

Volleyball Serving Overhand 7th Grade Rubric

This rubric will help to grade skill level of students in volleyball serving 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 data-bbox="829 573 1024 600">Basic Skill Level</p> <ul data-bbox="518 615 1333 762" style="list-style-type: none">• Serving hand is not ready and at shoulder/head level• Student does not have a good throw over the serving hand• Students swings serving hand and makes poor contact with their palm
2	<p data-bbox="789 894 1065 921">Elementary Skill Level</p> <ul data-bbox="518 936 1333 1125" style="list-style-type: none">• Serving hand is not ready and at shoulder/head level• Student does not consistently have a good throw over the serving hand• Students swings serving hand and makes poor contact with their palm
3	<p data-bbox="776 1287 1081 1314">Intermediate Skill Level</p> <ul data-bbox="518 1329 1373 1518" style="list-style-type: none">• Serving hand is ready and at shoulder/head level• Student does not consistently have a good throw over the serving hand• Students swings serving hand and makes average contact with their palm
4	<p data-bbox="797 1650 1060 1677">Advanced Skill Level</p> <ul data-bbox="518 1692 1333 1881" style="list-style-type: none">• Serving hand is ready and at shoulder/head level• Student has a good throw over the serving hand• Students swings serving hand and makes contact with their palm• Student takes a step forward with their non-serving leg