



Glossary & Cue Words

Glossary:

Attack: An offensive action of hitting the ball. It is a similar motion to throwing, except the “release” point is at the peak of the reach when the ball is contacted. The arm creates a whip-like motion to drive the ball down onto their opponent’s side. NOTE: Introduce attacking 3 meters off the net so the students don’t have to worry about the net and can focus on their form.

Dig: The most common way of keeping the ball off the ground after an opponent’s attack. The arms are extended in front of the body in a locked position to create a solid platform for playing the ball. The platform is used to play the bottom of the ball so that the ball goes *up* and not *over* the net.

Forearm Pass/Serve Receive: Standing in an athletic posture, the forearms are used to guide the ball to the setter’s hands. It is one of the more common ways to receive a serve. Arms are joined together at the elbows, wrists, and hands with thumbs side by side to create a solid platform. The platform is in a locked position; elbows are straight. The ball is contacted between the wrists and elbows on the platform using an underhand motion.

Overhand Pass (OH)/Set: An overhead pass is executed with both hands open. The ball is played just above the forehead with the pads of the thumbs and fingertips to the setter. Setters use the exact same motion as an OH pass, the only difference being that the setter delivers the ball to the attacker to hit over the net.

Overhand Serve (OH): One way to send the ball over the net to start a volley. The ball is held out in front of the body, at shoulder height, on the side of the dominant hand. The dominant arm is pulled back, behind the head at a 90 degree angle. The ball is tossed about 6-12 in. and struck with the palm of the dominant hand.

Pancake: A form of defense used in an emergency situation to keep the ball off the ground. The arm is extended along the ground, facing downward. The ball is saved by bouncing up off of the hand/forearm into the air so another teammate can play it.

Torque Serve: One way to send the ball over the net to start a volley. The ball is held in the non-dominant hand at head height. With a torquing motion, the ball is lifted into the air and contacted with the dominant hand with a closed fist.

Cue Words:

Attacking:

- ✓ Feet to the ball
- ✓ Hips open
- ✓ Pull elbow back
- ✓ Swing fast
- ✓ Close hips to ball

Digging:

- ✓ Stay low
- ✓ Get underneath the ball
- ✓ Flat, steady platform

Forearm Pass:

- ✓ Bend knees
- ✓ Shoulders forward
- ✓ Belly button to target
- ✓ Flat, steady platform

OH Pass/Set:

- ✓ Feet to the ball
- ✓ Get underneath the ball
- ✓ Volleyball-shaped hands
- ✓ Hands high, thumbs back
- ✓ Use pads of fingertips
- ✓ Fly like superman!

OH Serve:

- ✓ Lift, step, hit
- ✓ Hips open to close
- ✓ Elbow high
- ✓ Wide, open hand
- ✓ Hit it hard

Pancake:

- ✓ Extend arm
- ✓ Watch the ball

Torque Serve:

- ✓ Fast twist
- ✓ Hit it hard