

ACCURACY

(noun)

The quality of being correct, precise, or on target.

Amy has excellent accuracy. All of her passes go exactly where she wants them to go.



BODY POSITION

(noun)

The positioning of the body to prepare or react to an upcoming play.

We made sure to get into a “ready” body position during the volleyball game.



BOUNDARY

(noun)

A line that marks the limits of an area.

We used four cones to mark the boundary lines for the game.



BUMP

(noun)

When a player uses their forearms to pass to a teammate or hit the ball over the net.

Sarah and James were able to successfully bump the ball back and forth with one another.



CHALLENGE

(noun)

Something that presents difficulty and requires effort to master or achieve.

Marcia was very fast, so it was a challenge to catch her before she got to the other side of the court.



COMMUNICATION

(noun)

The exchange of information from one person or group to another.

Jim showed good communication by clearly discussing a play with his teammate.



CONTROL

(verb)

To manage or regulate the movement or actions of something.

Kira was able to control the serve by using the appropriate amount of force.



COOPERATION

(noun)

The process of working together for a common goal or outcome.

The team demonstrated cooperation in order to score points as a team.



CUE

(noun)

A specific word or phrase that serves as a signal or reminder about how to perform.

By listening and following each skill cue, Colin was able to perform a correct volleyball serve.



FEEDBACK

(noun)

Information provided in reaction to a performance, action, or piece of work.

Mr. Hart gave Gina feedback on her performance and told her how she could improve.



FORCE

(noun)

Strength or power used on an object.

William used too much force during his forearm pass (bump) so it traveled out of bounds.



GROWTH MINDSET

(noun)

Defined by psychologist Carol Dweck as a belief that abilities can be developed through dedication and hard work; raw talent and common knowledge are just starting points.

Elyse has a growth mindset. She understands that making mistakes when she practices will help her learn correct form and technique as long as she tries her hardest.



INTEGRITY

(noun)

The quality of having strong moral principles.

The best teammates are those who have a positive attitude and always play with integrity.



PARTNER

(noun)

A person who plays on the same team as another person.

Carson was excited to work with Anna as his partner.



PASS

(verb)

To move an object from one space to another.

Josh passed the ball directly to Javier so that it would be easy to hit over the net.



POSITIVE LANGUAGE

(noun)

A method of verbal communication that uses an optimistic tone and focuses on what is good or can be improved in a given situation, task, or environment.

Curtis made sure to use positive language when giving feedback to his peers.



RALLY

(noun)

The act of hitting a ball back and forth between players before a point is scored.

Kaitlynn and Andrew built a rally with consecutive bumps and sets.



ROTATE

(verb)

To move or change positions with another person or team.

Our team rotated clockwise after each game.



ROTATION

(noun)

To move or change positions in a regularly recurring order.

Our team used a rotation in order to get everyone equal playing time during the game.



SERVE

(noun)

The act of hitting or sending a ball into play to start game play.

Mary demonstrated an excellent serve to the other team to get the game started.



SERVER

(noun)

Person whose responsibility is to get the ball over the net to start game play.

The server got two chances to get the ball over the net during our game.



SET

(noun)

A strategic overhead pass between players in order to position the ball to be hit over the net.

Jeff performed a set in order to allow Nora to hit the ball over the net.



SPIKE

(verb)

To hit a ball with a powerful, overarm motion so that it travels down into the area your opponents are defending.

You will need a lot of speed if you want to save a spike hit on the other side of the court.



SPIRIT OF THE GAME

(noun)

An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

Playing within the spirit of the game ensures fair play and fun for everyone.



SUPPORT

(verb)

To give help, assistance, and encouragement to someone or something.

It is important to support your friends as they work hard to meet their goals.



TABATA

(noun)

A form of high intensity interval training inspired by the research of Dr. Izumi Tabata. It is characterized by eight rounds with 20-second intervals of high intensity exercise followed by ten seconds of rest. Oftentimes, this 4-minute interval pattern is repeated four times to create a 20-minute workout routine.

Tabata Interval Training helps to make your heart stronger by increasing your heart rate and then allowing it to slow back down.



TEAMWORK

(noun)

The combined action and effort of a group of people working toward a goal or purpose.

Belle and Nina displayed incredible teamwork as they completed the Helpful Net activity.



TECHNIQUE

(noun)

A skillful or efficient way of performing an activity.

A focus on technique will help with success during each of our volleyball activities.



TRACK

(verb)

To anticipate where a ball/object will go and move to that area to prevent the opponent from scoring a point.

We are working to track down the volleyball to be in position to prevent our opponent from scoring a point.



VOLLEY

(verb)

To hit a ball or object up into the air repeatedly without catching it.

Wendy volleyed the ball up into the air three times.

