

	RECREATIONAL	INTERMEDIATE	COMPETITIVE	POWER	POWER PLUS
SERVING	<ul style="list-style-type: none"> <li>★ Inconsistent underhand serve <ul style="list-style-type: none"> <li>○ easily received by opponent</li> </ul> </li> <li>★ Uncontrolled overhand serve <ul style="list-style-type: none"> <li>○ not often in play</li> <li>○ easily received by opponent</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Underhand serve consistently in the court <ul style="list-style-type: none"> <li>○ easily received by opponent</li> </ul> </li> <li>★ Overhand serve goes over the net <ul style="list-style-type: none"> <li>○ inconsistently in play</li> <li>○ easily received by opponent</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Overhand serve goes over the net <ul style="list-style-type: none"> <li>○ consistently in play</li> <li>○ generally easily received by the opponent</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Overhand serve goes over the net <ul style="list-style-type: none"> <li>○ lower trajectory</li> <li>○ consistently in play</li> <li>○ often difficult for opponent to receive</li> </ul> </li> <li>★ May jump serve with lesser force <ul style="list-style-type: none"> <li>○ still with control</li> </ul> </li> <li>★ More-forceful jump serves just as often go out as remain in play</li> </ul>	<ul style="list-style-type: none"> <li>★ Overhand serve goes over the net <ul style="list-style-type: none"> <li>○ consistent lower trajectory consistently in play</li> <li>○ often difficult for opponent to receive</li> </ul> </li> <li>★ Jump serve may be common <ul style="list-style-type: none"> <li>○ controlled</li> <li>○ served with force</li> </ul> </li> <li>★ Ball often served strategically based on reading opponent's court</li> </ul>
SERVE-RECEIVE & BACK-ROW DEFENSE (PASSING)	<ul style="list-style-type: none"> <li>★ 50% of easy balls kept in play</li> <li>★ Hard balls not kept in play</li> <li>★ Poor or awkward technique <ul style="list-style-type: none"> <li>○ ball ricochets off hands</li> </ul> </li> <li>★ Resorts to sending ball over unnecessarily on 1st or 2nd hit</li> </ul>	<ul style="list-style-type: none"> <li>★ Easy balls are usually kept in play <ul style="list-style-type: none"> <li>○ some passes to setter</li> </ul> </li> <li>★ Hard balls are rarely kept in play <ul style="list-style-type: none"> <li>○ rarely to setter</li> </ul> </li> <li>★ Pass often is not precise or controlled <ul style="list-style-type: none"> <li>○ sometimes is overpass</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Easy balls kept in play consistently <ul style="list-style-type: none"> <li>○ most passes to setter</li> </ul> </li> <li>★ Hard balls kept in play <ul style="list-style-type: none"> <li>○ some passes to setter</li> </ul> </li> <li>★ Ball generally is controlled <ul style="list-style-type: none"> <li>○ occasionally overpassed/mis-passed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Easy balls kept in play consistently <ul style="list-style-type: none"> <li>○ all passes to setter</li> <li>○ passed with ease/control</li> </ul> </li> <li>★ Hard balls kept in play <ul style="list-style-type: none"> <li>○ some passes to setter</li> </ul> </li> <li>★ Ball generally is controlled <ul style="list-style-type: none"> <li>○ occasionally overpassed/mis-passed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Easy balls kept in play consistently <ul style="list-style-type: none"> <li>○ all passes to setter</li> <li>○ passed with ease/control</li> </ul> </li> <li>★ Hard balls kept in play <ul style="list-style-type: none"> <li>○ most passes to setter</li> </ul> </li> <li>★ Ball is controlled <ul style="list-style-type: none"> <li>○ rarely overpassed/mis-passed</li> </ul> </li> </ul>
SETTING	<ul style="list-style-type: none"> <li>★ Does not move to ball</li> <li>★ Technique and form: <ul style="list-style-type: none"> <li>○ often lifts/doubles on overhead sets</li> <li>○ usually bump-sets</li> <li>○ a bad pass usually ends rally</li> </ul> </li> <li>★ Hitters struggle to predict where the set will be placed <ul style="list-style-type: none"> <li>○ never precise</li> <li>○ usually is high</li> </ul> </li> <li>★ Unable to control balls passed tight to net <ul style="list-style-type: none"> <li>○ usually results in loss of rally</li> </ul> </li> <li>★ Struggles to take control of any play that is unusual</li> </ul>	<ul style="list-style-type: none"> <li>★ Generally moves to ball</li> <li>★ Technique and form: <ul style="list-style-type: none"> <li>○ sometimes lifts/doubles on overhead sets</li> <li>○ often bump-sets to avoid doubling on bad pass</li> <li>○ struggles when handling a reasonable bad pass</li> </ul> </li> <li>★ Struggles to react to mis-passes in most situations</li> <li>★ Placement of set is predictable and demonstrates