

Volleyball Forearm Pass 7th Grade Rubric

This rubric will help to grade skill level of students in volleyball bumping mechanics. To achieve a skill number, students must demonstrate all of the skills in that scoring level. Emphasis is on the process and mechanics of the sports skill and not the end product.

Skill Number	Mechanics and Cues of Skill
1	<p style="text-align: center;">Basic Skill Level</p> <ul style="list-style-type: none">• Hands are not clasped together using proper grip• Students arms are bent before they strike the ball• Student contacts the ball with their hands
2	<p style="text-align: center;">Elementary Skill Level</p> <ul style="list-style-type: none">• Hands are not clasped together using proper grip• Students arms are slightly bent before they strike the ball• Student contacts the ball with their hands or forearms• Student keeps it close to their partner
3	<p style="text-align: center;">Intermediate Skill Level</p> <ul style="list-style-type: none">• Hands are clasped together using proper grip• Students arms are straight before they strike the ball• Student swings arms at the proper time and makes good contact with the ball• Student contacts the ball with their forearms
4	<p style="text-align: center;">Advanced Skill Level</p> <ul style="list-style-type: none">• Hands are clasped together using proper grip• Students arms are straight before they strike the ball• Student swings arms at the proper time and makes good contact with the ball• Student contacts the ball with their forearms• Student is able to pass it to a teammate