

Advanced Intermediate Volleyball Player

Definition: A player who has mastered the basic skills of volleyball; has played in structured leagues or volleyball that has been officiated or mandates legal hits and compliance with volleyball rules; has the physical skills to perform all volleyball skills on court at a competitive level; player has achieved ball control and dependability with directional placement ability on shots.

Minimum Skills

- Has mastered the basic hits of volleyball and can perform them consistently at a high skill level and in compliance with volleyball rules.
- Can consistently get their serve in. Has the ability to control where their serve goes and control of the velocity of their serve.
- Can bump pass the ball with proper volleyball technique and directionally pass to the proper player. Can return serves and hit consistently to proper player on their team. Has the knowledge of digging and can perform this skill. Players at this level must consistently pass with accuracy and control.
- Can set the ball consistently to the location needed to properly allow for spikes. Has control over where sets go. Must be able to set ball cleanly with compliance to volleyball rules.
- Can perform hits or spikes consistently when set. Has knowledge of the hitter position and what that positions duties require and can perform those skills.
- Has the ability and knowledge to cover the floor in their position on the court. Must have physical range of motion to properly do this; and complete understanding of where to be positioned throughout the game.
- Has a clear understanding of volleyball rules and techniques; and can recognize faults and violations.
- Skill level is not necessarily associated with how many years you have played the sport. You could have played for years, and still be at a novice level or due to skills or physical conditions. Your skill level may have been at a higher level, and has now dropped to a lower skill level. Conversely, you may have an exceptional skill level and learned the sport quickly and been able to rise to a higher level after playing a short period of time.

Ask yourself if you can consistently do the skills required above.

- Am I intermediate player?
- Do I have the physical ability to perform the skills required of my position for the team?
- Am I not able to play controlled volleyball on a regular basis?
- If tested, can I perform the skills required above consistently?