



## **BCO Volleyball Assessment Criteria**

### **1. Athletic Potential**

Athletic potential to be successful in volleyball by the time they get to the U18 level.

- Vertical jump (block jump minus standing reach)
- Block Touch
- Spike Touch
- Quickness and agility

### **2. Individual Skill Assessment**

Ability to consistently apply the 7 major skills while limiting errors.

- Ball Control (ability to play the ball in a controlled manner)
- Serving (ability to serve accurately and aggressively)
- Passing (ability to provide the setter with a middle attacking option)
- Setting (ability to provide attackers with hittable sets)
- Attacking (ability to terminate a rally or place the opposing team in a difficult situation)
- Blocking (ability to take away hitting options from the attacker)
- Defending (ability to control attacked balls)

### **3. Behavioural Assessment**

Demonstrates qualities conducive to team success such as:

- Strong leadership, positive attitude, effective communication and coachable

### **4. Team Composition**

The athletes collectively must comprise the required skills to form a team at this level (i.e. there must be potential setters, blockers, spikers, etc).