

## Volleyball

<u>Marks</u>	<u>Band</u>	<u>Grade</u>	<u>Range of skills</u>	<u>Quality of skills</u>	<u>Physical Attributes</u>
<b>18-20</b>	<b>D</b>	<b>7-8</b>	<b><u>All core/nearly all advanced</u></b>	Core and advanced skills performed consistently with an <b><u>excellent</u></b> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <b><u>very effectively.</u></b>
<b>13-17</b>	<b>C</b>	<b>5-6</b>	<b><u>All core/many advanced</u></b>	Core and advanced skills performed consistently with a <b><u>very good</u></b> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <b><u>very effectively.</u></b>
<b>8-12</b>	<b>B</b>	<b>3-4</b>	<b><u>Most core/some advanced</u></b>	Core and advanced skills performed consistently with a <b><u>good</u></b> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <b><u>effectively.</u></b>
<b>4-7</b>	<b>A</b>	<b>1-2</b>	<b><u>Many core/few advanced</u></b>	Core and advanced skills performed with a <b><u>limited consistency</u></b> and some accuracy, control and fluency	Appropriate levels of physical fitness to perform with <b><u>some effectiveness</u></b>

<u>Core Skills</u>		<u>Advanced Skills</u>	
Serving: <input type="checkbox"/> Tennis <input type="checkbox"/> Float  Return of serve Overhead techniques: <input type="checkbox"/> Volley <input type="checkbox"/> Setting <input type="checkbox"/> Spike	Underhand techniques: <input type="checkbox"/> Dig <input type="checkbox"/> Receiving service  Rebounding Teamwork and communication	Serving: <input type="checkbox"/> Jump-topspin <input type="checkbox"/> Jump-float  Overhead techniques: <input type="checkbox"/> Block  Underhand Techniques: <input type="checkbox"/> Emergency retrieve techniques	Net play Back court play Anticipation of and reactions to the ball Footwork and court positioning

### **Decision Making**

Selection of appropriate shot

- Understanding of positions and roles in attack and defence
- Principals of attack and defence
- Applying tactics in different situations
- Applying different systems/formations of play in different situations e.g. serving and receiving serve to keep the opposition guessing
- Applying other ploys/tactics to outwit opponent e.g. disguising shots and serves or switching positions
- Awareness of team strategies/tactics
- Awareness of strengths/weaknesses and actions of other players
- Awareness of the rules and regulations of the sport and their application

<b><u>Band</u></b>	<b><u>Grade</u></b>	<b><u>Decision Making Criteria</u></b>
C/D	5-8	Consistently selects correct choice of action. Consistently uses correct tactics to outwit opponents.
B	3-4	Selects correct choice most of the time. Uses correct tactics most of the time to outwit opponents.
A	1-2	Selects correct choice some of the time. Uses correct tactics some of the time to outwit opponents.