



## **VOLLEYBALL SKILLS ASSESSMEN SHEET.**

OBSERVER: PLAYER: Group:	1.- <b>Excellent.</b> (Always observed/ Correct and accurate performance)	2.- <b>Proficient.</b> (Most of the times observed/ Quite accurate).	3.- <b>Developing.</b> (Observed sometimes and 50% of accuracy).	4.- <b>Beginner/ Needs Improvement</b> (Rarely observed/ Not accurate and difficult to play with him/ her).
<b>BUMP</b>				
Legs are flexed before hitting the ball.				
Elbows are extended.				
Hands together one on top of the other.				
Keeps arms extended when hitting the ball.				
Leans body forward.				
Extend legs when hitting the ball keeping arms extended and below shoulder line.				
Hits the ball with the body right behind it.				
<b>SET</b>				
Touches de ball over the head.				
Push the ball softly and with control.				
Keeps elbows wide open				
<b>SERVE</b>				
Hits the ball with the palm of his/ her hand.				
Keeps the ball in front				
Places the body oriented properly.				
Serves the ball where expected.				
<b>TEAM GAME.</b>				
Bumps the ball high with parable and to the expected area.				
Sets the ball for the third touch.				
Follows the tactical sequence: bump- set.				
Plays according to the opponents skills and situation on court.				
Plays three touches.				
Plays the ball with intention and tactical sense.				
FINAL GRADE:		/20=		



- Strengths:

- Areas of Improvement:

– Short Term Goal:

– Long Term Goal: