



VOLLEYBALL EXPECTATIONS BY GRADE

4th / 5th grade

- Call the ball
- Positive attitude and good sportsmanship
- Players always in the ready position
- Proper passing, setting, and hitting techniques
- Work to serve overhand, but may use underhand if necessary
- Know the base positions on the court
- Transition on and off the net
- Setter in the front right position
- Always attempt 3 contacts before sending the ball over the net
- Try to make the 3rd contact an attack
- Begin to learn a stand drive
- Introduce blocking

6th grade

- Call the ball
- Positive attitude and good sportsmanship
- Players always in the ready position
- Proper passing, setting, and hitting techniques
- Work to serve overhand, but may use underhand if necessary
- Know the base positions on the court
- Transition on and off the net
- Setter in the front right position
- Always attempt 3 contacts before sending the ball over the net
- Be able to serve overhand
- Be able to do a stand drive on the 3rd touch
- Work on footwork for an attack
- Work on blocking
- Introduce 6-2 or 4-2 offense (setter RB position or setter RF position)
- Introduce positions (LH, MB, RH, S, DS)
- Learn to switch at the beginning of a rally or after the ball is returned to the opponent's side
- Introduce service and serve receive positions

7th grade

- Call the ball
- Positive attitude and good sportsmanship
- Players always in the ready position
- Proper passing, setting, and hitting techniques
- Work to serve overhand, but may use underhand if necessary
- Know the base positions on the court
- Transition on and off the net
- Use 6-2 or 5-1 offense
- Have 1 or 2 designated setters for each game
- Overhand serve and begin working on serving zones
- Focus on attack footwork and blocking
- Introduce coverage while blocking and hitting
- Introduce reading opponent's offense and players

8th grade

- Call the ball
- Positive attitude and good sportsmanship
- Players always in the ready position
- Proper passing, setting, and hitting techniques
- Know the base positions on the court
- Transition on and off the net
- Consistent overhand serving, serve some zones, introduce modified zones
- Run a 5-1 or 6-2 offense
- Have 1 or 2 designated setters for each game
- Know the offensive, defensive, and free-ball coverage
- Double block on all outside and weak side hits
- Call for location of sets and introduce faster tempo of offense
- Focus on attack footwork and blocking
- Call out front row and back row setters
- Anticipate and read opponent's play
- Introduce offensive strategies and ball placement

*****IT IS ALSO EXTREMELY IMPORTANT THE PLAYERS AT ALL LEVELS BE COMMITTED TO SHOWING UP FOR ALL PRACTICES AND GAMES. TOO MANY MISSED PRACTICES CAN AND WILL RESULT IN NOT PLAYING AS MUCH IN TOURNAMENTS. *****