

### Saint Vincent Ferrer High School Volleyball Tryout Information

- All athletes wishing to tryout must check in and have all forms and physicals turned in through the **GOOGLE FORM LINK** that can be found on the school's **Athletics Webpage**:  
[https://saint-vincent-ferrer-high-school.echalksites.com/classes/42298/athletics/athletics\\_home](https://saint-vincent-ferrer-high-school.echalksites.com/classes/42298/athletics/athletics_home)
  - Evaluation will be done by SVF coaches.
- IMPORTANT INFORMATION IN REGARDS TO CALL BACKS & FINAL TEAM ROSTER:**
- Athletes will be placed on teams based on physical data, point totals, work ethic, and overall ability/potential.
  - **Call Back List for the Final Tryout & the Official Team Roster:** Athletes will know whether or not they are called back for the FINAL TRYOUT and/or if they acquired a position on either the Varsity or JV Volleyball Team by being notified by their coach via the **ATHLETICS WEBPAGE**.  
*Student athletes who were on a sports team the previous year are required to try out again each season. You are not guaranteed a spot.*

Volleyball skills testing will be completed in the following areas and will be evaluated on a scale of 1-4:

#### Passing

1. Poor platform, no control of body, swings or “prays”
2. Somewhat mechanically correct, minimal control on the move, good control still
3. Mechanically correct, some control on move, decent footwork to ball, good control still
4. Mechanically correct, accurate passes to target, good footwork to ball

#### Setting/Overhead Passing

1. Lack of mechanics, no body control, no sense of timing for receiving or releasing the ball
2. Somewhat mechanically correct, gets to the ball, needs work on timing for receiving and releasing the ball or somewhat mechanically correct, good timing for receiving and releasing but cannot get to the ball
3. Mechanically correct in overhead passing, good body control, timing makes legal sets with some control of direction and height
4. Mechanically correct, makes consistent contact, maintains control with power, long reach

#### Hitting

1. Lack of mechanics, no footwork, no timing or control
2. Somewhat mechanically correct with either bad footwork but decent timing or good footwork and bad timing, not much height on reach
3. Mechanically correct, makes decent contact with the ball but has trouble with power and/or control
4. Mechanically correct, makes consistent contact, maintains control with power, long reach

#### Serving & Zone Serving

1. Lack of mechanics, cannot make good contact with ball, doesn't toss well
2. Somewhat mechanically correct, lack of power and/or control
3. Mechanically correct, good power but lack of control or good control but lack of power
4. Mechanically correct, good power and control, can serve requested positions on the court

#### Conditioning/Hustle

1. Does not hustle, does not seem very determined to succeed, frustrates easily, poor endurance
2. Hustles only half the time or when reminded, shuts down when frustrated, questionable endurance
3. Hustles even when not being watched, determined to succeed even when frustrated, good endurance
4. Gives 100%, sets the standard for excellence and leads by example, excellent endurance

#### Communication

1. Does not speak on the court, refuses to call the ball
2. Minimal communication, calls the ball/call for set sporadically
3. Average communication, always calls the ball/calls for set
4. Constant communication on court

2023 Volleyball Evaluation Form **PASTE YOUR PORTRAIT PICTURE HERE →**

Student Athlete-Full Name: \_\_\_\_\_

Circle ONE: **RIGHT** or **LEFT** hand**Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_ **Age:** \_\_\_\_\_Circle ONE-**Grade:** 9, 10, 11, 12

Played (School/Club)? (YES/NO) \_\_\_\_\_

Position: \_\_\_\_\_

Parent/Guardian's Information:

