

Volleyball Skills Assessment Test – (VSAT)

The Volleyball Skills Assessment uses the rules for the level the athlete will participate in; i.e. if the athlete is on a team that is Level 2A, use a regulation ball and court; if the athlete is on a team that is Level 2B, note if the athlete completes the serving skill from the 10ft line or the baseline. For teams that participate in Level 3 volleyball ...bigger ball smaller court....the scoring areas to use to figure an athlete's VSAT score are the 6 zones that have amounts ranging from 1 – 4. The larger 2 point zone just beyond the net isn't used because the court is smaller in Level 3.

Volleyball Skill #1: Return of Service – 10 attempts

1. Coach stands behind normal service line and serves the ball over the net.
2. Athlete stands in a 6' diameter circle, in the middle of the court, on the opposite side of the server.
3. Athlete tries to return the serve over the net into the scoring area.

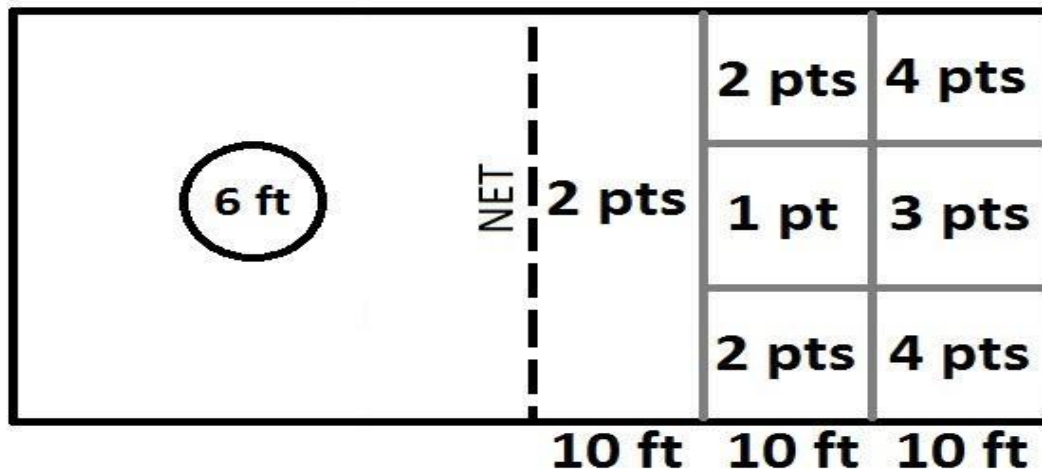
Note to Coaches: try to serve the ball in different areas in the circle so that the athlete has to move to return the serve.

Scoring:

Points depend on the value of the landing area. If the ball lands on the line between two different values, use the greater point value. A returned ball that hits the net is inconsequential to the scoring.

Scenarios:

- Athlete tries to hit ball but misses – 0 points
- Athlete hits the ball – 1 point
- Athlete hits the ball and it goes over the net – 2 points
- Athlete hits the ball over the net and it lands in a scoring area – 2 points + value of scoring area



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Volleyball Skill #2: Forearm Bump – 10 attempts

1. The athlete stands inside the 6 ft. circle.
2. Coach stands near the athlete, outside the 6' circle, and bumps the ball to them.
3. The athlete then tries to bump the ball over the net into one of the scoring areas.

Note to Coaches: try to bump the ball in different areas in the circle so the athlete has to move to bump the ball.

Scoring:

Same as the scoring for the Return of Service skill (skill #1).

Volleyball Skill #3: Serve – 10 attempts

1. The athlete stands behind the service line for the rules of the level of the team will participate.
2. The athlete serves the ball over the net into one of the scoring areas.

Scoring:

Athlete receives points for serves that land in the scoring area **ONLY**....no extra points for hitting the ball or hitting the ball over the net.

Total score for serving skill = total points from the 10 serves X 5.

