

A

B

Head Coach

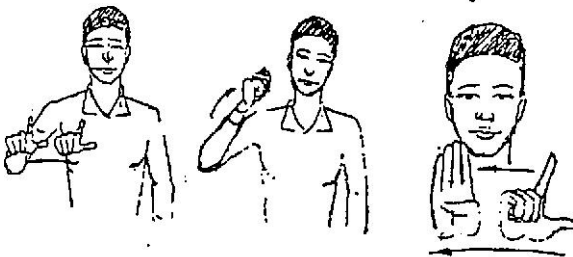
- A. With the right bent flat hand, palm facing left, touch the temple and then the jaw
- B. Move the right "c" hand, palm facing out, bouncing up and down above the right shoulder.



A

Jump

- A. With the fingertips of the right "v" hand, palm facing chest, pointing down onto the left flat hand, palm facing up. Move the right bent "v" hand upward off the left flat hand.



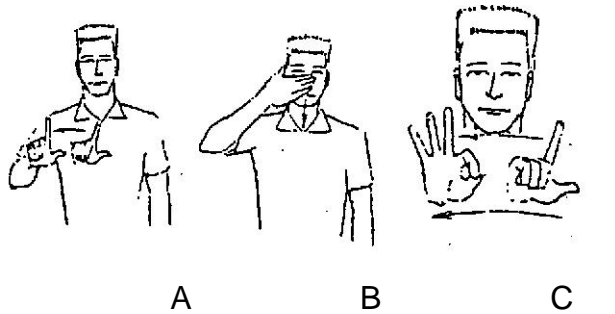
A

B

C

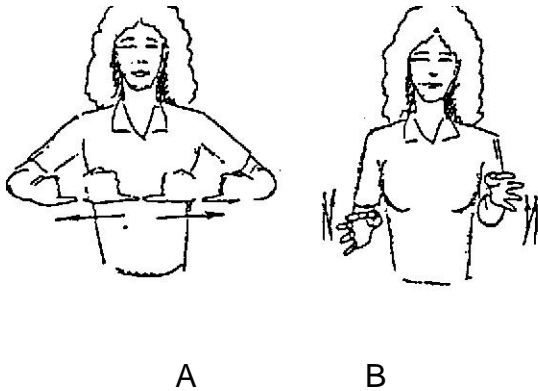
Left Back, LB (Position #5)

- A. Move the right "1" hand, palm facing out, from the front of the chest to the left with a deliberate movement.
- B. Move the right "a" hand, palm facing left, backward and over the right shoulder.
- C. OR use manual alphabet, L-B.



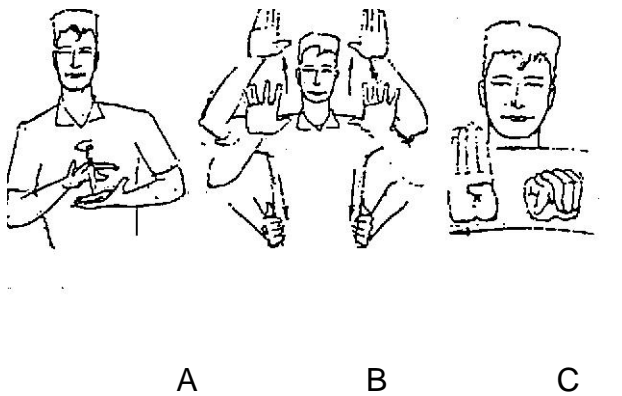
Left front, LF (Position #4)

- A. Move the right "1" hand, palm facing out, from front of the chest to the left with a deliberate movement.
- B. With the right flat hand, palm facing forehead, in front of the forehead. Move the right flat hand downward ending in front of the chin.
- C. OR use manual alphabet, L-F.



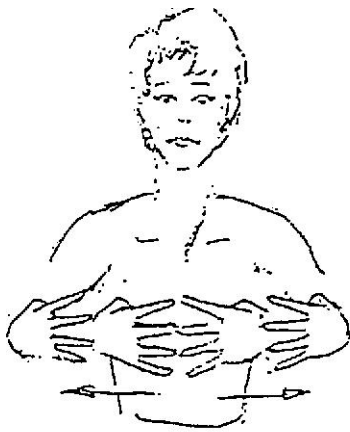
Line Judge

- A. With both fingertips of "1" hands touching together, palms facing chest, in front of chest. Slide both "1" hands outward in a straight deliberate movement.
- B. With both "9" hands, palms facing down, in front of the chest. Move both "9" hands with an alternating movement up and down.



Middle blocker, MB

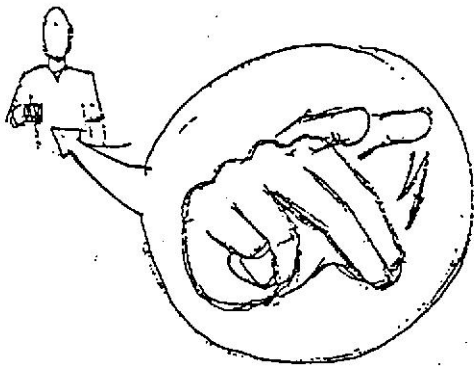
- A. Hold the left flat hand, palm facing up, in front of the chest. Move the right “touch” hand, palm facing down, in a half-circular movement and then drop downward in the middle of the left flat hand.
- B. With both “5” hands, palms facing out, in front of the face. Move both “5” hands upward and then move both flat hands, palms facing inward, down along the side of the body to the waist.
- C. OR use manual alphabet, M-B.



