

WMS Volleyball Skills

Rubric

Passing:

0 = Does not demonstrate passing skills = EXAMPLE: passes with one arm, stands straight up when passing

1 = Insufficient execution of skill = EXAMPLE: Arms are straight, but raises them when passing; Does not use legs; Does not hit the ball correctly

2 = Demonstrates skill but needs improvement = EXAMPLE: Bends at the waist and not knees; does not hit ball evenly off the platform, Passes to target 50-75% of the time; ball is passed evenly off platform

3 = Excellent skill demonstration = EXAMPLE: Passes consistently towards target; excellent platform and movement

Setting:

0 = Does not demonstrate setting skills = EXAMPLE: stops the ball before pushing it up

1 = Insufficient execution of skill = EXAMPLE: sets below forehead, does not move feet properly

2 = Demonstrates skill but needs improvement = EXAMPLE: Spins/double taps the ball while setting, Sets 50% of the time to target, footwork is inconsistent

3 = Excellent skill demonstration = EXAMPLE: Sets consistently towards target; excellent finger pads, bent knees, thumbs facing eyebrows when starting to set

Serving:

0 = Does not demonstrate serving skills for an overhand serve

1 = Insufficient execution of skill = EXAMPLE: Unable to serve/hit the ball over the net, serves the ball out

2 = Demonstrates skill but needs improvement: EXAMPLE: serves 50% effectively

3 = Excellent skill demonstration = EXAMPLE: serves consistently inside the court, serves zones on the court

Hitting:

0 = Does not demonstrate hitting skills = EXAMPLE: stands in one place and pushes the ball over

1 = Insufficient execution of skill = EXAMPLE: Does not use an approach; just stands and jumps; has little to no follow-through on the hit

2 = Demonstrates skill but needs improvement = EXAMPLE: Attempts a 3 or 4-step approach; Has some follow-through; inconsistent with hits, hits the ball in the court 50-75% of the time

3 = Excellent skill demonstration = EXAMPLE: Consistent with approach, wrist snap, follow-through, and hitting in the court

