**HS Volleyball Skills Assessment**

**I. Serve**

1. Can hit the ball over the net doing an underhand serve 5 out of 5 times. YES NO (To differentiate, students can serve from different distances)

Advanced

2. Can hit the ball over the net doing a side arm serve 5 out of 5 times. YES NO

3. Can hit the ball over the net doing an overhand serve 5 out of 5 times. YES NO

**II. Volley (set)**

1. Contacts the ball with both hands at the same time above the head. 4 3 2 1

2. Contacts the ball using finger pads and not the palms. 4 3 2 1

3. Extends legs and elbows when contacting the ball. 4 3 2 1

4. Can volley the ball over the net from behind the attack line 3 out of 3 times. YES NO

Advanced

5. Can volley the ball over the net 2m behind the attack line 5 out of 5 times. YES NO

**III. Forearm pass (bump)**

1. Contacts the ball with both forearms at the same time below waist. 4 3 2 1

2. Has hands together when hitting the ball. 4 3 2 1

3. Extends knees when hitting the ball and does not swing arms. 4 3 2 1

4. Can bump the ball sideways from behind the attack line 3 out of 3 times. YES NO

Advanced

5. Can bump the ball over the net 2m behind the attack line 5 out of 5 times. YES NO

**Legend**

4 = All of the time. 3 = Most of the time. 2 = Some of the time. 1 = Not often.