

Volleyball Serving Overhand Team Sports 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 style="text-align: center;">Basic Skill Level</p> <ul 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 • Student does not take a step forward with their non-serving leg • Student does not follow through with their serving hand
2	<p style="text-align: center;">Elementary Skill Level</p> <ul 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 • Student takes a small step or no step forward with their non-serving leg • Student does not follow through with their serving hand • Student hits it in the net more then gets it over
3	<p style="text-align: center;">Intermediate Skill Level</p> <ul 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 • Student takes a step forward with their non-serving leg • Student follows through with their serving hand producing an accurate serve over the net more times then it hits the net • Student can jump in the air and hit the serve over the net and inbounds on a very regular basis
4	<p style="text-align: center;">Advanced Skill Level</p> <ul 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 • Student follows through with their serving hand producing an accurate serve over the net on a very regular basis • Student can jump in the air and hit the serve over the net and inbounds on a very regular basis • Student can apply spin on the ball so that it moves in a knuckleball motion