

Volleyball

Advanced Skills developed in structured plays to enable candidates to perform in the context of the assessment.

Service: underarm; tennis (frontal, floating, side floating).

Receiving service.

Dig: two armed; one armed (diving).

Set: front volley; reverse volley; jump volley.

Smash: spike; hard; soft; tactical; dump.

Blocking.

Application of advanced skills in a structured game situation providing the basis for the assessment of the individual candidate.

Shot restriction and court restriction drills.

Structured rallies and plays.

Team skills/tactics

2 : 2 : 2 system, 5 : 1 system; role of individual players; team formation when serving; team formation when receiving; switching and penetration; setting up smash and block; defending smash and block.

Laws of the game and their application

Umpiring.

Court layout.

Mark Band	Games Activity - Volleyball
9 – 10	<p>Able to serve to any position on court using underarm and tennis serves. Displays high level of technical skill. Able to volley from all positions on court. Demonstrates reverse volley and high, low and reverse set.</p> <p>Able to direct pass accurately to any target. Performs dig to high standard from anywhere on court, showing accuracy of pass, ability to cope with powerful serve or smash.</p> <p>Able to perform double handed on either side. Accurately times approach run for smash. Hits ball with power and direction. Blocks very effectively. Reacts to play ball off net.</p> <p>Exerts significant control over game. Shows outstanding level of skill, tactical awareness and anticipation, making very few unforced errors.</p>
7 – 8	<p>Performs underarm and tennis services with high level of accuracy. Shows control and accurate placement when using both types of serve.</p> <p>Displays good technical skill in volley, directing pass with accuracy and correct height. Is able to achieve correct position in volley through speedy footwork.</p> <p>Able to dig from anywhere on court. Can direct ball accurately towards setter.</p> <p>Times approach run and jumps accurately; hits ball with some power to specific position.</p> <p>Performs blocking technique accurately, with good timing and co-operating with another blocker. Able to 'read' hitter.</p> <p>Able to exert considerable influence on game in both attack and defence. Makes few unforced errors and assists team mates. Shows high level of skill and tactical awareness even under pressure.</p>
5 – 6	<p>Displays sound level of technique and accuracy in the serve. Underarm serve shows good control and accurate placement anywhere on the court. Able to vary length and height of serve</p> <p>Displays good level of skill giving control and accuracy of pass. Able to change the direction of ball from hand feed and 'ideal' positions.</p> <p>Plays ball with good height and accuracy when digging in static practice conditions. Good control and accuracy of passing.</p> <p>Can smash accurately from static position but is less accurate with approach run.</p> <p>Displays good technique in block with good timing and jump.</p> <p>Makes some contribution to the game. Good command of skills and tactics in evidence even under pressure. Shows some anticipation of opposition and makes adjustments. Able to switch from attack to defence.</p>
3 – 4	<p>Underarm serve, starting to show control and reasonable accuracy of placement. Displays correct body and feet placement with step-in.</p> <p>Displays technically correct contact on volley. 'Set' shot lacks sufficient height.</p> <p>Performs leg extension and shoulder 'shrug' well in static practice conditions.</p> <p>Can time ball but contact and control is poor. Approach steps accurate from set routine.</p> <p>Can perform blocking technique and put hands over the net but timing is inaccurate.</p> <p>Starts to become more effective in game situation. May exhibit some individual skills although they may be affected by pressures of game.</p>
1 – 2	<p>Basic underarm serve shows little control. Ball clears net sometimes. Remains static with the serve.</p> <p>Has difficulty in controlling the 'set'.</p> <p>Displays lack of leg bend. Arms straight but hands raised above shoulder. Incorrect ball contact on arm.</p> <p>Has difficulty co-ordinating timing of jump and smash, making incorrect contact with forearm.</p> <p>Able to jump when attempting to block but does not land on same spot.</p> <p>Participates in game with limited effectiveness. Has difficulty performing basic skills in game situation.</p>