



Volleyball Form Assessment: Level 1



Underhand Serve

Date _____ Hour _____

Student _____

Observe the underhand serve a total of 12 times. Watch each part of the underhand serve three times. Each part has a picture and a description.

Look at each picture and read the description. Observe to see if this part is performed correctly. If correct the first time, check (✓) box 1 above the picture; if correct the second time, check (✓) box 2; if correct the third time, check (✓) box 3. Place a dot (•) in the box if performed incorrectly. All three boxes will be checked only if that part of the underhand serve was correctly performed all three times.

Repeat this procedure for each picture. Start with 'Ready' and after you observe it three times, follow the arrow to the next picture.

1 2 3



Ready

- Shoulders and hips face net
- Ball waist high, striking side
- Eyes on ball

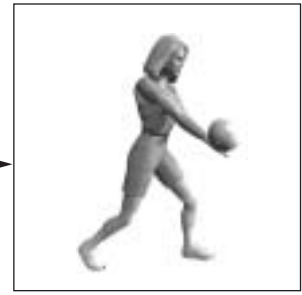
1 2 3



Step

- Striking arm straight back
- Striking hand open
- Opposite foot steps toward net

1 2 3



Swing

- Striking arm straight forward
- Heel of hand contacts ball
- Weight forward

1 2 3



Follow Through

- Back toe drags
- Striking hand toward net

How many pictures have 2 or 3 boxes checked (✓)? _____

Observer _____



Volleyball Form Assessment Activity: Level 1



Underhand Serve

Underhand Serve Into Net

Partner Assessment

Objective:

Receive feedback on underhand serve form

Equipment:

One volleyball per student

One assessment form per student

Floor-to-ceiling curtains (or volleyball nets)

One pencil per three students

Clipboards (optional)

Preparation:

Copy assessment forms.

Organize assessment materials.

Teacher Assessment

Objective:

Assess underhand serve form

Equipment:

Fifteen to 20 volleyballs

Floor-to-ceiling curtain (or volleyball net)

One assessment form per student

Pencil

Clipboard

Equipment for other practice stations

Preparation:

Write student names on assessment forms.

Set up other practice stations.

Partner Procedure

- Explain the purpose of the assessment (i.e., give and receive feedback on underhand serve form).
- Emphasize the importance of providing effective feedback.
- Explain and demonstrate the assessment procedure.
 - Students will work in groups of three; one student is the server, one student retrieves balls and one student observes.
 - Server stands 10–15 feet from the curtain (or six or fewer feet from the volleyball net).
 - Observer stands to the side of the server, with the performer's assessment form.
 - Server serves the ball into the curtain (or net) 12 times, using correct underhand serve form for each execution.
 - Observer carefully observes all attempts.
 - Observer watches the first three attempts for correct executions of the "Ready" phase of the underhand serve and places a check in the box numbered 1, 2 or 3 every time a correct execution is observed and a dot "•" if the execution is not correct.
 - Observer repeats this process for the "Step," "Swing" and "Follow Through" phases, watching the performer three times for each phase.
 - Observer writes his/her name at the bottom of the recording form after the performer completes the 12 serves.
 - Students rotate positions and repeat the procedure until all students are assessed.
- Divide students into groups of three.
- Distribute three volleyballs, assessments, pencils and clipboards to each group.
- Tell students to each put the date, hour and his/her name at the top of the assessment.
- Position groups so that there is seven to 10 feet between them.

Teacher Procedure

- Explain the purpose of the assessment (i.e., demonstration of underhand serve form).
- Review elements of form you will assess students on.
- Organize students into squads of six to eight students.
- Identify a series of volleyball skill practice stations that squads will rotate through. The underhand serve will be one of those activities.
- When students rotate to the underhand serve station, have two or three students simultaneously perform the activity described above.
- Designate two students to retrieve balls.
- Record the results of your observations on the assessment form.
- When all students in the squad have been assessed, rotate the next squad to the station. Continue the rotations until all students have been assessed.

Teaching Tip: Do not have more students demonstrating the underhand serve simultaneously than you are able to accurately assess.