

**Pre TEST PROTOCOL: All skills**

**Process:** The skills test will be done on the underhand or overhand volleyball serve, the forearm pass, and the set to ensure students are using the 4 critical points for the skill. This will be done on day 1 of the unit. Students will have a partner and can choose whether to use the overhand or underhand serve, they will be tested in the post test with the same form of serve. Students are going through a set of stations; one practicing bump, two stations will play one another in a game, and two stations will practice serves with one another.

Students arrive:

**What to do:** Students will be divided by their squads to the different stations. Instructor will test students who are in the 4<sup>th</sup> station; the other students will perform the station. Each student will get a partner and attempt to serve over the net. The student who is not serving will retrieve the ball, and bring it back for the partner to attempt again. The Instructor observes the server for the 4 critical points while students serve over the net, and then after serving twice they switch positions. Next skill to be tested is the bump, with the same partners one person will toss the ball to the other partner 4 times and they will bump it back and then switch. The instructor will be watching one group at a time recording the proficiency rating after watching a few bumps. The same format will be performed for the set as well.

**Where they are:** Server is behind the base line of the volleyball court. Retriever is on the opposite side of the net waiting for the ball to be served. During the set and bump tests one partner will be on the serving line and the tosser will be standing in front of them about 8 feet out.

**Number of times:** students will get 2 attempts to use the four critical points of the serve, and 4 during the bump and set.

**Time:** students will have about 30 seconds to complete both serves: 2 students in a group; 1 minute; 8 students 4 minutes. Then the bump and set each should take roughly 3 minutes for the teacher to observe everybody in performing the skill.

**What is used to assess:** Checklist with 4 critical points, 2 volleyballs, net, 2 standards

Volleyball Underhand Serve Checklist

Name	UH/OH Serve	Forearm Pass	Set	
1.				
2.				
3.				

4.				
5.				
6.				
7.				
8.				

Teacher places a check in the box if the student **does NOT** perform the critical element correctly.

Each TA point is critical to perform; the ratings are 1-10, after observing the skills the teacher writes down the number for proficiency the student performed.

Needs Improvement (0-6)

Satisfactory (7-8)

Mastered (9-10)