

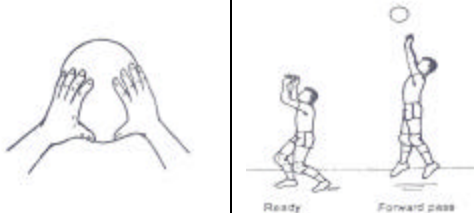


# Volleyball Skills Assessment Team Sports

## 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	
		1	2	3		
<b>Serve</b>						
1	Tosses ball to the correct height					
2	Feet face 45 degrees/Non-dominant foot forward					
3	Uses a jump serve					
4	Hits bottom of ball with heel of hand and able to put spin on the ball					
5	Ball lands in bounds and is sometimes unreturnable					
<b>Bump Pass</b>		<b>1</b>	<b>2</b>	<b>3</b>		
1	Athletic stance (knees bent, feet shoulder width apart)					
2	Hands together, thumbs even, forearms exposed					
3	Bumps ball with forearms, elbows do not bend, and not a double hit					
4	Use legs for power					
5	Ball goes to a teammate & is playable					
<b>Set Pass</b>		<b>1</b>	<b>2</b>	<b>3</b>		
1	Athletic stance (knees bent, feet shoulder width apart) jumps while setting					
2	Fingers form a diamond above forehead with elbows bent					
3	Contact ball with finger pads above & in front of forehead					
4	Use wrists to push up and away can do it behind them as well and can quick set					
5	Ball goes towards a teammate close to the net for a spike varies who it goes to so defense fooled					