A

Net

- A. Move both “4” hands, palms facing chest, from touching middle and ring fingers outward in a straight deliberate movement.



No

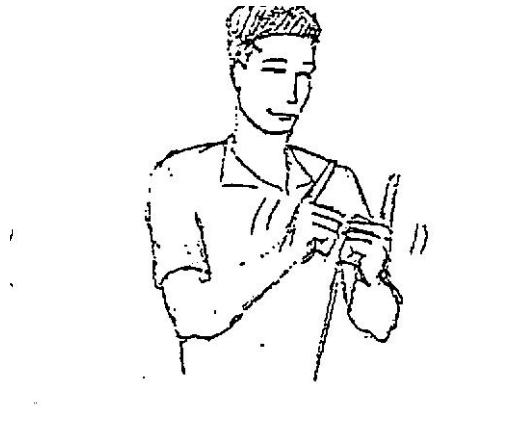
- A. Move the extended index and middle fingers down to meet the thumb in two quick movements.



A

Offense

- A. With both "o" hands crossed, right palm facing the left index and thumb fingers, in front of the chest. Move both "o" hands with an alternating circular movement twice.



A

One-man block

- A. With the left "1" hand, palm facing chest, in front of the chest and the right "1" hand, palm facing the left "1" hand. Move the left "1" hand and the right "1" hand upward at the same time.



A

B

C

Outside hitter, OH

- A. Hold the left "c" hand, palm facing right and the right fingertips and thumb together, and palm facing down, inside the left "c" hand, in front of the chest. Move the right hand up and out of the left "c" hand twice.
- B. With the left "1" hand, palm facing right, in front of the chest and the right "s" hand, palm facing left, in front of the right shoulder. Move the right "s" hand toward and touch the left "1" hand and then move both flat hands, palms facing inward, down along the side of the body to the waist.
- C. OR use manual alphabet, O-H.



Overhand serve

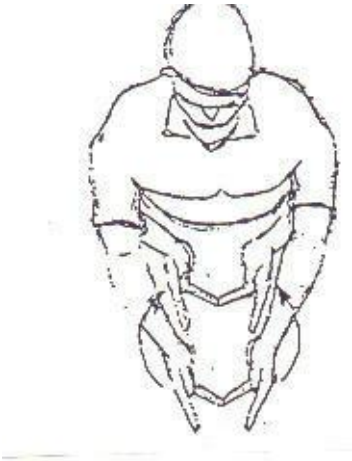
- A. Hold the left flat hand, palm facing up, in front of the chest. Move the right "5" hand, palm facing out, above the shoulder toward the middle and above the left flat hand.



A

Pass

- A. With both "a" hands, palms facing inward, touching together with slight bent elbows, in front of the chest. Swing both "a" hands upward to the right.



A

Position

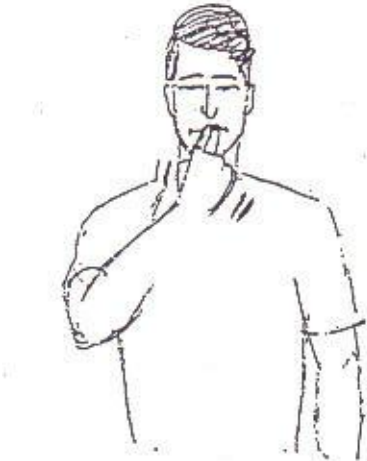
- A. With both middle fingers of “p” hands touching together, palm facing inward, in front of the chest. Move both “p” hands outward in a circular movement toward the body, ending by touching both middle fingers of “p” hands again close to the chest.



A

Receiving

- A. With the left “r” hand, palm facing right, in front of the chest and the right “r” hand, palm facing left, on top of the left “r” hand. Move both “r” hands in an arch movement toward the chest.



Referee

- A. Tap the right bent “u” hand on the lip several times.



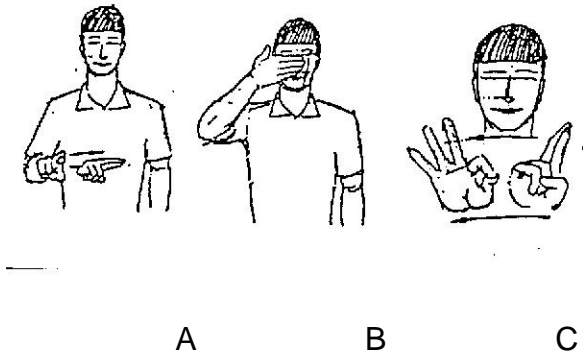
A

B

C

Right back, RB (Position #1)

- A. Move the right “r” hand, palm facing out, from front of the chest to the right with a deliberate movement
- B. Move the right “a” hand, palm facing left, backward and over the right shoulder in a deliberate movement.
- C. OR use manual alphabet, R-B.



