| **Core Knowledge (Need to Know)** | **Vocabulary**  |
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| To watch the ball as it travels to help with catching/hitting |
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| To get in line with the ball as it is travelling  |
| To perform a 'dig' shot |
| To react quickly  |
| To send the ball accurately  |
| To compete against others |

**Good to Know**

| Volleyball RulesObjectiveVolleyball is a game played by two 6-player teams.The teams line up on opposite sides of a net, and the object is to send the volleyball over the net within the court boundary lines so that the opposing team is unable to return it before it hits the ground. Any part of the body above the waist can be used to hit the ball. |
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| PositionsThere are 6 rotational positions on the court. Before the ball is served, players must line up in two rows with 3 players in each row.Once the ball is served, players may move anywhere on their own side of the net.When there is a change of service, team members on the serving team rotate one position clockwise before serving.The order of rotation must stay constant for each set, but it may be changed before a new set begins.Before each serve, players on both sides of the net line up in each of the 6 rotational positions. Once the serve is in the air, players are free to move into their specific player positions |
| In international and collegiate competition, a match is the best of 5 sets. For high school teams and younger, matches are often the best out of 3 sets. |
| ScoringIf a team fails to return the ball correctly over the net, a fault is recorded against it. If the team is serving, it loses the service. This is called "side-out."In **rally point scoring**, points can be scored by either team and points are awarded after every fault.A **set** is won when a team reaches 25 points, but the team has to win by at least 2 points. If the game is tied at 24-24, play continues until one team has a 2-point lead. |

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| Ball flight | The balls course before striking the ground.  |
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| Ready position  | The knees are slightly bent with hands at waist level and elbows near the body allow the player to concentrate on the ball  |
| Catch | Intercept and hold  |
| Control | be in charge of how the ball will respond |
| Throw | pass the ball using your arms  |
| Aim | To point or direct the ball to where you want it to go |
| Accuracy | To be correct or precise |
| Power | move or travel with great speed or force  |
| Speed | move quickly |
| Direction | Where you plan to go |
| Tactics | A strategy carefully planned to achieve a specific end |
| Successful  | accomplishing a desired aim |

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