Hubbard High School

Volleyball Skills Checklist

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| Serving | Achieved | Needs Work |
| **LIFT** - palm flat and facing up, ball stays on hand until  contact |  |  |
| **Step** – small, natural step with opposite foot (right-handers:  step with left) taken as arm begins backward motion |  |  |
| **Hand Contact** - contact with closed fist under ball |  |  |
| **Arm Motion** - swift, contact ball below waist with closed fist |  |  |
| **Weight Transfer** - transfer weight from back foot to front foot, through the ball as you make contact |  |  |
| **CUES**- "present, step, serve" |  |  |

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| **Forearm Passing** | **Achieved** | **Needs work** |
| **Hand Clasp** - whatever feels natural, so long as thumbs are aligned |  |  |
| **Platform** - ball should be contacted on forearms, above the wrists and below the elbows |  |  |
| **Base** - feet at least shoulder width or a bit wider. bend at  knees, not at waist to keep body and platform beneath the  ball |  |  |
| **Shuffle to ball** - in moving to where the ball is, shuffle your feet, keeping knees bent and hips/head in a straight, vertical line |  |  |
| **Step to target** - once in position, step with whatever foot feels most comfortable in direction of target |  |  |
| **Arm Motion** - arms should not move higher than shoulders, do not swing arms. use very little arm motion and direct the ball to your target |  |  |
| **General body position** - relaxed shoulders, knees bent, stay down and do not stand up as you pass |  |  |
| **Relax/Tempo** - this is not a fast skill, should be done in a  relaxed, controlled fashion... don’t “stab” at ball, kind of  “shovel” it to target |  |  |

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| **Setting** | **Achieved** | **Needs Work** |
| **Hand position on ball** - form a triangle on ball with thumbs  and index fingers, then spread apart so that hands wrap  around sides of ball |  |  |
| **Ball contact** - hands should be up at forehead when  contacting ball , ALWAYS set from near the forehead |  |  |
| **Foot position-** you should set off of your right foot and  follow thru onto your left foot |  |  |
| **Setter net position** - between the middle front and right front  hitters, get as close to the net as you can without touching it |  |  |
| **Follow Through -** extend out from feet all the way through  hands, you should hold your hands/arms out extended |  |  |
| **Shoulders square w/target** – shoulders/hips should always  face the left-front target (front or backsets) |  |  |

**Overhand Passing**

Hand Position - fingers spread and firm, hands in front of

face.

Contact Target - contact with ball should be made in front of

face

Foot Position - feet and body must be behind the ball, feet

(base) should be comfortable and solid.

Making Contact - hands & fingers should remain firm and

strong on contact, NOT soft like when you set a hitter.

Follow Through - as contact is made, push the ball to your

target by extending your arms out from your face.

Aggressive - this is an aggressive skill, you have to go to the

ball with strong hands and push the ball away from you