

## Important Definitions

**Base Position:** Feet shoulder width apart; knees bent; ankles bent; hips down; shoulders in front of knees; hands on knees; head up.

**Ready Position:** From Base Position, extend your arms forward to a neutral position; palms up and in.

**Down Ball:** Overhand contact, sending the ball over the net while standing on the ground.

**Free Ball:** Underhand contact, sending the ball over the net.

**Roll Shot:** A type of down ball where the player contacts the ball on the lower back side and rolls their hand up and over to create top spin.

**Ace:** A serve that is unable to be controlled by the defense regardless of the number of contacts.

**Attack:** Contacting the ball above the net in an attempt to score, rather than to just return the ball over the net. Spiking is the most common form, but tips and dumps can be legitimate attacks

**Kill:** An attack that is unable to be controlled by the defense and results in a point, regardless of the number of contacts.

**Set:** Game to 25.

**Match:** Best of 3 sets.

**Side Out:** Point scored when the opponent is serving.

**Real Point:** Point scored when your team is serving.

**Rotation 1 (through 6):** Rotation 1 is generally the rotation with S1 in the serving position (position 1). As players rotate clockwise, they rotate through rotations 2 to 6.

**In System:** When the pass is on-target and the setter has all offensive options available.

**Out of System:** When the pass is off-target and the setter isn't able to set the ball or doesn't have all offensive options available.

**Float Serve:** A serve that is contacted with a firm hand and little follow-through to create a knuckle ball effect with little to no spin.

### Positions

**S:** Setter.

**DS:** Defensive Specialist. A player with defensive skills who plays back row positions only.

**OH (Left Side Hitter):** Outside Hitter; Front row attacker on the left side.

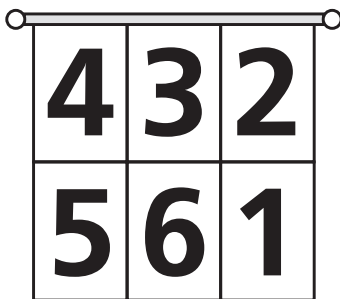
**MB:** Middle Blocker; Front row attacker in the middle or right side.

**RS (Opposite):** Right Side Hitter; Front row attacker on the right side. Plays opposite in rotation to the setter.

**Libero:** ('Bro) Defensive player able to replace any back row player without costing the team a substitution. Liberos should not hand set in front of the attack line or attack a ball that is completely above the net.



**Court Positions:** The court is divided into 6 POSITIONS. Floor positions are numbered starting in right-back, counting counter-clockwise. The position number indicates when the player that begins in that position will serve (i.e. Position 3 will serve 3rd, position 6 will serve 6th). If you are asked to serve to position 6, that means we are asking you to serve to the back-middle position.

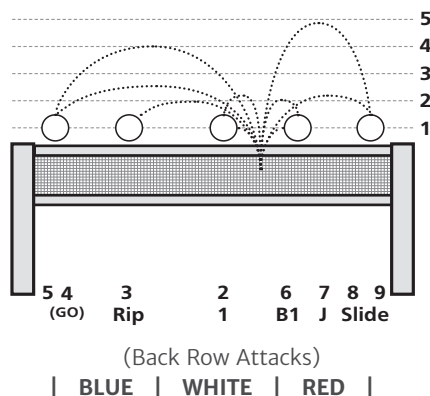


**Net Zones:** The net is divided into 9 equal zones from left (1) to right (9). The setter usually occupies zone 6.



**Set Numbering:**

Sets are numbered many different ways. Traditionally, names are based on a combination of ball height and net zones. Each team will have it's own system for naming sets. We will use the following naming convention.



- 1 - A quick set. First tempo set directly in front of the setter for the MB.
- 2 - Like a 1, but higher. Second tempo set directly in front of the setter for the MB.
- 3 - A shoot set placed between the MB and OH positions for OH or MB. Sometimes called a 32 or Rip.
- 4 - A shoot set to the antenna on the outside for the OH.
- 5 - A high set to the outside for the OH to take a normal approach and attack.
- 6 - A quick set. A back-1 to the MB.
- 7 - A higher set. A back-2 behind the setter for the MB.
- 8 - A quick back set to the right pin. Also used for a slide.
- 9 - A high set to the outside for the RH to take a normal approach and attack.
- RED** - A ball set for the right-back hitter. Typically, antenna height to allow for a good approach and swing.
- WHITE** - A ball set for the middle-back hitter. Typically, antenna height to allow for a good approach and swing.
- BLUE** - A ball set for the left-back hitter. Typically, antenna height to allow for a good approach and swing.

