

Volleyball skills checklist

What can a player already do? Four levels with eight skills each: tick whether it works yet or not.

Player	Team	Season	Coach
--------	------	--------	-------

Can do = works most of the time in a normal drill or game, without you prompting it. One success does not count yet.

Date = the day you ticked can do, so you can see what was added over the season.

Not yet = does not work yet, or only now and then.

A level is not an age: a player who starts at sixteen also starts at level 1. Move on when most of it works; the open points are your next training goals.

LEVEL 1 First steps getting used to the ball, small games

Skill	What the player shows	Can do	Not yet	Date
Stance	Stands ready in the basic stance: knees slightly bent, weight forward.	☐	☐	
Moving	Moves to the ball and is still at the moment of playing it.	☐	☐	
Catching	Catches a high tossed ball above the forehead with both hands.	☐	☐	
Overhead	Plays a self-tossed ball overhead upwards twice in a row.	☐	☐	
Forearm	Forms a still platform with the forearms and plays a tossed ball upwards.	☐	☐	
Serve	Gets an underhand serve over the net from close range.	☐	☐	
Game	Plays the ball into an empty spot in 1 v 1 or 2 v 2.	☐	☐	
Teamwork	Calls "mine" before playing the ball.	☐	☐	

LEVEL 2 Basics rallies in small-sided games

Skill	What the player shows	Can do	Not yet	Date
Forearm	Plays a tossed ball with the forearms to a target zone near the net.	☐	☐	
Pass	Makes an easy underhand serve playable for a teammate.	☐	☐	
Overhead	Plays overhead to a teammate a few metres away, without catching.	☐	☐	
Serve	Serves underhand from behind the end line and usually hits the court.	☐	☐	
Attack	Plays the third ball over the net on purpose, to a spot where nobody stands.	☐	☐	
Defence	Gets low to a ball dropping in front of the feet and plays it up.	☐	☐	
Game	In 2 v 2 or 3 v 3, deliberately uses three contacts on their own side.	☐	☐	
Rules	Keeps the score and knows when a ball is in or out.	☐	☐	

Volleyball skills checklist

Player _____ Season _____

LEVEL 3 Six v six the full court

Skill	What the player shows	Can do	Not yet	Date
Pass	Receives a serve and passes it high to the setter's spot.	☐	☐	
Set	Sets a good pass high to the outside of the net.	☐	☐	
Serve	Serves overhand and usually keeps the serve in.	☐	☐	
Attack	Hits a high set over the net after an approach.	☐	☐	
Block	Jumps straight up at the net, hands above the tape, without touching the net.	☐	☐	
Defence	Is low and still in position at the moment the opponent hits.	☐	☐	
Rotation	Rotates correctly and stands in the right spot at every serve.	☐	☐	
Cover	Covers their own attacker: stays low and close when the attacker hits.	☐	☐	

LEVEL 4 Advanced specialising and tactics

Skill	What the player shows	Can do	Not yet	Date
Pass	Keeps a hard or floating serve playable too.	☐	☐	
Set	Turns a poor pass, from the back court, into a high hittable ball to the outside.	☐	☐	
Serve	Serves to a zone or a player on purpose, with a float serve or jump serve.	☐	☐	
Attack	Chooses between hitting hard, placing and a tip, depending on the block.	☐	☐	
Block	Moves along the net and joins a teammate for a double block.	☐	☐	
Defence	Reads the attacker and takes their spot within the defensive system.	☐	☐	
Position	Plays a fixed position and switches to their own spot after the serve.	☐	☐	
Mindset	Does not carry a mistake into the next rally and keeps talking to the team.	☐	☐	

What we are working on now (two or three points)

Notes

In the Koach app you give each player present stars on five fixed points after a session (Technique, Game awareness, Coachability, Work ethic, Effort); this checklist keeps track of the individual skills.

You are free to use, copy and adapt this template.