Basic Skill Key Points

Passing:

\_\_\_ on balls of feet

\_\_\_ low body position

\_\_\_ able to move quick

\_\_\_ quick, efficient transition

\_\_\_ feet/stance balanced (one foot slightly forward)

\_\_\_ great platform, no swing

\_\_\_ straight arms, come together away from body

\_\_\_ squares to target (hips around) when possible

\_\_\_ moves well, stays on feet (unless emergency)

\_\_\_ reads well

\_\_\_ calls ball

\_\_\_ follows ball to line

\_\_\_ communicates well

Hitting:

\_\_\_ wants ball, calls for set

\_\_\_ correct footwork (L-R-L … rt handed)

If four step R-L-R-L, still finish R-L with left hip parallel to net

\_\_\_ plant parallel

\_\_\_ both arms up

\_\_\_ “pull chain” w/non-hitting hand

\_\_\_ “reach/rip” with hitting hand

\_\_\_ good snap

\_\_\_ good power

\_\_\_ good vertical

\_\_\_ stays out of net

\_\_\_ good transition- quick, facing court/ball, low

\_\_\_ approaches from inside the court if right handed right side attacker

\_\_\_ get off net, and come back in hard

Blocking:

\_\_\_ ready position (when ball on other side)- legs loaded, balls of feet, tips to elbows away from net, anticipate

\_\_\_ vertical…above net

\_\_\_ good timing

\_\_\_ lead with hands when moving

\_\_\_ proper footwork

\_\_\_ big hands, thumbs up

\_\_\_ head between arms

\_\_\_ solid hands/arms

\_\_\_ seals net

\_\_\_ avoids contact with net

\_\_\_ controlled two foot landing

\_\_\_ quick transition for attack or dig

\_\_\_ communicates well

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Setting:

\_\_\_ release to position asap

\_\_\_ quick

\_\_\_ communicates!

\_\_\_ gets under ball

\_\_\_ left/right footwork

\_\_\_ uses legs

\_\_\_ nice hands- fingers wide

\_\_\_ contact from forehead

\_\_\_ reads ball from pass

\_\_\_ transitions off net efficiently for defense

\_\_\_ runs floor

\_\_\_ good leader

Serving:

\_\_\_ good one handed toss, other arm already up

\_\_\_ contact high, ball slightly in front

\_\_\_ big, open, solid hand

\_\_\_ weight transfer

\_\_\_ able to serve areas

\_\_\_ decent power

\_\_\_ low trajectory over net

\_\_\_ misses very few serves

Defense:

\_\_\_ works from base position

\_\_\_ moves quickly and low

\_\_\_ aggressive, willing to get after it!

\_\_\_ pushes to the ball

\_\_\_ transitions efficiently

\_\_\_ communicates well

\_\_\_ willing to hit the floor

\_\_\_ reads well

\_\_\_ has those great passing skills

Other comments:

All athlete assessments are not necessarily based on every skill depending on position and age group.