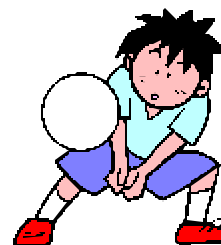


Volleyball Skills Assessment 7th Grade



Volleyball Skills Assessment:

- All skills are assessed based on a **Kinetic Chain** – *Using multiple muscle groups in one fluid movement pattern.*

Volleyball Skill		Attempts			Instructional Cues	
Serve		1	2	3		
1	Holds ball in non-dominant hand					
2	Feet face 45 degrees/Non-dominant foot forward					
3	Uses a pendulum arm swing					
Bump Pass		1	2	3		
1	Athletic stance (knees bent, feet shoulder width apart)					
2	Hands together, thumbs even					
3	Bumps ball with forearms, elbows do not bend					
Set Pass		1	2	3		
1	Athletic stance (knees bent, feet shoulder width apart)					
2	Fingers form a diamond above forehead with elbows bent					
3	Contact ball with finger pads above & in front of forehead					