

First Name _____

Last Name _____
Teacher _____

VOLLEYBALL SKILLS- 2nd/ 3rd

Introduction

We just finished a study of the three basic skills in volleyball: forearm pass, set and serve. Even expert players spend a lot of time on these skills. You practiced these alone, with a partner and in a group.

Today you will rate yourselves on these skills. On a scale of 1 to 5, with 5 being the best, how do you rate on your volleyball skills? Give yourself a score by circling one number for each skill listed on the page.

Rating Scale

- 1- I can hardly ever hit this shot.
- 2- I can make the shot some of the time.
- 3- I can make the shot about half of the time.
- 4- I can make the shot most of the time.
- 5- I can make the shot nearly every time.

Skill	Self-Rating	Score
1) Forearm pass the ball back to a partner who tosses it for you.	1 2 3 4 5	
2) Serve the ball so it hits above the target line on the wall.	1 2 3 4 5	
3) Forearm pass the ball, and keep it in play with a partner.	1 2 3 4 5	

What are the skill cues for the forearm pass? _____

First Name _____

Last Name _____

Teacher _____

VOLLEYBALL SKILLS- 3rd

Introduction

We just finished a study of the three basic skills in volleyball: forearm pass, set and serve. Even expert players spend a lot of time on these skills. You practiced these alone, with a partner and in a group.

Today you will rate yourselves on these skills. On a scale of 1 to 5, with 5 being the best, how do you rate on your volleyball skills? Give yourself a score by circling one number for each skill listed on the page.

Rating Scale

- 1- I can hardly ever hit this shot.
- 2- I can make the shot some of the time.
- 3- I can make the shot about half of the time.
- 4- I can make the shot most of the time.
- 5- I can make the shot nearly every time.

Skill	Self-Rating	Score
1) Forearm pass the ball back to a partner who tosses it for you.	1 2 3 4 5	
2) Set the ball to a partner so he/she can forearm pass the return.	1 2 3 4 5	
3) Serve the ball so it hits above the target line on the wall.	1 2 3 4 5	
4) Forearm pass the ball, and keep it in play with a partner.	1 2 3 4 5	

What are the skill cues for the forearm pass? _____

First Name _____

Last Name _____

Teacher _____

VOLLEYBALL SKILLS-4th, 4th/ 5th, and 5th

Introduction

We just finished a study of the three basic skills in volleyball: forearm pass, set and serve. Even expert players spend a lot of time on these skills. You practiced these alone, with a partner and in a group.

Today you will rate yourselves on these skills. On a scale of 1 to 5, with 5 being the best, how do you rate on your volleyball skills? Give yourself a score by circling one number for each skill listed on the page.

Rating Scale

1- I can hardly ever make this shot.

4- I can make the shot most of the time.

2- I can make the shot some of the time.

5- I can make the shot nearly every time.

3- I can make the shot about half of the time.

Skill	Self-Rating	Score
1) Forearm pass the ball back to a partner who sets it for you.	1 2 3 4 5	
2) Set the ball to a partner so he/she can forearm pass the return.	1 2 3 4 5	
3) Serve the ball so it hits above the target line on the wall.	1 2 3 4 5	
4) Forearm pass the ball back and forth, and keep it in play with a partner.	1 2 3 4 5	
5) Forearm pass the ball in a game, and keep it in play.	1 2 3 4 5	

What are the skill cues for the forearm pass? _____

What are the skill cues for the serve? _____

List 3 ways to lose a point in volleyball _____

BONUS: What are the skill cues for the set? _____
