

Van Buren Middle School Volleyball Skills Checklist

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"		
Forearm Passing		
Thumbs Aligned - positioned side-by-side		
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 - 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		
Shoulders square w/target – shoulders/hips should always face the left-front target (front or backsets)		
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		
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		