

Jr/Sr Volleyball Study Guide

Volleyball Vocabulary:

Pass - Most common type of hit used to return a serve

Set - a hit that requires contact of both hands above the forehead - most accurate type of hit in volleyball but most difficult to master.

Spike - a hard downward driven hit of the ball into the opponent's court

Kill - a hard downward driven attack that results in a point

Block - the first line of defense against a spike at the net

Dig - a ball that is playable off of an opponent's attack (spike).

Lift - an illegal hit when the ball rests momentarily on any part of the body

Ace - point earned directly from the serve hitting the opponent's court

Floater - a type of serve that moves in unpredictable directions

Topspin - a type of serve that drops very fast after it crosses the net. Toss is the most important aspect in executing a proper serve.

Let serve - a serve hits the top of the net and lands in the opponent's court.

Scoring:

- SAY THE SCORE OUT LOUD!!! Take your time, make sure your opponents can hear the score and agree with the score, before serving. If teams don't agree on a score, go back to the last score that you do agree on. That MIGHT be zero-zero. ALWAYS say YOUR score FIRST, when it is your turn to serve!
- Rally Scoring - It doesn't matter who serves, someone is always getting the point, at the end of the rally.
- Regulation HS Volleyball - First to 25, win by 2. In PE - timed games.

Serving:

- Regulation Volleyball - You must serve from behind the back line. In PE - You are serving as close to behind the back line as you can.
- Rotation - Teams must rotate one spot clockwise, at the beginning of their team's service turn. Back row players may NOT come to the front to attack the ball.

Other Rules:

- If any part of the ball hits the line, it is in.
- If a team does not see if the ball was in or out, that team should call the ball "IN".
- If the ball
- **You may NOT touch the net at any point. Otherwise, it is considered a side out and a point for the other team.**
- **You may NOT reach or cross the plane of the net to block, tip, or hit the ball. Otherwise, it is considered a side out and a point for the other team.**

- You may NOT kick the ball. Otherwise, it is considered a side out and a point for the other team.
- 3 hits per side. A block is not considered a hit and does not count as one of the 3 hits.
- You may NOT block, attack, or spike a serve. Otherwise, it is considered a side out and a point for the other team.
- Back row players may NOT come to the front to attack the ball. Otherwise, it is considered a side out and a point for the other team.
- You must HIT the ball, you may NOT lift or carry the ball. Otherwise, it is considered a side out and a point for the other team.

Jr/Sr Basketball Studyguide

Basketball Vocabulary:

Field Goal-----Any made basket except a free throw.

Rebound-----Recovery of the ball off the backboard or basket.

Pick and Roll----A legal screen of a defensive player by an offensive player after which the offensive player moves to the basket.

Charging-----Running into a defensive player by an offensive player. (type of foul.)

Double Dribble---Touching the ball with both hands at the same time on a single dribble or dribbling, picking up the ball, and dribbling again.

Turnover-----The offensive team's loss of the ball to the defending team.

Traveling-----Moving with the ball in your hands without dribbling properly also called walking.

Jump Ball-----The ball is tossed up between two players of opposing teams.

Screen/Pick-----A legal method of blocking a defensive player by an offensive player.

Three Seconds----Standing in the free throw lane near your basket for three seconds or longer (a violation). Only the team on offense can not be in the lane area for three seconds. There is no time limit for the defense.

Foul-----Illegally pushing, tripping, holding, blocking, or charging. These are personal fouls. High School and college players are disqualified on their fifth foul.

Layup-----Shot taken on the run. When on the right side of the basket you shoot with the right hand and jump off the left foot. When on the left side of the basket you shoot with the left hand and jump off the right foot.

Violation-----An infraction of the rules in which the other team is given the ball out of bounds.

Free throw -----A shot given as a result of a foul or technical foul. free throws are unguarded shots from 15 feet. They count as on point.

Basketball Game Rules and Regulations:

Advancing the ball ---The ball may be thrown, rolled or tipped to advance the basketball.

Man to man defense-- Is where you guard a player one on one. You should always stay between your player and the basket.

Zone defense ----This is a defensive technique used by teams as an alternative to man to man defense.

Jump shot---Standard shot in basketball. Players should use their legs to create the additional power needed to get the ball to the basket. Players should also use a good followthrough/wrist snap to add backspin to their shot.