

Guidelines to place a volleyball player in a clinic

At *Next Level Athletes* we use a unique level system (see levels chart) to group athletes and to ensure their progress is charted and acknowledged. Because the chart is mostly in volleyball jargon and *NLA* code; we have prepared the following guidelines for parents and players to help decide which level a player most likely will fit into for the current session.

Sprouts:

This level is for a player brand new to the sport. *Sprouts* need no requirements to begin in our program. We will instill basic volleyball concepts (including sportsmanship and team work). It is our mission to show each young player why this game is great and such FUN.

Beginners:

Beginners should have had some exposure to volleyball instruction (P.E. class, summer camp or *NLA Sprouts*).

Juniors:

Juniors need to...

1. Shuffle and catch a ball (while moving) below the waist and above the head.
2. Toss the ball forward and up and make contact with the ball.
3. Express an interest in progression (example: trying to make a school team).

Intermediate:

Intermediate need to...

1. Have competed on a volleyball team and be familiar with basic rules and concepts.
2. Be able to direct a pass to target (off a toss)
3. Set a ball (and not get called for an illegal contact)
4. Serve overhand from at least 20 ft. (court is 30 ft. by 30 ft.)

Advanced:

Advanced players must have played at least one year of high school and / or play for a high level club program.

Advanced players can:

1. Receive a floater and overhand pass.
2. Cross court set
3. Hit high balls and quick sets and know the different shots for attacking.
4. Serve a "floater"
5. Do a run thru and use floor skills.