

## Key Terminology

**Serve** – Used to put the ball into play

**Ace** – A serve that is not passable and results in a point.

**Dig** – Passing up a spiked or rapidly hit ball.

**Set** – A shot that is directed to an area for a teammate to spike it into the opponents court.

**Spike** – Contacting the ball with force down towards the floor of the opponents court, aiming to terminate play.

**Block** – Deflecting a spiked ball back into the opponents court.

**Approach** – A fast stride taken towards the net before a jump to strike.

**Assist** – Passing or setting the ball.

**Centre line** – The boundary line that runs under the net to divide the court.

**Dink** – A legal push of the ball around or over the blockers.

**Forearm Pass** – Join your forearms to strike the ball with underhand motion.

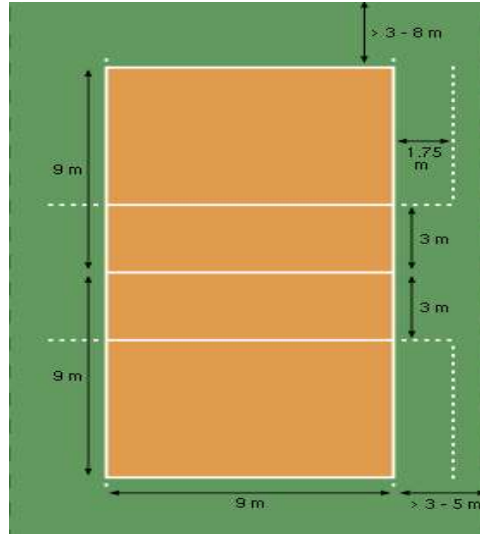
**Foul** – A violation of the rules

**Held Ball** – A ball that comes to rest during contact

**Let Serve** – A serve that contact the net

**Setter** – A player who has 2<sup>nd</sup> and 3<sup>rd</sup> contact of the ball.

# Volleyball



## Rules of the Game

- 6 players only on the court at one time, 3 in the front, 3 behind.
- There is a maximum of 3 hits per side, if a team takes more than 3 hits to return the ball, possession is lost.
- A single player must not hit the ball more than once consecutively.
- The ball can be played off the net during a volley or a serve.
- If the ball hits the boundary line, it is in.
- It is legal for the ball to contact any part of the players body.
- A player cannot catch, throw or hold the ball.
- After a serve, front line players must switch positions at the net.
- A player cannot block or attack a serve from on or inside the 3m line.

## Player Positions

**Outside Hitter** – Hits and blocks. In defence, they support the blocking of an opponents shot. In attack, they are both a main passer and final hitter.

**Setter** – In attack, they are in charge of point strategy and to decide when and where to pass the ball.

**Libero** – The libero is a defensive position that is required to keep the ball in play and to begin most attacking situations.

**Middle Blocker/Hitter** – In defence, they support the blocking of opponents shots. In attack, they supply very accurate and quick set shots for the Outside Hitters.