

VOLLEYBALL ASSOCIATION OF HONG KONG, CHINA

Hong Kong Volleyball Coaches Course

Volleyball Skill Assessment

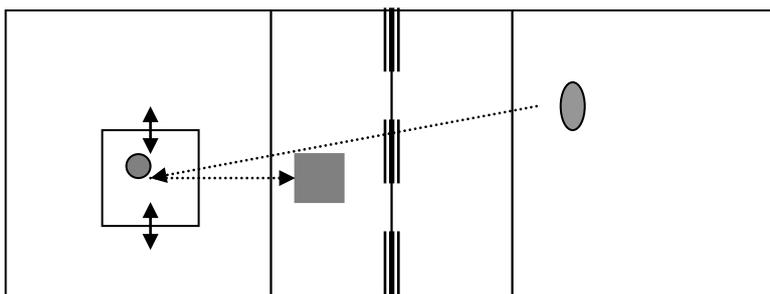
A. Underhand Pass (25%)

Role	Position	Things to do
Candidate	Inside a 1m x 1m box, 6 meters away from the net	Underhand pass 10 balls to a target (a mat) with moving in and out the box.
Helper	3-meter line of the opposite court.	Throw balls to the box after the tester moving out the box and touching the ground.

Routine

1. The helper throws the ball to the candidate inside the box.
2. Candidate passes the ball to the target.
3. After passing the ball, the candidate has to move out the box and touch the ground, and then he has to move back into the box and receive another ball.
4. Candidate should move out and in the box alternatively from left and right sides of the box.
5. Candidate has to pass 10 balls. The ball should go above the head and hit on the mat. Each ball scores 2 points. 5 points for impression mark.

Diagram



B. Overhead Pass (25%)

Role	Position	Things to do
Candidate	Inside a 1m x 1m box, 6 meters away from the net	Overhand pass 10 balls to a target (a mat) with moving in and out the box.
Helper	3-meter line of the opposite court.	Throw balls to the box after the tester moving out the box and touching the ground.

Routine

1. The helper throws the ball to the candidate inside the box.
2. Candidate passes the ball to the target.
3. After passing the ball, the candidate has to move out the box and touch the ground, and then he has to move back into the box and receive another ball.
4. Candidate should move out and in the box alternatively from left and right sides of the box.
5. Candidate has to pass 10 balls. The ball should go above the head and hit on the mat. Each ball scores 2 points. 5 points for impression mark.
6. Diagram (Same as Underhand pass)

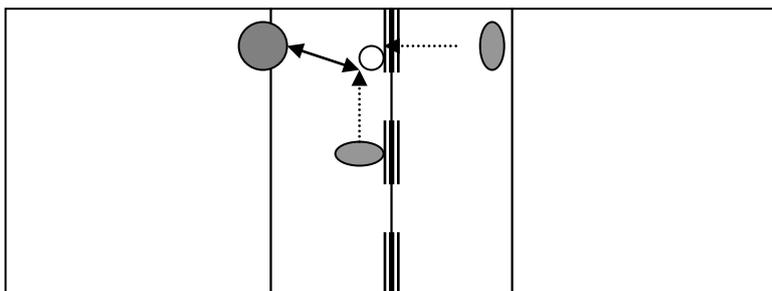
C. Block and Spike (25%)

Role	Position	Things to do
Candidate	Moving up and down between the 3-meter line	Spike and block.
Helper 1	3 meter line of the opposite court	Throw balls to the top of the net for the candidate to block.
Helper 2	Net area of the candidate's side	Throw up the balls for the candidate to spike.

Routine

1. Helper 2 throws a ball to the position 4.
2. Candidate approaches and spikes the ball.
3. Helper 1 throws a ball to the top of the net after the candidate finish the spike.
4. Candidate block the ball to helper 1.
5. After blocking, the candidate has to move back to 3-meter line and wait for the other ball to spike.
6. Candidate has to spike 5 balls and block 5 balls. Each successful spike and block scores 2 marks. 5 marks for impression mark.

Diagram



D. Serving (25%)

Role	Position	Things to do
Candidate	At the end of the court	Serve the ball to the opposite court.

Routine

1. Candidate serves 10 balls to the court.
2. There are 9 zones in the court will different score. The ball landed on the zone will score its, relative points. 5 points for impression mark.

Diagram

