

Volleyball Forearm Team Sports 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 during a game situation.

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 swings arms at the improper time and poor contact with 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 swings arms at the proper time and makes good contact with the ball traveling to a partner• Student contacts the ball with their forearms
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 traveling to a teammate• Student contacts the ball with their forearms• Student uses it to hit a serve to a teammate to start the bump, set, spike
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 traveling to a teammate• Student contacts the ball with their forearms• Student uses it to hit a serve to a teammate to start the bump, set, spike• Student can use it when improvising to get it over the net in 3 hits• Student absorbs the ball by bending their knees to help return a powerful serve