



Adult Volleyball Skill Definitions

Recreational (C)

- Just want to have fun!
- Do whatever necessary to get the ball over the net.
- Know the general rules of the game but may not know the more technical rules.
- 70% or less serves in play.

Rec Players often try to use three hits, but struggle with execution. Basic passing, setting and hitting skills are inconsistent, and many sets are technically carries. Hitters do not utilize a true approach. Many points are "given" to opponent due to execution errors, (i.e. shanks, bad passes etc.)

Intermediate (B)

- Usually make three hits per side.
- Have a setter, but most of the time the setter is setting from the middle position.
- Attempt to block occasionally when a hitter is front of them.
- Players play the position into which they rotate rather than assigned positions.
- Have technical knowledge of the rules.
- 70-90% of serves in play.

A solid "B" player has reasonable consistency. A few points are scored due to execution errors but not the majority, most points have to be earned. These players have typically played before in a recreational league setting.

Competitive (A)

- Can perform all skills: BLOCKING, SETTING, PASSING, and HITTING.
- Know what 5-1, 6-2, and 4-2 offenses are.
- Know how to cover the court defensively during a serve and during a hit.
- Can pass a hit or serve to the setter frequently.
- Front row hitters are able to take an approach and hit the ball consistently.
- Play with positions: outside hitter, middle hitter, right side hitter, setter and defensive specialist.
- Setters can set a basic outside, middle, and right side ball with minimal spin.
- Get 90% of serves, or more, in play.

Reserved for players who are highly competitive and only want to play with other highly competitive players. These players have typically played high school, collegiate or other elite-level volleyball.
