

County _____

Athlete _____

SOPA - Volleyball Skills Assessment for Individuals

Name: _____
Jersey Number: _____
Team Name: _____
Delegation: _____

Athlete Partner
Coach's Name: _____
Evaluator's Name: _____
Date of Evaluation: _____ / _____ / _____

Traditional Unified - Circle One

Individual Assessment for Team Play

A. Serving (one choice- the most representative of the athlete's skill level)
Difficulty tossing/contacting ball (1)
Sometimes serves underhand legally over the net (2)
Legally serves underhand consistently and effectively (3)
Legally serves both unhand/overhand over the net (4)
Consistently serves overhand over the net (5)
Consistently serves into designated areas of the court (6)
Often serves overhand over the net, such that the opposing team cannot return (8)
NOTE: The Evaluator must consider skill level of opposing team when considering Value (8)
SCORE:

B. Passing/Setting (one choice- the most representative of the athlete's skill level)
Difficulty completing a forearm pass to a teammate (1)
Sometimes completes a pass to a teammate (2)
Only completes passes that come directly to him/her (3)
Usually completes passes received in general area of his/her position (4)
Chooses best type of pass (overhead/set/forearm) for the situation (5)
Completes passes accurately to the setter to run an offense (6)
Controls the offense w/ability to complete an advanced pass, overhead set and forearm pass (8)
SCORE:

C. Blocking (one choice- the most representative of the athlete's skill level)
Does not block at all, regardless of the situation (1)
Makes little to no effort to block, and often is out of position for the block (2)
Blocks only when the ball is hit directly in front of him/her (3)
Goes after attacks that are within 1-2 steps (4)
Aggressively attempts blocks 3-4 steps away, makes many successful blocks (6)
Exceptional ability to stop opponent's attacks all along the net with good body control (8)
SCORE:

D. Attacking/Hitting (one choice- the most representative of the athlete's skill level)
Does not demonstrate knowledge of basic mechanics of front row play (1)
Periodically makes an uncontested attack over the net (2)
Hits the ball over the net when it comes directly to him/her (3)
Hits the ball over the net when is set to him/her, occasionally moving to a set 1-2 steps away (4)
Consistently hits the ball over the net into the opposite court (5)
Consistently hits the ball over the net such that the opposing team cannot return (6)
NOTE: The Evaluator must consider skill level of opposing team when considering Value (6).
Demonstrates ability to jump and attack the ball downward (8)
SCORE:

Keep this form for your records.
You do not need to submit Individual Assessment forms
with your Team Summary.

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E. Communication (one choice- the most representative of the athlete's skill level)
Does not communicate with teammates or coaches/does not make any motion towards the ball (1)
Does not communicate with teammates or coaches; often runs into other players and takes balls called for by teammates (2)
Responds to communications from teammates and coaches by changing the way s/he plays on the court (4)
Calls for and aggressively pursues balls near his/her position and backs away from teammates who call for a ball (5)
Encourages teammates to communicate/helps guide teammates on the court (6)
Strongly communicates with teammates and coaches during play (8)

SCORE:

F. Game Awareness (one choice- the most representative of the athlete's skill level)
Sometimes confused on offense and defense; does not transition; stays in one place (1)
Can play a fixed position as instructed by coach; may go after an occasional loose ball (2)
Limited understanding of the game; performs basic skills and will run occasional plays if coach prompts (4)
Moderate understanding of the game; some offensive plays and solid defensive skills (6)
Advanced understanding of the game and mastery of volleyball fundamentals (8)

SCORE:

G. Movement (one choice- the most representative of the athlete's skill level)
Maintains a stationary position; does not move to or away from the ball as necessary (1)
Moves only 1-2 steps toward the ball (2)
Moves toward the ball, but reaction time is slow and has intermittent transition from offense to defense (4)
Movement permits adequate court coverage (5)
Good court coverage, reasonably aggressive; good transition from offense to defense (6)
Exceptional court coverage, aggressive anticipation; great transition from offense to defense (8)

SCORE:

Total Score:

(Maximum Score = 56)

Divide TOTAL SCORE by 7 to determine OVERALL RATING

[Round off to nearest tenth, e.g., 4.97 = 5.0 or 3.53 = 3.5; MAXIMUM Rating = 8]

OVERALL RATING: