# Objective

By the end of this lesson, you will be able to understand the history and origins of volleyball and its significance in society.

# Materials and Prep

- A computer or mobile device with internet access
- Paper and pen for note-taking

No prior knowledge is required for this lesson.

# Activities

- Research the history of volleyball: Use your computer or mobile device to find information about the origins of volleyball. Take notes on important dates, key figures, and any interesting facts you come across.
- Create a timeline: Based on the information you gathered, create a timeline that highlights the major milestones in the history of volleyball. Include dates, events, and brief descriptions.
- Write a short essay: Reflect on the significance of volleyball in society. How has it evolved over time? How has it impacted sports culture? Write a short essay discussing these topics.

# Talking Points

- **History of volleyball:** Volleyball was invented by William G. Morgan in 1895 as a less strenuous alternative to basketball. It quickly gained popularity and became an Olympic sport in 1964.
- **Origins of the name:** The game was initially called "mintonette" but was later renamed "volleyball" due to the nature of the game involving volleying the ball back and forth.
- **Key figures:** William G. Morgan, a physical education director, is credited with inventing volleyball. Other influential figures include George J. Fisher, who introduced the first official volleyball rules, and the YMCA, which played a significant role in spreading the sport.
- **Evolution of the game:** Over time, volleyball has undergone rule changes and adaptations to enhance gameplay. These changes include the introduction of the libero position, rally scoring, and the use of specialized techniques such as the jump serve.
- **Impact on sports culture:** Volleyball has become a popular sport worldwide, with professional leagues, collegiate competitions, and international tournaments. It promotes teamwork, communication, and physical fitness.