

3<sup>rd</sup> and 4<sup>th</sup> GRADE EXPECTATIONS

CATAGORY	SKILLS			
<b>COMMUNICATION</b>	"Mine"	"Mine Up"	Free	Short
	Help	Out	Back	
<b>SERVE PROGRESSION</b>	Attempt Overhand	Teach Underhand	Introduce Zone Serving	
<b>PASS PROGRESSION</b>	Passing to the Target	Pass with correct form	On their Table	Shoulders Forward
	Stay Low	No Arm swings	Leg/feet positioning	What is a "Free Ball"
	What to do with a "Free Ball"	Body Positioning (hips toward target)		
<b>SETTING</b>	Set Progression	Drills to strengthen Fingers	Set Transition Off Net	
<b>HITTING</b>	Footwork Left Right Left	Opposite footwork if left-handed	Hit Transition Off Net	Swing Technique
<b>GENERAL</b>	Footwork	Introduce ball control drills	Open Up	
<b>OTHER:</b>				
<b>OTHER:</b>				

**5th GRADE EXPECTATIONS**

CATAGORY	SKILLS			
<b>COMMUNICATION</b>	“Mine”	“Mine Up”	Free	Short
	Help	Out	Back	
<b>SERVE PROGRESSION</b>	Attempt Overhand 25% of the time	Teach Underhand	Introduce Zone Serving	No Fist Serving
<b>PASS PROGRESSION</b>	Passing to the Target 50% of the time	Pass with correct form	On their Table	Shoulders Forward
	Stay Low	No Arm swings	Leg/feet positioning	What is a “Free Ball”
	What to do with a “Free Ball”	Free Ball to deep right corner	Work on 3 passes, pass, set, attack	Importance of First Pass (get to setter)
<b>SETTING</b>	Set Progression	Drills to strengthen Fingers	Setter Transition Off Net	
<b>HITTING</b>	Footwork Left Right Left	Opposite footwork if left-handed	Learn how to Downball	Swing Technique
	Hitter Transition off Net	Directional Downball		
<b>GENERAL</b>	Footwork	ball control drills	Off Ball Position	
<b>OTHER:</b>	Pancake			
<b>OTHER:</b>				

**6th GRADE EXPECTATIONS**

CATAGORY	SKILLS			
<b>COMMUNICATION</b>	“Mine”	“Mine Up”	Free	Short
	Help	Call Out Hits	Ready, Ready, Up (blocking)	
<b>SERVE PROGRESSION</b>	Attempt Overhand 90% of the time	Front Row Serving 30%	Zone Serving 60%	No Fist Serving
<b>PASS PROGRESSION</b>	Passing to the Target 60% of the time	Pass with correct form	On their Table	Shoulders Forward
	Stay Low	No Arm swings	Leg/feet positioning	What is a “Free Ball”
	What to do with a “Free Ball”	Free Ball to deep corner of the court	Work on 3 passes, pass, set, attack 50%	Add a libero in the spring season
<b>SETTING</b>	Set Progression	Drills to strengthen Fingers	Setting to Hitters 5 and 2	Setting Transition Off Net
	All Girls- Setting Drills	Setting to Hitter 60% of the time		
<b>HITTING</b>	Footwork Left Right Left	Opposite footwork if left-handed	Learn how to Downball – from backrow- when needed	Tips
	Hitting 5 and 2 60% of the time	Introduce 9	Swing Technique	
<b>GENERAL</b>	Footwork	ball control drills	Body control	Open up
<b>BLOCKING</b>	Attempt, teach technique	2 Blockers	1 player in defensive spot to pass up any tips	
	Cover for the hits			
<b>DEFENSE/OFFENSE</b>	Positions when in defense	Positions when in offense		
<b>OTHER:</b>	Introduce 6-2			

**7th GRADE EXPECTATIONS**

CATAGORY	SKILLS			
<b>COMMUNICATION</b>	“Mine”	“Mine Up”	Free	Short
	Help	Call out Hits	Ready, Ready, Up	Sets Out
<b>SERVE PROGRESSION</b>	Attempt Overhand 95% of the time	Front Row Serving 40%	Zone Serving 70%	No Fist Serving
	Introduce Jump Serving in the Spring			
<b>PASS PROGRESSION</b>	Passing to the Target 80% of the time	Pass with correct form	On their Table	Shoulders Forward
	Stay Low	No Arm swings	Leg/feet positioning	What is a “Free Ball”
	What to do with a “Free Ball”	Free Ball to deep corner of the court	Work on 3 passes, pass, set, attack 70%	Add a libero in the spring season
<b>SETTING</b>	Set Progression	Drills to strengthen Fingers	Setting Drills for all players	Push Ball Deeper Corners
	Setter Transition	All Girls- setting drills		
<b>HITTING</b>	Footwork Left Right Left	Opposite footwork if left-handed	Downball 50%	Tips – as needed
	Attack 70%	Swing Technique	Hitting 2 and 5	Introduce 9
<b>GENERAL</b>	Footwork	ball control drills	Open Up	Body Control
<b>BLOCKING</b>	Attempt, teach technique 70% Attempting	2 Blockers	1 player in defensive spot to pass up any tips	
<b>DEFENSE/OFFENSE</b>	Positions when in defense	Positions when in offense		
<b>OTHER:</b>				

**8th GRADE EXPECTATIONS**

CATAGORY	SKILLS			
<b>COMMUNICATION</b>	“Mine”	“Mine Up”	Free	Short
	Help	Call out Hits	Ready, Ready, Up	Sets Out
<b>SERVE PROGRESSION</b>	Attempt Overhand 100% of the time	Front Row Serving 80%	Zone Serving 90%	No Fist Serving
	Introduce Jump Serving in the Fall			
<b>PASS PROGRESSION</b>	Passing to the Target 95% of the time	Pass with correct form	On their Table	Shoulders Forward
	Stay Low	No Arm swings	Leg/feet positioning	What is a “Free Ball”
	What to do with a “Free Ball”	Free Ball to deep corner of the court	Work on 3 passes, pass, set, attack 95%	Add a libero – Competitive Only
<b>SETTING</b>	Set Progression	Drills to strengthen Fingers	Setting Drills for all players	Push Ball Deeper Corners
	Setter Transition	All Girls- setting drills		
<b>HITTING</b>	Footwork Left Right Left	Opposite footwork if left-handed	Attack on 3 <sup>rd</sup> hit-90%	Tips – as needed
	Attack 80%	Swing Technique	Hitting 2 and 5	Hitting at 9
<b>GENERAL</b>	Footwork	ball control drills	Open Up	Body Control
<b>BLOCKING</b>	Attempt, teach technique 80% Attempting	2 Blockers	1 player in defensive spot to pass up any tips	
<b>DEFENSE/OFFENSE</b>	Positions when in defense	Positions when in offense		
<b>OTHER:</b>	Downball Back Row			