

# Volleyball Skills Rubric

	Advanced-5	Proficient-4	Developing-3	Needs Improvement-2	Failure-1
<b>Forearm Passing</b>	Body in low athletic stance, weight on balls of feet, knees bent, called mine, hands together, ball went towards target, control of the ball, and pass had a purpose.	Body in low athletic stance, weight on balls of feet, knees bent, called mine, hands together, ball went towards target, control of the ball	Weight on heels, elbows were bent, ball was playable for teammates, some control of ball.	Hands apart, body is in upright position, did not call the ball, or use of legs.	Cannot make contact with the ball
<b>Setting</b>	Body in athletic position, made a triangle for hands, called mine, weight on balls of feet, good follow through, control of ball to target, pass could spiked, pass had a purpose.	Body in athletic position, made a triangle for hands, called mine, weight on balls of feet, good follow through, control of ball to target.	Made a triangle, hit ball off of palms (not fingers), some control of ball.	Hands were apart, body not in athletic position, lift, no control of ball.	Cannot make contact with the ball
<b>Hitting</b>	Footwork is correct, body weight is transferred correctly, arm pull back is low, contact with ball is high with an open hand, ball is hit into the court.	Contact is made with ball in any manner, footwork is good, ball is hit into the court.	Contact is made with ball, no approach was made.	Contact is made with ball, footwork is incorrect.	No contact is made with the ball
<b>Serving</b>	<ul style="list-style-type: none"> <li>- Player performs the same per-serve routine, every-time.</li> <li>- Player can consistently serve in play and to the desired zone.</li> <li>- Serve has great deal of velocity and can potentially disrupt var level serve receive patterns.</li> <li>- Serve clears net by less than 3 ft.</li> </ul>	<ul style="list-style-type: none"> <li>- Player performs a per-serve routine all the time.</li> <li>- Player can consistently serve in play and sometimes to the desired zone.</li> <li>- Serve has velocity and can challenge var. level serve receive passing.</li> <li>- Serve clears net between 6-3 ft.</li> </ul>	<ul style="list-style-type: none"> <li>- Player performs a per-serve routine all the time.</li> <li>- Player can consistently serve in play and sometimes to the desired zone.</li> <li>- Serve has velocity and can challenge var. level serve receive passing.</li> <li>- Serve clears net between 6-3 ft.</li> </ul>	<ul style="list-style-type: none"> <li>- Player performs no per-serve routine.</li> <li>- Player consistently errs (net violation or out of bounds).</li> <li>- Serve has little to no velocity.</li> <li>- Serve clears net by 10 + ft.</li> </ul>	Cannot make contact with the ball
<b>Defense &amp; Serve-Receive</b>	<ul style="list-style-type: none"> <li>- Palms up, platform straight</li> </ul>	<ul style="list-style-type: none"> <li>- Palms up, platform straight</li> </ul>	<ul style="list-style-type: none"> <li>- Balance is forward before</li> </ul>	<ul style="list-style-type: none"> <li>- Balance prior to serve is on</li> </ul>	Cannot make

	<p>and extended in front of body.</p> <ul style="list-style-type: none"> <li>- Balance is on toes, out in front of knees.</li> <li>- Knees are almost 90 degrees, hips are strong.</li> <li>- Player is clearly ready-to pass below the bottom-net level.</li> <li>- "3" option pass.</li> </ul>	<p>and in front of knees.</p> <ul style="list-style-type: none"> <li>- Balance is primarily on toes, but player may finish the pass on heels.</li> <li>- Player is slightly below bottom-net level when ready to pass.</li> <li>- "2" option pass.</li> </ul>	<p>serve, but on heels.</p> <ul style="list-style-type: none"> <li>- Palms up.</li> <li>- Platform close to body instead of extended in front of knees.</li> <li>- Player's "ready" position to pass has player's head at bottom-net level.</li> <li>- "1" option pass.</li> </ul>	<p>heels.</p> <ul style="list-style-type: none"> <li>- Palms facing down.</li> <li>- Vertical stance with no bend at knees, no depth in hips, bent platform.</li> <li>- No effort to dive when necessary.</li> <li>- "0" option pass.</li> </ul>	<p>contact with the ball</p>
<b>Blocking</b>	<ul style="list-style-type: none"> <li>-Proper footwork technique</li> <li>-in proper ready position with knees bent</li> <li>-hands high and presses over the net</li> <li>-uses arm swing and controls body</li> <li>-closes the block</li> <li>-communicates</li> </ul>	<ul style="list-style-type: none"> <li>-Proper footwork technique</li> <li>-in proper ready position with knees bent</li> <li>-hands high and attempts to press over the net</li> <li>-uses arm swing but out of control</li> <li>-might not be able to close the block</li> <li>-communicates</li> </ul>	<ul style="list-style-type: none"> <li>-Struggles with the footwork</li> <li>-in proper ready position with knees bent</li> <li>-hands high and attempts to press over the net</li> <li>-uses arm swing but out of control</li> <li>-might not be able to close the block</li> <li>-doesn't communicate effectively</li> </ul>	<ul style="list-style-type: none"> <li>-Struggles with the concept of blocking</li> <li>-doesn't understand timing or in ready position</li> </ul>	<p>Cannot block at all</p>
<b>Volleyball IQ</b>	<ul style="list-style-type: none"> <li>-player knows all areas of the court.</li> <li>-player applies what their coaches/teammates tell them to do every time.</li> <li>-players understand all schemes and/or positions which they are told to be in.</li> </ul>	<ul style="list-style-type: none"> <li>-player knows 2/3 of the volleyball areas/positions.</li> <li>- player 2/3 of the time can process what the coach/teammates tell them to do and apply that to the game.</li> <li>-player 2/3 of the time understands schemes and/or positions in which they are told to be at.</li> </ul>	<ul style="list-style-type: none"> <li>- player knows 1/3 of the court areas.</li> <li>- player 1/3 of the time can process information from coaches and/or teammates and apply that knowledge to the game.</li> <li>-player 1/3 of the time understands schemes and/or positions in which they are told to be at.</li> </ul>	<ul style="list-style-type: none"> <li>-player knows none of the areas of the court.</li> <li>-player is unable to process coaches/teammates instruction and apply to the game.</li> <li>-player does not understand schemes and or positions in which they are told to be at.</li> </ul>	<p>Does not know the concept of the sport.</p>