**Touch:** A player contacting the ball.

**Transition:** To switch from offense to defense, and vice versa.

**Three-Meter Line:** The line extended across the court to signify the

point which a back row player must leave the ground behind to

attack the ball.

 **Substitution -** Allows one player to replace another player already

on the court. Each team is allowed 15 substitutions per game. Each

player is allowed an unlimited number of entries.

**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.

**Side Out Scoring:** a format of scoring where points can be won

only by the serving team.

**Setter:** The second passer whose job it is to position a pass to the

hitter.

**Serve:** One of the six basic skills; used to put the ball into play. It is

the only skill controlled exclusively by one player.

**Rally Scoring:** Scoring method where points can be won by the

serving or receiving team.

**Ready Position:** The flexed, yet comfortable, posture a player

assumes before moving to the point of contact.

**Overhand Serve:** Serving the ball and striking it with the hand

above the shoulder. A serve performed with an overhand throwing

action.

**Kill:** An attack that results directly in a point or sideout.

**Hitter:** Also "spiker" or "attacker." The player who is responsible for

hitting the ball.

**Front-row:** Three players whose court position is near the net.

**Free Ball:** Returning the ball to the opponent without the intent to

get a kill (slow, arcing, pass rather than a spike). Team’s free-ball

formation may include five, four, three, two, or one receiver. At

advanced levels,the team uses no more than two (back-row)

receivers.

**Forearm Pass:** Sometimes referred to as the "bump" or "dig". Join

your arms from the elbows to the wrists and strike the ball with the

fleshy part of your forearms in an underhand motion. Introduced in

the late 1940's as a desperation play, the forearm pass is now rated

by many as the most important fundamentals in volleyball.

**Floater:** A serve with no spin that follows an erratic path. The ball

is hit with only a momentary point of contact and very little followthrough.

**Double Hit:** Successive hits by the same player. (Illegal)

**Dink:** A one-handed, soft hit into the opponent's court using the

fingertips.

**Dig:** Passing a spiked or rapidly hit ball. Slang for the art of

retrieving an attacked ball close to the floor.

**Block:** A defensive play by one or more front row players meant to

intercept a spiked ball. The combination of one, two or three

players jumping in front of the opposing spiker and contacting the

spiked ball with the hands.

**Back row:** the three players who court position is near the

baseline.

**Attack Line:** A line three meters away from, and parallel to, the

net. A back-row player cannot legally attack the ball above the net

unless he takes off on his jump from behind this line.

**Ace:** A serve that results directly in a point, usually when the ball

hits the floor untouched on the receiving team's side of the court