Full Name: \_\_\_\_\_

Relation: \_\_\_\_\_

E-mail: \_\_\_\_\_ Cellphone: \_\_\_\_\_

**DO NOT WRITE BELOW THIS LINE****TRYOUT #:** \_\_\_\_\_

<b>Skill</b>	<b>Rating Scale 4 is highest</b>	<b><u>Cue</u> <i>If check skills need to be improved, developed, or managed</i></b>
<b>Serve</b>	1 2 3 4	<input type="checkbox"/> Toes Point <input type="checkbox"/> Quarterback Arm <input type="checkbox"/> Toss Away <input type="checkbox"/> Step toward <input type="checkbox"/> Big Hand <input type="checkbox"/> Elbow high <input type="checkbox"/> Follow through
<b>U-pass</b>	1 2 3 4	<input type="checkbox"/> Wide Base <input type="checkbox"/> Move under <input type="checkbox"/> Communicate <input type="checkbox"/> Platform out <input type="checkbox"/> Platform drop <input type="checkbox"/> Target Hip Turn <input type="checkbox"/> Freeze
<b>O-pass/Set</b>	1 2 3 4	<input type="checkbox"/> Under ball <input type="checkbox"/> Right foot forward <input type="checkbox"/> Square up <input type="checkbox"/> Hands high <input type="checkbox"/> Jump to Target <input type="checkbox"/> Extension <input type="checkbox"/> Communicate
<b>Attack</b>	1 2 3 4	<input type="checkbox"/> Ready <input type="checkbox"/> Timing <input type="checkbox"/> Left-Right-Left Jump <input type="checkbox"/> Bow & Arrow <input type="checkbox"/> SNAP through to target <input type="checkbox"/> Land on 2 feet <input type="checkbox"/> Communicate
<b>Block</b>	1 2 3 4	<input type="checkbox"/> Hand high <input type="checkbox"/> Leg flexed <input type="checkbox"/> Shuffle <input type="checkbox"/> Crossover <input type="checkbox"/> Close block <input type="checkbox"/> Front hitter <input type="checkbox"/> Hands Penetrate <input type="checkbox"/> Communicate
<b>Dig</b>	1 2 3 4	<input type="checkbox"/> Low posture <input type="checkbox"/> Pursue ball <input type="checkbox"/> Platform to target <input type="checkbox"/> Stopped <input type="checkbox"/> Stay on feet <input type="checkbox"/> Floor Skills (rolls, sprawls and dives) <input type="checkbox"/> Communicate
<b>Movement/ Footwork</b>	1 2 3 4	<input type="checkbox"/> Sides <input type="checkbox"/> Forward <input type="checkbox"/> Backward <input type="checkbox"/> Shuffle <input type="checkbox"/> Crossover <input type="checkbox"/> Spiking approach <input type="checkbox"/> Reaction <input type="checkbox"/> Retract <input type="checkbox"/> Transition
<b>Attitude!</b>	1 2 3 4	<input type="checkbox"/> Always ready <input type="checkbox"/> Intensity <input type="checkbox"/> High energy <input type="checkbox"/> Confidence <input type="checkbox"/> Initiative <input type="checkbox"/> Effort <input type="checkbox"/> Positive and Supportive
<b>Leadership</b>	1 2 3 4	<input type="checkbox"/> Acknowledge others <input type="checkbox"/> Bringing the team together <input type="checkbox"/> Team leadership <input type="checkbox"/> Collective responsibility in team solutions with challenges (on and off court)
<b>Follow Direction</b>	1 2 3 4	<input type="checkbox"/> Eye Contact <input type="checkbox"/> Knowledge <input type="checkbox"/> Understand <input type="checkbox"/> Ask Questions <input type="checkbox"/> Always ready <input type="checkbox"/> Focus <input type="checkbox"/> Easily Distract
<b>Coachable</b>	1 2 3 4	<input type="checkbox"/> Need Work <input type="checkbox"/> Good <input type="checkbox"/> Great <input type="checkbox"/> Outstanding <input type="checkbox"/> Look across the net <input type="checkbox"/> Problem Solver
<b>Shagging</b>	1 2 3 4	<input type="checkbox"/> Not responsible <input type="checkbox"/> Good <input type="checkbox"/> Great <input type="checkbox"/> Team player

**Notes/Recommendations:**

---

---