

B.A.S.L. VOLLEYBALL – CALIBRE LEVEL DESCRIPTIONS

RECREATIONAL LEVEL:

- Beginner player.
- Not overly familiar or concerned with all the volleyball rules, formations and strategies.
- Enjoy volleyball as a non-structured, non-competitive, fun, social and leisure activity.
- Enjoy playing volleyball without spiking.
- Enjoy playing with a liberal observance of the rules.

INTERMEDIATE LEVEL:

- Possess basic volleyball skills but require some coaching to learn to properly spike, volley, pass, set, block and return serves.
- Enjoy a more structured, organized level of volleyball which includes a moderate level of competition and some organized structure such as set teams.
- Have little familiarization with positioning and strategic formats but would like to learn more about how to execute them.
- Have a general understanding of volleyball rules, but require some additional experience and coaching.

COMPETITIVE LEVEL:

- Have a good awareness of volleyball rules and techniques.
- Have a general understanding of positional offensive switching and strategic formats.
- Can pass with relative accuracy and control and with some consistency.
- Can serve overhand or underhand with moderate velocity and be able to target zones.
- Can return serves consistently.
- Can spike with moderate velocity and accuracy.
- Can position the block and possess some idea of court coverage and angle blocking.
- Can volley and bump the ball cleanly and with accuracy.
- Can execute agility to get to the ball for the dig.

ADVANCED LEVEL:

- Have a general understanding of 5-1 or 6-2 offensive basics but not yet mastered.
- Have a general understanding of 6-back and 6-up defences.
- Able to set all positions, quicks, shoots and back-row.
- Able to run an offence, (Example: call and run set plays)
- Able to cover attacks on defence and block/hit when in the front row.
- Able to consistently pass to the setter regardless of how the ball is received.
- Able to serve with high velocity and high percentage accuracy.
- Can position to dig attacks from a variety of positions.
- Can make a swift transition from defence to offence.
- Can hit consistently, accurately and with high velocity.
- Able to read the hitters and setters.
- Able to execute proper zone and angle blocking techniques.
- Possess the knowledge, skill and experience to sit on a team or league selection committee.
- Fluent understanding of advanced ball techniques such as roll shots, dinks, tips, cut shots, line shots, back row hitting etc.