

Volleyball Review Sheet

Team – 6 players

Game – 15 points, best 2 out of 3 games for a match. Must win by 2 points

Terms:

Block – skill used to stop a spike. Jump after you are positioned close to the net in order NOT to hit the net

Dig – forearm pass, skill used to play the ball below the waist

Dink – skill used to fake a spike and loft the ball over the blocker's arms when a defense is attempting to block the ball

Net recovery – playing the ball out of the net

Rotation – clockwise movement of players when the ball is received for a serve. For a three line rotation, the person who just served now moves to the front left of the court.

Serve – act of putting the ball into play to start the game, and following a point. Two types:

underhand and overhand. A server always serves from the rear-right position of the court

Set – skill used to play a ball above the chest. A pass used to set up for a spike or to a frontline player. Only the finger tips are used.

Side out – loss of a serve

Spike – act of forcefully driving a ball down into the opponent's courts

Rally scoring – a point may be won by either team on any given play

Rules:

- Each team may hit the ball 3 times before sending it over the net
- A player may not hit the ball twice in succession
- A serve that hits the net is LEGAL
- Any volley that hits the net is legal
- Any ball that lands on the line is IN
- A player may leave the court to play a ball
- The serving team's score is always said first
- If two players hit the ball simultaneously, it counts as one hit
- The most common three hits are the: bump, set, spike
- First hit after a serve should sent the ball to a teammate

Fouls:

- Lifting or carrying – hitting the ball with an open palm underhand
- Touching, reaching over or stepping under the net
- Hitting the ceiling, baskets or poles on a serve or volley
- Stepping over the line while serving