Right front, RF (Position #2)

- A. Move the right “r” hand, palm facing out, from front of the chest to the right with a deliberate movement.
- B. With right flat hand, palm facing forehead, in front of the forehead. Move the right flat hand downward ending in front of the chin.
- C. OR use manual alphabet, R-F.



A

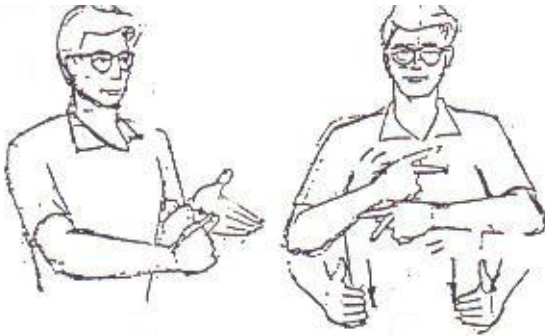
Roll

- A. With both “1” hands, palms facing chest, pointing at each other, in front of the chest. Move both “1” hands with an alternating forward circular movement several times.



Rotate

- A. With the left “r” hand, palm facing chest, in front of the chest and the right “r” hand, palm facing chest, pointing down and above the left “r” hand. Move both “r” hands in an alternating circular movement twice.



A

B

Scorekeeper

- A. Hold the left flat hand, palm facing up, in front of the chest. Move the extended right thumb and index finger together, palm facing down, across and above the left flat hand.
- B. Hold the left “k” hand, palm facing right, in front of the chest. Tap the right “k” hand, palm facing left. On top of the left “k” hand and then move both flat hands, palms facing inward, down along the side of the body to the waist.



A

Serve

- A. Move both flat hands, palms facing up, in front of the chest in an alternating back and forth movement.



A



B

Set, Setter

- A. With both “3” hands, palms facing inward, in front of the face. Bend both “3” hands at wrist in a half-arch movement.
- B. With both “3” hands, palms facing inward, in front of the face. Bent both “3” hands at wrist in a half-arch movement and then move both flat hands, palms facing inward and down along the side of the body to the waist.



A



B

Spike, Spiker

- A. Hold the left “b” hand, palm facing chest, in front of the chest and the right “s” hand, palm facing left on top of the left index finger. Move the right index finger outward in a quick movement.
- B. Hold the left “b” hand, palm facing chest, in front of the chest and the right “s” hand, palm facing left on top of the left index finger. Move the right index finger outward in a quick movement and then move both flat hands, palms facing inward, down along the side of the body to the waist.



A

Team

- A. With both “t” hands touching together, palms facing out, in front of the chest. Move both “t” hands outward in a circular movement beyond the chest ending by touching both “t” hands again in front of the chest.



Three-men block

- A. With the left "1" hand, palm facing chest, in front of the chest and the right "3" hand, palm facing the left "1" hand. Move the left "1" hand and the right "3" hand upward at the same time.



A

Two-men block

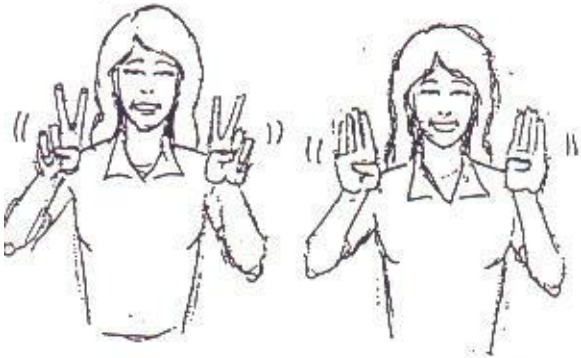
- A. With the left "1" hand, palm facing chest, in front of the chest and the right "2" hand, palm facing the left "1" hand. Move the left "1" hand and the right "2" hand upward at the same time.



A

Underhand serve

- A. Hold the left flat hand, palm facing up, in front of the chest. Swing the right "a" hand, palm facing right, across and above the left flat hand.

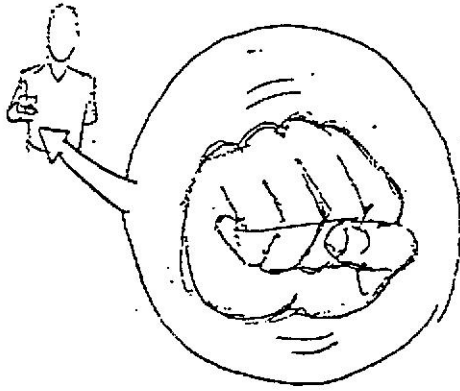


A

B

Volleyball

- A. With both "v" hands, palm facing out, above the shoulders. Move both "v" hands in a short forward movement.
- B. With both "o" hands, palm facing out, above the shoulders. Move both "o" hands in a short forward movement.



A

Yes

A. Bend the right "s" hand at wrist, palm facing out, up and down several times.