

Volleyball Skills Matrix

Skills and Proficiency Levels

	Beginner	Intermediate	Advanced
Passing/Defense	Shows minimal engagement with the ball and has a basic grasp of angles and ready position. The platform occasionally comes together, but footwork is inadequate, and there is little movement toward the ball.	Demonstrates the ability to pass to the target consistently, possesses a solid understanding of creating angles, and can reliably pass at midline. Typically moves feet toward the ball and tracks it effectively.	Consistently skilled at passing to a target, with a deep understanding of creating angles. Capable of passing across the midline and off the body with reliability, demonstrating a high ability to track the ball and read the attacker effectively.
Setting	Possessing a basic understanding of shaping the ball, these individuals can occasionally position their feet to correctly set and sometimes set from their forehead. However, they have limited to no knowledge of hand angles, footwork, and types of sets.	Capable of setting 1-5s and occasionally A-C, consistently setting from the forehead with a fundamental understanding of ball placement and angle adjustments.	The player exhibits strong setting abilities, (able to set both pins), demonstrates consistent control when receiving passes, regardless of quality. They effectively get their feet stopped and positioned before the set and execute successful sets both in front of and behind their location. Additionally, they showcase an understanding of various hand angles and tempos, enhancing their overall setting technique.
Attacking	The individual demonstrates varying proficiency in their swing mechanics, occasionally completing their swing full circle and making good contact with the ball when tossed. They also show some ability to rotate their body effectively by leading with their hip, and can jump while swinging at times. Overall, their performance shows flashes of skill but inconsistency in execution.	The individual displays a mix of skill and inconsistency in their swing mechanics. They often complete their swing, achieving good hand contact with the ball, and demonstrate a clear understanding of body rotation and approach. While they can jump and swing effectively, their overall performance reveals the need for further refinement to enhance consistency and execution across all aspects of their technique.	Athletes are able to ensure a full follow-through, effectively rotate through the ball, maintain consistent hand contact, move feet efficiently, and coordinate hip and hand movements seamlessly.
Serving	Demonstrates the ability to make solid contact with the ball on occasion. Consistently tosses the ball out in front for hitting. Occasionally adjusts feet effectively to handle a poorly thrown ball. Sometimes successfully synchronizes hand and body movements.	Exhibits consistent accuracy with overhand serves, effectively adjusts to poor tosses, seamlessly synchronizes hand and body movements, and maintains solid contact with the ball.	Demonstrates consistent accuracy with overhand serves and the ability to adjust to a bad toss. Demonstrates consistent ability to float serve and top serve with accuracy and power. Demonstrates consistent ability to adjust to poor tosses, synchronize hand and body movements, and make solid contact with the ball during float or top serves. Demonstrates consistent ability to finish hand and body movements together during serves, maintain solid hand contact with the ball, and exhibit accuracy and power.

Training Focus

Beginner: Focus on mastering basic techniques and building consistency.

Intermediate: Refine skills, improve consistency, and introduce more advanced techniques.

Advanced: Hone advanced techniques, increase strategic understanding, and polish overall performance.

Benefits

Personalized Training: Tailor training sessions to address individual players' strengths and weaknesses.

Team Development: Build a well-rounded team by ensuring all players develop their skills across all proficiency levels.

Goal Setting: Set clear, achievable goals for each player to work towards higher proficiency levels.

The Volleyball Skills Matrix is a valuable tool for coaches and players to track, assess, and improve individual skills and team development. As players progress through the Beginner, Intermediate, and Advanced levels, they will become more well-rounded athletes with a deeper understanding of the game. By using this matrix regularly, coaches can tailor training sessions to address specific skill deficiencies and set achievable goals for their players.