

GRADE 7/8 BOYS VOLLEYBALL ATMS SABRES

Congratulations on making the Boys 7/8 Volleyball team for the 2008 season! We are looking to place highly in the league this year. As a result, we are looking for a lot of dedication from our players. Try your hardest every practice, that's how you will improve.

Please see our team website that Mr. Williams has constructed for us for schedule, consent forms, and rules and regulations information.

<http://www.sd34.bc.ca/atms/volleyball.htm>

Homework: Check out "Volleyball Highlights" on www.youtube.com and view a couple of videos.

What are 10 skills and attitudes that make an individual/ team successful?
Explain your answer:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

LEARN THE TERMS

ACE - A serve that is not passable and results immediately in a point.

ANTENNA - The vertical rods (normally white and red) mounted near the edges of the net. The antennas are mounted directly above the sidelines and are not-in-play. Antennas are not usually used on outdoor nets.

APPROACH - Fast stride toward the net by a spiker before he jumps in the air.

ASSIST - Passing or setting the ball to a teammate who attacks the ball for a kill. This stat is normally only logged for high school, college, and National/Olympic team play.

ATTACK - The offensive action of hitting the ball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

ATTACK BLOCK - Receiving players' aggressive attempt to block a spiked ball before it crosses the net.

ATTACK ERROR - An unsuccessful attack which does one of the following: 1) the ball lands out of bounds, 2) the ball goes into the net and terminates play or goes into the net on the third hit, 3) the ball is blocked by the opposition for a point or sideout, 4) the attacker is called for a center line violation, or 5) the attacker is called for illegal contact (lift, double hit...) on the attack.

ATTACKER - Also "hitter" or "spiker." A player who attempts to hit a ball offensively with the purpose of terminating play in his or her team's favor.

ATTACK LINE - A line 3m from the net that separates the front row players from the back row players. Commonly referred to as the "10-foot line."

BACKCOURT - The area from the endline to the attack line.

BACK SET - A set delivered behind the setter's back, which is subsequently hit by an attacker.

BACK ROW ATTACK - When a back row player attacks the ball by jumping from behind the 3m line before hitting the ball. If the back row player steps on or past the 3m line during take-off, the attack is illegal.

BEACH DIG - An open hand receive of the ball, also called a "Deep Dish"

BLOCK - A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

BUMP - a common term for forearm passing.

BALL HANDLING ERROR - Any time the official calls a double hit, a thrown ball or a lift (except on a serve reception or attack). For our purposes, this category also includes any blocking errors (when an official calls a blocker for a violation such as going into the net, centerline violation, reaching over the net, etc.).

BUMP PASS - The use of joined forearms to pass or set a ball in an underhand manner.

CAMPFIRE - A ball that falls to the floor in an area that's surrounded by two, three, four or more players. At the instant after the ball hits the floor, it appears as if the players are encircling and staring at a campfire.

CENTER LINE - The boundary that runs directly under the net and divides the court into two equal halves.

CROSS COURT SHOT - An individual attack directed at an angle from one end of the offensive team's side of the net to the opposite sideline of the defensive team's court.

DEEP SET - Set to be hit away from the net to confuse or disrupt the timing of the blockers.

DIG - Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.

DOUBLE BLOCK - Two players working in unison to deflect an attacked ball at the net back to the hitter's side.

DOUBLE HIT - Successive hits or contacts by the same player. (Illegal)

DOWN BALL - A ball the blockers elect not to attempt to block because it has been set too far from the net or the hitter is not under control. A "Down Ball" is hit overhand and driven over the net with topspin while the player remains standing. "Down Ball," is usually called aloud by the defense when it becomes apparent the attacker has no chance of hitting a powerful spike.

FIVE-ONE – A 6-player offensive system that uses five hitters and one setter.

FLOATER - A serve which does not spin or rotate and therefore moves in an erratic path. This is similar to a "knuckle ball" pitch in baseball.