little strategy <ul style="list-style-type: none"> <li>○ very rarely precise</li> <li>○ usually is high</li> <li>○ easily read by more-advanced opponents</li> <li>○ ball never is set with opponents' defense in mind</li> </ul> </li> <li>★ Unable to control balls passed tight to net <ul style="list-style-type: none"> <li>○ usually results in loss of rally</li> </ul> </li> <li>★ Functions effectively in simpler, slower-paced game</li> </ul> <p><i>Distinction between this level and next one up is form/technique, control of the game, ability to react and adjust, and control of the ball</i></p>	<ul style="list-style-type: none"> <li>★ Usually moves to ball</li> <li>★ Technique and form: <ul style="list-style-type: none"> <li>○ occasionally doubles/lifts on overhead sets</li> <li>○ usually sets hittable ball from reasonable pass while setting from right/middle</li> <li>○ occasionally bump-sets to avoid doubling on bad pass</li> <li>○ struggles to set hittable ball from a reasonable bad pass</li> <li>○ struggles to control balls passed tight to net</li> </ul> </li> <li>★ Often does not react/adjust quickly to mis-passes</li> <li>★ Placement of set sometimes predictable <ul style="list-style-type: none"> <li>○ not always precise</li> <li>○ usually is high</li> <li>○ easily read by more-advanced opponents</li> <li>○ many times, ball is not set with opponents' defense in mind</li> </ul> </li> <li>★ Makes sound, strategic decisions in a slower-paced game</li> <li>★ Functions effectively with some strategic control in a simpler, faster-paced game</li> </ul> <p><i>Distinction between this level and next one up is form/technique, control of the game, ability to react and adjust, and control of the ball</i></p>	<ul style="list-style-type: none"> <li>★ Always moves to ball</li> <li>★ Technique and form: <ul style="list-style-type: none"> <li>○ infrequently lifts/doubles</li> <li>○ usually sets ball to intended target</li> <li>○ usually sets hittable ball from reasonable bad pass</li> <li>○ skills include back setting and some ease of handling balls passed tight to net</li> </ul> </li> <li>★ Does not react/adjust quickly in fast-paced play, but makes sound, complex decisions in slower-paced game</li> <li>★ Placement of set is strategic <ul style="list-style-type: none"> <li>○ precise</li> <li>○ in control of ball height/speed</li> <li>○ placement based on reading opponent's front-row and back-row defense</li> <li>○ uses second ball over in an attempt to gain points</li> </ul> </li> <li>★ Communicates with hitters to plan offense</li> <li>★ Understands, but sometimes fails to execute, complex offenses <ul style="list-style-type: none"> <li>○ read more easily by opponent</li> </ul> </li> <li>★ Functions effectively with strong, strategic control in slower-paced, complex game <ul style="list-style-type: none"> <li>○ struggles with a faster pace</li> </ul> </li> </ul> <p><i>Distinction between this level and next one up is the pace at which decisions, reactions and strategy is made and the ability to execute the most complex of offenses</i></p>	<ul style="list-style-type: none"> <li>★ Always moves to ball</li> <li>★ Technique and form: <ul style="list-style-type: none"> <li>○ rarely lifts/doubles</li> <li>○ consistently sets ball to intended target</li> <li>○ sets hittable ball from bad passes</li> <li>○ skills include back setting and ease of handling balls passed tight to net, and may include jump sets</li> </ul> </li> <li>★ Quickly reacts and makes sound, strategic decisions while executing complex offenses</li> <li>★ Placement of set is strategic <ul style="list-style-type: none"> <li>○ precise</li> <li>○ in control of ball height/speed</li> <li>○ is difficult to read</li> <li>○ placement based on reading opponent's front-row and back-row defense</li> <li>○ uses second ball over to gain points</li> </ul> </li> <li>★ Communicates with hitters to plan offense</li> <li>★ Functions effectively with strong, strategic control in fast-paced, complex game</li> </ul>

	RECREATIONAL	INTERMEDIATE	COMPETITIVE	POWER	POWER PLUS
HITTING	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ 50% chance ball goes over the net/in</li> <li>○ never is aggressive</li> <li>○ slow hitting pace makes hit predictable</li> <li>○ often forearm- or overhead-passes attack</li> <li>○ often sends ball over on 1st or 2nd hit</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ sometimes contacts net</li> <li>○ lacks control, timing and form</li> <li>○ cannot adjust to sets</li> <li>○ usually fails to drop off net to make approach</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ hits ball in most of the time on weaker attacks</li> <li>○ rarely results in a point</li> <li>○ rarely is aggressive</li> <li>○ usually out if hit is aggressive</li> <li>○ slow hitting