

Volleyball 101 for Parents

TERMINOLOGY

Ace: A serve that is not returned by the opponent.

Assist: A set or pass to a player that gets a kill.

Attack (Hitter): A ball that a player hits overhand in an attempt to hit the floor.

Base: Defensive positions that the players on the team always return to.

Block: A defensive play in which a player contacts the ball with their hands above their head at the plane of the net to stop or slow down their opponents hit.

Dig: A defensive play used to keep the opponent from getting a kill, keeps the ball in play.

Down Ball: An overhand attack where the player does not leave their feet.

Dump: An attack, typically performed by the setter, that sends the ball over on the second contact to an open area of the court.

Free Ball: A ball that comes slowly (usually off a pass) over the net. The offensive team wants to take advantage of this and make an attack.

Kill: A hit that results in an immediate point (can be off some passes and sets occasionally).

Match: A volleyball contest, consisting of individual sets.

Pass: A way to deliver the ball to a teammate by using their forearms.

Rally: When the volleyball goes back and forth on both sides of the net.

Serve: The way to start each point. A player contacts (underhand or overhand) the ball from behind the end line.

Set (Game): Three sets make up a match in club volleyball.

Set (Over-hand pass): An overhead two handed pass used to deliver the ball to the hitter.

Setter: The person that delivers the ball to the hitters (typically on the second contact).

Side-out: When the team that was receiving the ball wins a rally and then gets to be the serving team.

Substitution: When one player replaces another player on the court. There is a limit per game.

* 12 subs per set