FOREARM PASS - Join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.

FOUL - A violation of the rules.

FOUR SET - A set 1' from the sideline, and 1' to 2' above the net.

FOUR-TWO - A 6-player offensive system using four hitters and two setters.

FREE BALL - A ball that will be returned by a pass rather than a spike. This is usually called aloud by the defense instructing players to move into serve receive positions.

HIT - To jump and strike the ball with an overhand, forceful shot.

HITTER - Also "spiker" or "attacker"

ISOLATION PLAY - Designed to isolate the attacker on a specific defender, normally to exploit a weakness or give a hitter a chance to hit against a single block.

JUNGLE BALL - Any volleyball game with people who don't really know how to play volleyball. A common euphemism for this type of game is "Picnic Volleyball."

JUMP SERVE - A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion.

KILL - An attack that results in an immediate point or side out.

LINE SHOT - A ball spiked down an opponent's sideline, closest to the hitter and outside the block.

OFFSIDE BLOCK - Player at the net, which is on the side away from the opponent's attack.

OUTSIDE HITTER – a left-front or right-front attacker normally taking an approach which starts from outside the court

OVERHAND PASS - A pass executed with both hands open, controlled by the fingers and thumbs, played just above the forehead.

OVERHAND SERVE - Serving the ball and striking it with the hand above the shoulder.

PANCAKE - A one-handed defensive technique where the hand is extended and the palm is slid along the floor as the player dives or extension rolls, and timed so that the ball bounces off the back of the hand.

PENETRATION – The act of reaching across and breaking the plane of the net during blocking.

POWER ALLEY - A cross-court hit traveling away from the spiker to the farthest point of the court.

POWER TIP – A ball that is pushed or directed with force by an attacking team.

POWER VOLLEYBALL - A competitive style of volleyball started by the Japanese.

QUICK – a player approaching the setter for a quick inside hit

QUICK SET – a set (usually 2' above the net) in which the hitter is approaching the setter, and may even be in the air, before the setter delivers the ball. This type of set requires precise timing between the setter and hitter.

READY POSITION - The flexed, yet comfortable, posture a player assumes before moving to contact the ball.

RECEPTION ERROR - A serve that a player should have been able to return, but results in an ace (and only in the case of an ace). If it is a "husband/wife" play (where the ball splits the two receivers), the receiving team is given the reception error instead of an individual.

ROOF - A ball that when spiked is blocked by a defensive player such that the ball deflects straight to the floor on the attacker's side.

ROTATION - The clockwise movement of players around the court and through the serving position following a side out.

SERVE - One of the six basic skills; used to put the ball into play. It is the only skill controlled exclusively by one player.

SERVICE ERROR - An unsuccessful serve in which one or more of the following occurs: 1) the ball hits the net or fails to clear the net, 2) the ball lands out of bounds, or 3) the server commits a foot fault.

SERVICE WINNER - A point the serving team scores when this player has served the ball. The point can be an immediate (in the case of an ace) or delayed (a kill or opponent attack error after a long rally). Therefore, the sum of the team's service winners equals their score.

SET - The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.

SETTER – the player who has the 2nd of 3 contacts of the ball who "sets" the ball with an "Overhand Pass" for a teammate to hit. The setter normally runs the offense.

SIDE OUT - Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

SIX PACK – Occurs when a blocker gets hit in the head or face by a spiked ball.

SPIKE - Also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.

STRONG SIDE - When a right-handed hitter is hitting from the left-front position or when a left-handed hitter is hitting from the right-front position.

STUFF - A ball that is deflected back to the attacking team's floor by the opponent's blockers. A slang term for "block."

TURNING IN – the act of an outside blocker turning his/her body into the court so as to ensure the blocked ball is deflected into the court and lands in-bounds.

UNDERHAND SERVE – a serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion.

WEAK SIDE – When a right-handed player is hitting from right-front position or when a left-handed player is hitting from the left-front position.