pace makes hit predictable</li> <li>○ may forearm pass attack</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ sometimes contacts net</li> <li>○ does not always jump to attack a good set because timing is off</li> <li>○ struggles with control, form and timing</li> <li>○ cannot adjust to sets</li> <li>○ often fails to drop off net to make approach</li> </ul> </li> </ul> <p><i>Distinction between this level and next one up is control, form, predictability and ability to adjust to sets</i></p>	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ hits ball in on weaker attacks</li> <li>○ less control of ball on more-aggressive attacks</li> <li>○ aggressive hits out with some frequency</li> <li>○ ball sometimes is hit into net</li> <li>○ may result in point against weaker team</li> <li>○ hit is somewhat predictable</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ usually does not contact net</li> <li>○ struggles to adjust to sets or may lack timing</li> <li>○ rarely fails to drop off net to make approach</li> </ul> </li> <li>★ Demonstrates ability to execute simple attacks (4/5, 32) with ease but lacks knowledge/ease of more-complex attacks</li> </ul> <p><i>Distinction between this level and next one up is control, form and ability to adjust to sets</i></p>	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ ball mostly is in</li> <li>○ attack generally is aggressive</li> <li>○ often results in a point</li> <li>○ hit sometimes is unpredictable</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ avoids contacting the net</li> <li>○ adjusts to sets</li> <li>○ executes timing naturally</li> <li>○ always drops off net to make an approach</li> </ul> </li> <li>★ Demonstrates ability to execute simpler attacks with ease (4/5, 31/32) <ul style="list-style-type: none"> <li>○ may be inconsistent with complex attacks (including shoot, back 1/2, slide, tandem, back-row, etc.)</li> </ul> </li> </ul> <p><i>Distinction between this level and next one up is pace, ease of more-complex attacks, and control of the aggressively-attacked ball</i></p>	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ ball usually is in</li> <li>○ attack is aggressive or strategic by reading opponent's court space and front-row defense</li> <li>○ often results in a point</li> <li>○ hit often is unpredictable</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ avoids contacting the net</li> <li>○ adjusts to sets</li> <li>○ executes timing naturally</li> <li>○ always drops off net to make an approach</li> </ul> </li> <li>★ Demonstrates an ability to execute attacks from among multitude of simple and complex plays (including 4/5, shoot, 31/32, back 1/2, slide, tandem, back-row, etc.)</li> </ul> <p><i>Distinction between this level and next one down is pace, ease of more-complex attacks, and control of the aggressively-attacked ball</i></p>
FRONT-ROW DEFENSE & BLOCKING	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Rarely attempts to block</li> <li>★ Blocking form is not proper <ul style="list-style-type: none"> <li>○ hands not open or pressed</li> </ul> </li> <li>★ Blocking action is not controlled <ul style="list-style-type: none"> <li>○ regularly comes under or touches net</li> </ul> </li> <li>★ Stands at net and doesn't move</li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Never anticipates a tip/deflection <ul style="list-style-type: none"> <li>○ does not move to cover these plays</li> </ul> </li> </ul>	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Blocking form is not proper <ul style="list-style-type: none"> <li>○ hands not open or pressed</li> </ul> </li> <li>★ Blocking action is not controlled <ul style="list-style-type: none"> <li>○ many times comes under or touches net</li> </ul> </li> <li>★ Struggles to anticipate opponent's offense <ul style="list-style-type: none"> <li>○ does not always attempt to block when appropriate</li> </ul> </li> <li>★ Does not demonstrate consistent skill at taking away court space from opponent's hitter</li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Rarely anticipates a tip/deflection <ul style="list-style-type: none"> <li>○ does not move to cover these plays</li> </ul> </li> </ul>	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Blocking form may not be proper <ul style="list-style-type: none"> <li>○ hands may not be open/pressed</li> <li>○ may still be effective</li> </ul> </li> <li>★ Blocking action is less-controlled <ul style="list-style-type: none"> <li>○ sometimes comes under or touches net</li> </ul> </li> <li>★ Reading opponent's offense: <ul style="list-style-type: none"> <li>○ most of the time, reads simpler offense and puts up block when necessary</li> <li>○ may not react correctly to or attempt to block more-unusual attack strategy</li> </ul> </li> <li>★ Does not demonstrate a consistent skill at taking away court space from opponent's hitter</li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Sometimes anticipates a tip/deflection: <ul style="list-style-type: none"> <li>○ sometimes drops off net to cover tips/deflections</li> </ul> </li> </ul>	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Blocking form is proper <ul style="list-style-type: none"> <li>○ hands open/pressed</li> </ul> </li> <li>★ Blocking action is controlled <ul style="list-style-type: none"> <li>○ does not come under or touch net</li> </ul> </li> <li>★ Reading opponent's offense: <ul style="list-style-type: none"> <li>○ most of the time, reads complex offense and puts up block when necessary</li> <li>○ Reacts correctly to more-unusual attack strategy but may be slower to move</li> </ul> </li> <li>★ Takes away correct part of court</li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Drops off net routinely to cover tips/deflections</li> </ul> <p><i>Distinction between this level and next one up is fluidity and ease of consistent execution in a fast-paced game</i></p>	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Blocking form is proper <ul style="list-style-type: none"> <li>○ hands open/pressed</li> </ul> </li> <li>★ Blocking action is controlled <ul style="list-style-type: none"> <li>○ does not come under or touch net</li> </ul> </li> <li>★ Reading opponent's complex offense: <ul style="list-style-type: none"> <li>○ most of the time, reads complex offense and puts up block when necessary</li> <li>○ Reacts correctly to more-unusual attack strategy</li> </ul> </li> <li>★ Takes away correct part of court</li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Drops off net routinely to cover tips/deflections</li> </ul> <p><i>Distinction between this level and next one down is fluidity and ease of consistent execution in a fast-paced game</i></p>
KNOWLEDGE & PURSUIT	<ul style="list-style-type: none"> <li>★ May demonstrate knowledge of standard rotation <ul style="list-style-type: none"> <li>○ in slower-paced game</li> <li>○ limited strategy</li> </ul> </li> <li>★ Starting to learn 4-2 rotation</li> <li>★ Difficulty knowing where to position for defense</li> <li>★ Often slow to react to faster-paced play <ul style="list-style-type: none"> <li>○ does not lunge, dive or run for ball</li> </ul> </li> <li>★ Intensity diminished by end of match</li> </ul>	<ul style="list-style-type: none"> <li>★ Demonstrates knowledge of 4-2 rotation <ul style="list-style-type: none"> <li>○ in slower-paced game</li> <li>○ with simpler offensive/defensive strategies</li> </ul> </li> <li>★ Sometimes out of position <ul style="list-style-type: none"> <li>○ needs to be told by others where to stand</li> </ul> </li> <li>★ Starting to understand where to position for defense</li> <li>★ Has basic understanding of aggressive offense</li> <li>★ Often slow to react to faster-paced play</li> <li>★ Intensity may be somewhat diminished by end of match</li> </ul>	<ul style="list-style-type: none"> <li>★ Demonstrates knowledge of 5-1/6-2 rotations <ul style="list-style-type: none"> <li>○ in fast-paced game</li> <li>○ with simpler offensive and defensive strategies</li> </ul> </li> <li>★ Generally in correct position <ul style="list-style-type: none"> <li>○ occasionally may need to be coached by higher-skilled players</li> </ul> </li> <li>★ Sometimes slow to react to faster-paced play</li> <li>★ Intensity usually consistent by end of match</li> </ul>	<ul style="list-style-type: none"> <li>★ Demonstrates complete understanding of 5-1 rotation <ul style="list-style-type: none"> <li>○ understands/executes complex offensive and defensive strategies</li> <li>○ in slower-paced game</li> </ul> </li> <li>★ Generally in correct position by reading other team's offense <ul style="list-style-type: none"> <li>○ fills defensive gaps</li> <li>○ moves to pursue ball</li> </ul> </li> <li>★ Generally quick to react in faster-paced play</li> <li>★ Intensity is mostly consistent by the end of the match</li> <li>★ Capable of independent play and of offering constructive guidance to other players as needed</li> </ul>	<ul style="list-style-type: none"> <li>★ Demonstrates complete understanding of 5-1 rotation <ul style="list-style-type: none"> <li>○ understands/executes complex offensive and defensive strategies</li> <li>○ in fast-paced game</li> </ul> </li> <li>★ Consistently in correct position by reading other team's offense <ul style="list-style-type: none"> <li>○ fills defensive gaps</li> <li>○ moves to pursue ball</li> </ul> </li> <li>★ Routinely reacts quickly to faster-paced play</li> <li>★ Intensity is maintained by the end of the match</li> <li>★ Capable of independent play and of offering constructive guidance to other players as needed</li> </ul>