



COACHING EXPECTATIONS BY AGE GROUP

12's:

- Ability to bump a free ball to target
- Ability to set a high ball to the outside
- Ability to serve the ball over the net (under or over hand)
- Ability to hit a down ball over the net
- Knowledge of court positions and overlap within front row or back row
- Awareness to use 3 hits whenever possible
- Ability to call every ball (MINE!!!)

13's:

- All of the above
- Ability to serve receive at a 1.0 rating
- Ability to serve the ball over handed
- Ability to jump and swing at a ball
- Knowledge of court positions and overlap between front and back row
- Ability to call who the ball is intended to go to

14's:

- All of the above
- Ability to serve receive at a 1.5 rating
- Ability to serve the ball short or deep
- Ability to jump and spike consistently
- Ability to set an out of system ball to the outside consistently
- Knowledge of court positioning and overlap for a 5-1 and 6-2 offense
- Awareness to cover every hitter

15's:

- All of the above
- Ability to serve receive at a 1.75 rating
- Ability to serve the ball to a specific zone
- Ability to attack cross court or line
- Knowledge of opposing team's offensive system (5-1, 6-2, setter up or down)
- Ability to make adjustments to a 5-1 or 6-2 offensive system (ie. Serve receiving, on the fly)
- Understanding of rotation vs. perimeter defense
- Ability to pass a free ball perfectly 75% of the time
- Knowledge of all the setting options (go's, 1's, 2's, 3's, slides, back row, etc..)
- Ability to aid every hitter in calling the block

16's:

- All of the above
- Ability to serve receive at a 2.0 rating
- Ability to hit any set given (go's, slides, 1's, 3's, etc...)
- Ability to hit cross, line, or tip given the opposing team's defense
- Ability to tip short or deep
- Ability to set an out of system ball to multiple targets
- Ability to hit from the back row
- Ability to hit a jump float, or jump top-spin serve consistently
- Ability to pass a free ball perfectly 80% of the time

17's:

- All of the above
- Ability to serve receive at a 2.25 rating
- Ability to pass a free ball perfectly 90% of the time
- Ability to kill the ball accordingly (MB .300, OH .200)

18's:

- All of the above
- Ability to serve receive at a 2.5 rating
- Ability to pass a free ball perfectly 100% of the time
- Ability to kill the ball according to position (MB .400, OH .250)