs have not changed significantly since the introduction of this first design.

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