

## **Individual Skills**

### Purpose

Individual Skills Competition is not designed for athletes who can already play the game.

### Score

The athlete's final score is determined by adding together the scores achieved in each of these three events.

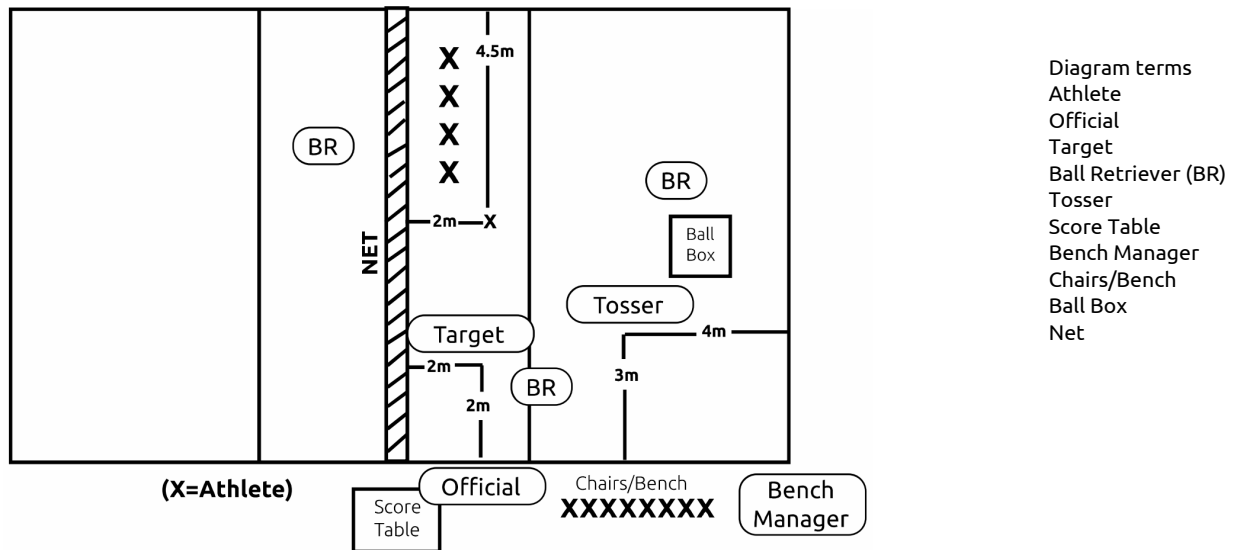
### Personnel

Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same tosser remain at an event throughout the competition so that consistency is provided.

### Events

Three events comprise the Individual Skills Competition: overhead passing (volleying), serving and passing (forearm passing).

## Event 1: Overhead Passing (Volleying)



### Purpose

To measure an athlete's ability to overhead pass (volley) the ball with consistency and at a height that could be spiked.

### Equipment

Use a regulation-size court that is 18 meters (59 ft.) long and 9 meters (29ft, 6 in) wide, four volleyballs (modified ball permissible), net height at 2.24 meters (7 ft., 4 1/8 in) for women and 2.43 meters (7 ft., 11 5/8 in) for men, standards, antennae and ball box.

### Description

Player is given 10 attempts from the center front position that is two meters (6 ft., 6 3/4 in) from the net and 4.5 meters (14 ft., 9 in) from the sideline.

The player receives 10, two-handed, underhand-tossed balls from the tosser who is positioned in his/her backcourt, four meters (13 ft., 1 1/2 in) from the baseline and three meters (9 ft., 10 in) from the sideline in the left back position.

The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing two meters from the net and two meters from the sideline in the left front position).

Tosses that are not high enough for the athlete to set are repeated. The goal is for the peak of the arc of each set ball to be above net height.

### Scoring

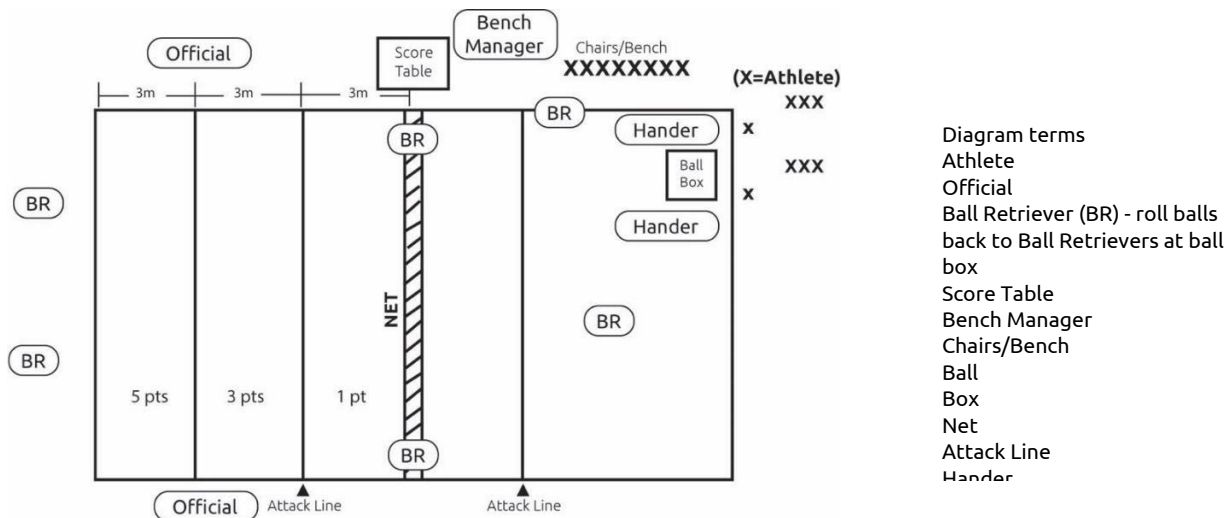
The peak of the arc of each set ball toward the target is measured.

The athlete will receive one point for volleying/setting the ball one meter (3 ft., 3 1/3 in) above his/her head height and three points for volleying/setting the ball above net height.

The following result in zero points: illegal contact, balls which go lower than head high and balls which go over the net or outside the court.

The athlete's final score is determined by adding together the points awarded for each of the 10 attempts. It is suggested that the official stand on a chair to evaluate the height of each set.

## Event 2: Serving



### Purpose

To measure the athlete's ability to serve the volleyball over the net and into the opponent's court.

### Equipment

Use a regulation-size court that is 18 meters (59 ft.) long and 9 meters (29ft, 6 in) wide, five volleyballs (modified ball permissible), net, standards, antennae, measuring tape, floor tape or chalk and ball box.

### Description

The athlete stands 1.5 meters (4 ft. 11 in) inside the end line and serves 10 volleyballs, one at a time, into the opponent's court.

### Scoring

The court is divided into three equal areas of 3 meters (9 ft. 10 in) in width. Each of these areas is assigned a different point value. The athlete's score is the cumulative point total of the 10 serves. A ball which lands on the line is assigned to the area with the highest point value.

