

# Katy Taylor Volleyball Skills Assessment for Tryouts

Athlete Name: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

## Individual Assessment

### A. Serving

- Difficulty tossing/contacting ball (1)
- Consistently serves overhand over the net (2)
- Consistently serves into designated areas of the court (3)
- Often serves overhand over the net, such that the opposing team cannot return (4)

SCORE:

### B. Passing/Setting

- Difficulty completing a forearm pass to a setter (target) (1)
- Sometimes completes a pass to a setter (target) (2)
- Only completes passes that come directly to her (3)
- Controls the offense w/ability to complete an advanced pass, overhead set and forearm pass (4)

SCORE:

### C. Blocking

- Makes little to no effort to block, and often is out of position for the block (1)
- Goes after attacks that are within 1-2 steps (2)
- Aggressively attempts blocks 3-4 steps away, makes many successful blocks (3)
- Exceptional ability to stop opponent's attacks all along the net with good body control (4)

SCORE:

### D. Attacking/Hitting

- Periodically makes an uncontested attack over the net (1)
- Hits the ball over the net when it is set to her, occasionally moving to a set 1-2 steps away (2)
- Consistently hits the ball over the net into the opposite court (3)
- Consistently hits the ball over the net such that the opposing team cannot return (4)

SCORE:

### E. Communication

- Does not communicate with teammates or coaches/does not make any motion towards the ball (1)
- Does not communicate with teammates or coaches; runs into other players and takes balls called by teammates (2)
- Responds to communications from teammates and coaches by changing the way s/he plays on the court (3)
- Calls for and aggressively pursues balls near his/her position and backs away from teammates who call for a ball (4)
- Encourages teammates to communicate/helps guide teammates on the court (5)
- Strongly communicates with teammates and coaches during play (6)

SCORE:

### F. Game Awareness

- Can play a fixed position as instructed by coach; may go after an occasional loose ball (1)
- Limited understanding of the game; performs basic skills and will run occasional plays if coach prompts (2)
- Moderate understanding of the game; some offensive plays and solid defensive skills (3)
- Advanced understanding of the game and mastery of volleyball fundamentals (4)

SCORE:

### G. Movement

- Moves only 1-2 steps toward the ball (1)
- Moves toward the ball, but reaction time is slow and has intermittent transition from offense to defense (2)
- Good court coverage, reasonably aggressive; good transition from offense to defense (3)
- Exceptional court coverage, aggressive anticipation; great transition from offense to defense (4)

### H. Mustang Pride Time

SCORE:

Total:

(Maximum Skills Score = 30)

Divide TOTAL SCORE by 7 to determine OVERALL RATING

OVERALL RATING: