

Sports Express Volleyball

Evaluation Summary

Day 1: 2 hours

- Short warm-up
- introduce the drills to be evaluated so everyone is comfortable about what they are going to be asked to do
- overhand serving (no underhand), passing, and attacking stations are created for a 1-10 scale evaluation

TIP - form and success in the skill are very important but a player who misses many serves but has good power and decent form will score above average

- 3 to 5 groups are set up to run through stations for a set time frame
 - Some skills like passing may be repeated to get an extra number because that skill is the best reflection of where a player is today (in our mind.)
 - Setters are pulled aside at some point (usually at the end) for a ranking based on a simple snap shot of their feet, hands, and strength setting different spots.
- Usually no scrimmaging on Day 1
- a spreadsheet is created with a top to bottom ranking of players based on their skill shown. This is our start point for day 2

Day 2: 2 hours

- (skill repeat and scrimmaging for team formation)
- short warm-up
- introduction to combo skills evaluation
- Scrimmaging –
- After scrimmaging we may be pulling aside 2-3 athletes to make a final judgment on what team they need to go with based on their head to head drilling.

NOTE: We strive to create well balanced teams. A really good athlete may be not be placed on the top team because a positional player was added to make a more well-rounded team position-wise.