



1 Apr 2022

腳法了得有助「打」排球？

How Can Your Kicking Skills Help in Volleyball?



(Photo: NBC Sports)



(Photo: DayLife)

你可能以為排球的比賽只允許以手部進行擊球，但根據國際排球聯合會(FIVB)比賽規則 9.2.1：球可觸及球員身體任何部份。

起初，球員的擊球位置僅限於腰部以上，腰部以下部位接球會被判定為犯規，對隊會因此得分。但於 1994 年，國際排球比賽規例作出了修改，擴大了隊員擊球的區域，容許球員的擊球位置至身體的任何部分。

所以，如果你自認腳法了得，除了發球以外，於比賽中用腳「踢」排球是完全可以的！

You may think that volleyball players are only allowed to play the ball with their hands, but according to the Fédération Internationale de Volleyball (FIVB) Rules 9.2.1: The ball may touch any part of the body.

At the very beginning, any contact of the ball below the waist meant the ball was out of play and the opposing team would win the point. However, the game rules of FIVB were amended in 1994, which the ball can be played by any part of the body including feet, helping to improve defensive play.

Therefore, it is fine to kick the ball during play except serving if you think it is the best way to save the ball by using your excellent kicking skills.