

## Appendix III: Volleyball Skills

Skills	Overall Level						Assessment Criteria
	3	4	5	6	7	8	
<b>Underhand pass</b> (pass with right hand)	<input type="radio"/>						Standing with feet shoulder-width apart and knees bent
		<input type="radio"/>					Body inclined forward with weight in front
	<input type="radio"/>						Arms relaxed and placed in front of the abdomen
	<input type="radio"/>						Hands locked together when the ball approaches
	<input type="radio"/>						Hands together with the back of one hand over the palm of the other
		<input type="radio"/>					Wrists cocked downward
	<input type="radio"/>						Arms extended and held together in front of the body to hit the ball
	<input type="radio"/>						Hitting the ball in front of the abdomen
	<input type="radio"/>						Hitting the ball with the lower forearms just above the wrist
	<input type="radio"/>						Arms raised when hitting the ball
	<input type="radio"/>						Legs extended while hitting
	<input type="radio"/>						Moving to hit the ball from different directions
		<input type="radio"/>					Passing the ball towards targets

<b>Overhand pass</b>			<input type="radio"/>				Standing with feet shoulder-width apart and knees bent. Body in balance. Focus on the coming ball
			<input type="radio"/>				Arms lifted, relaxed and placed in front of the face. Elbows bent
			<input type="radio"/>				Posture set: head up, hands slightly apart to meet the ball coming from the front
			<input type="radio"/>				Contact with ball about 15 cm away from the front of the forehead
			<input type="radio"/>	<input type="radio"/>			As the ball contacts the hands, the arms and the legs extended swiftly and powerfully
			<input type="radio"/>				Hands: both hands form the shape of a ball with the wrists slightly extended backwards
				<input type="radio"/>			Contact with ball made with all the pads of thumbs and index fingers, and the second and third sections of middle finger, with ring and small fingers at the side of the ball to help control the direction of passing
			<input type="radio"/>				When passing, arms extended towards the direction of the pass
			<input type="radio"/>	<input type="radio"/>			When passing, legs extended to thrust at the floor
				<input type="radio"/>			When passing, arms, wrists and fingers extended in the direction of the pass
					<input type="radio"/>		Move into proper positions to pass the balls from different directions
					<input type="radio"/>		Ball passed towards targets

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<b>Underhand serve</b> (serve with right hand)		○					Ready position: left shoulder facing the net, feet shoulder-width apart with the left foot slightly in front of the right. Knees slightly bent
		○					Weight evenly distributed on both feet or a bit towards the right foot
		○					Ball held with the left hand in front of the abdomen
		○					Left hand used to toss the ball slightly up about 30 cm in front of the chest at an arm's distance away from the body
		○					Right hand swung to the lower side of the right as the left tosses the ball
		○					Right arm swings forward and upwards to hit the ball in front of the chest with the fist or heel of the hand
			○				Right foot thrusts at the floor with weight transferred to the left
				○			Control of the height and direction of the ball by the angle and the path of swing of the right hand during the hit
		○					Serve at a short distance
			○				Serve at a short distance across the net
				○			Serve behind the baseline
					○		Serve to different directions behind the baseline
					○	Serve to a designated target behind the baseline	
<b>Overhand serve</b> (serve with right hand)				○			Ready position: feet shoulder-width apart with the left foot in front of the right and the left hand holding the ball in front of the body
				○			Tossing the ball: ball tossed straight up in front of the right shoulder
				○			Hitting the centre or the rear part of the ball with the palm
					○		When hitting, fingers spread naturally and the wrist flicked
						○	After the hit, transfer body weight forward and move onto court

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Spiking (spike with right hand)				○			Slightly crouching pose with both arms down before the approach, focus on the ball
				○			Approaching strides: the number of approach strides based on the distance of the ball
				○			Last two approaching strides: right foot steps out and closing with left foot
					○		After both feet have stepped forward, feet turned a little to the right
				○			Both arms swung back to increase the range of swinging
				○			The Jump: legs extended accompanied by arms swinging vigorously forward and upwards
				○			After the jump, both arms swung high and ready to hit the ball
					○		After the jump, the body stretched with chest out and arched backwards
				○			Arm swinging movement: i. right arm raised backwards ii. forward swing until the arm is fully extended iii. the ball hit when the body at its highest point
						○	As the hitting hand is thrown down, the body flexed forward to increase power, exert more force with shoulder, elbow and wrist in turn
				○			The back of the ball hit in the centre with a wide-open hand
				○			During the hit, the wrist and fingers snapped forcibly over the top of the ball
				○			Landing: knees bent and the body flexed to absorb the impact of landing. Landing on the balls of feet and then the whole feet
				○			Approach, jump and spike a stationary ball
					○		Ball spiked across the net to land in the opponent's court
					○	Jump up to spike the ball in games	

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<b>Blocking</b>				○	○	○	Ready position: facing the net with feet shoulder-width apart, knees slightly bent and arms bent in front of the chest
					○	○	Jump: weight lowered, knees bent, legs thrust with force; straight jump up
					○	○	Movement in the air: arms extended, shoulders lifted as far as possible. When touching the ball, wrists pressing down hard
					○	○	Landing: on two feet with knees bent to cushion landing