

VOLLEYBALL LEVELS OF PLAY

COMPETENCY	NOVICE	INTERMEDIATE	ADVANCED
Game Awareness	• Basic conceptual understanding of Team Defense (Play/Positions) • Team Offense (Play/Positions) • Primary Sport Rules • Game Awareness • Not able to consistently maintain rallies • No Libero	• Moderate conceptual understanding of Team Defense (Play/Positions) • Team Offense (Play/Positions) • Primary Sport Rules • Game Awareness • Able to maintain some rallies • May use a Libero • In-Game Adjustments	• Good/advanced conceptual understanding of Team Defense (Play/Positions) • Team Offense (Play/Positions) • Primary/Secondary Sport Rules • Game Awareness • Able to consistently maintain rallies • May use a Libero • In-Game Adjustments • Game Strategy
Technical Skills	• Basic sport skills in Hitting • Receiving • Passing • Serving	• Moderate sport skills in Hitting • Receiving • Passing/Setting • Serving • Blocking	• Good/advanced sport skills in Hitting/Attacking • Receiving • Passing/Setting • Serving • Blocking
Tactical Awareness	• Basic skills in On-court Communication • Player Movements	• Moderate skills in On-court Communication • Player Movements • Court awareness + positioning	• Good/advanced sport skills in On-court Communication • Player Movements • Court awareness + positioning • Sustaining Game speed/tempo
Intangibles	• Basic Speed/Quickness • Basic Endurance/Fitness • Basic Jumping Ability + Some Height	• Moderate Speed/Quickness • Moderate Endurance/Fitness • Moderate Jumping Ability + More Height	• Good/Advanced Speed/Quickness • Good/Advanced Endurance/Fitness • Good/Advanced Jumping Ability + Height Across Positions
Coaching	• Basic understanding of Sport rules • Game Management + Strategy • Game Instruction + Player Development	• Moderate understanding of Sport rules • Game Management + Strategy • Game Instruction + Player Development	• Good/advanced understanding of Sport rules • Game Management + Strategy • Game Instruction + Player Development