**VOLLEYBALL TERMS**

**Ace**- A served ball that leads directly to a point.

**Attack**- An attempt by the offensive team to end play by hitting the ball over the net to the ground.

**Attack Line**- Line on the court parallel to the net(3 M away).

**Attacker**- A team player who hits the ball downward over the net.

**Block**- One, two or three defensive players jumping in front of the attacker to deflect or slow a spiked ball.

**Blocker(s)** - The team players responsible for blocking the attack.

**Bump**- An outdated term meaning forearm pass.

**Control Block**- An attempted block that slows down the speed of an attack so the back players can play the ball.

**Cool down**- Gradually decreasing the intensity of an activity in preparation for daily activity.

**Crosscourt**- An attack at an angle from one side of the attacker’s court to the opposite side of the defending court.

**Dig**- Using a forearm pass to play a ball that is low as a result of a hard hit attack

**Dink**- Gently placing the ball over or around the blocker

**Down Ball**- Attacked ball lacking sufficient speed to necessitate a block.

**Floater Serve**- Putting the ball into play with little or no spin

**Forearm pass**- A basic skill used to play a ball arriving at or below the player's waist

**Multiple block**- Two or three players participating in a block attempt

**Off-speed attack**- Spiked ball that has topspin but less than maximum force

**Ready Position**- Position suitable for the player to move from quickly in any direction

**Serve**- Basic sill used to put the ball into play

**Sideout**- Serving team loses the ball after a rally

**Trajectory**- The path of the body or ball once it is airborne

**Underhand Serve**- An underhand movement used to put the ball into play

**"W" Pattern**- Five-player pattern resembling the letter "W"

**Warmup**- Increasing blood flow to muscles through movement exercises