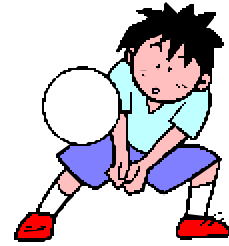


# Volleyball Skills Assessment 8th Grade



**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	
<b>Serve</b>		<b>1</b>	<b>2</b>	<b>3</b>		
<b>1</b>	Holds ball in non-dominant hand					
<b>2</b>	Feet face 45 degrees/Non-dominant foot forward					
<b>3</b>	Uses a pendulum arm swing					
<b>4</b>	Hits bottom of ball with heel of hand					
<b>Bump Pass</b>		<b>1</b>	<b>2</b>	<b>3</b>		
<b>1</b>	Athletic stance (knees bent, feet shoulder width apart)					
<b>2</b>	Hands together, thumbs even					
<b>3</b>	Bumps ball with forearms, elbows do not bend					
<b>4</b>	Use legs for power					
<b>Set Pass</b>		<b>1</b>	<b>2</b>	<b>3</b>		
<b>1</b>	Athletic stance (knees bent, feet shoulder width apart)					
<b>2</b>	Fingers form a diamond above forehead with elbows bent					
<b>3</b>	Contact ball with finger pads above & in front of forehead					
<b>4</b>	Use wrists to push up and away					