

VOLLEYBALL SKILLS TEST

Underhand Serve

- ☐ Preparatory position: face net, feet shoulder-width apart; 45° forward trunk lean; hold ball in nondominant hand, with arm extended across body at waist height in front of serving arm.
- ☐ Hold serving arm straight; pendular swing back at least 45° to initiate serve; then bring serving arm forward with pendular arm motion.
- ☐ Stride forward with opposite foot in concert with forward motion of striking arm.
- ☐ Heel of striking hand strikes center of ball held at or below waist height in line with back foot and in front of serving foot.

Overhead Pass

- ☐ Preparatory position: face oncoming ball, feet (set) staggered shoulder-width apart, knees slightly bent, arms and hands hanging by knees; eyes are on ball.
- ☐ Move to get under ball, with head tilted back, legs flexed; move hands to just above forehead.
- ☐ Hand position: palms out, fingers apart and slightly bent.
- ☐ Upon contact, keep head in tilted position, eyes focused on ball; hyperextend wrists and flex fingers to form a diamond or triangle to absorb force of the ball.
- ☐ Extend knees and arms upward on follow-through.
- ☐ Pass ball to above net height.

Forearm Pass

- ☐ Ready position: face ball, feet shoulder-width apart, knees slightly bent; arms hang below waist and extend in front of body, palms facing up.
- ☐ Preparatory hand position: one hand placed in the other hand, with thumb of lower hand placed across fingers of upper hand, forearms together.
- ☐ Eyes are on ball.
- ☐ Move to meet ball by transferring weight forward, arms together, knees bent.
- ☐ Contact ball with flat side of forearms.
- ☐ Upon contact, extend knees to raise the arms upward.
- ☐ Complete pass standing straight up, arms parallel to floor; hands stay together throughout the entire motion.
- ☐ Pass ball to a height of at least 8 ft (2.5 m) to stationary teammate.

Figure 6.4 Checklist showing skills broken down into four simple components (underhand serve) and into more detailed components (six for the overhead pass, eight for the forearm pass).

From Horvat, M., Kelly, L.E., Block, M.E., and Croce, R., *Developmental and adapted physical activity assessment*, 2nd ed. (Champaign, IL: Human Kinetics, 2019). From Albemarle County Public Schools, 1995, *Albemarle County Middle School physical education curriculum*.