

Volleyball Tryout Evaluation Guide

Plan Ahead

- Decide what skills and traits matter most (current skill vs. potential, athleticism, effort, and attitude)
- Outline the drills you will run: passing, serving, setting, attacking, blocking, defense, team play
- Design the session to minimize standing in line—keep players active and engaged

Organize Coaches

- Assign roles clearly—some coaches run drills, others focus only on evaluating
- Pair experienced coaches with newer ones to ensure accurate observations
- Schedule quick breaks (every 45 minutes) for coaches to compare notes

Skill & Athletic Evaluation

- Ball Control: passing, setting, pepper, serve receive
- Attacking: left and right side hitting reps
- Serving: consistency, accuracy, and power
- Defense: digging, reading hitters, back-row movement
- Athletic tests: height, reach, vertical jump (use approach jump if possible)

Drill Ideas

- Back-Court Exchange: players hit, dig, and set in one continuous drill
- Small group games (3v3 or 4v4) to evaluate decision-making and teamwork
- Simple accuracy tests: continuous passing/setting challenge

Logistics & Setup

- Have players sign in and provide contact information
- Identify athletes easily (numbers on shirts or name tags)
- Bring enough volleyballs (15–20 per court), carts, clipboards, pens, and evaluation sheets
- Have a timer/clock, whistles, and water available

Managing Players

- Group athletes quickly by ability so the strongest compete against each other
- Rotate players often—don't let anyone sit too long
- Keep drills fast-paced to get maximum touches in limited time

Parent Communication

- Hold a short parent meeting during tryouts to explain the format and expectations
- Share how results will be communicated (email, phone, online posting)
- Prepare to answer questions from families of players who are not selected

Final Notes

- Stick to the schedule—start and end on time
- Have head coaches involved in final roster choices
- Be consistent, fair, and clear in your evaluations

Volleyball Skills Rubric

	1 - Poor	2 - Needs Work	3 - Developing	4 - Good	5 - Advanced
Passing	Upright stance; hands apart; late read; no "mine" call; shanks most balls	Platform angle inconsistent; late feet; minimal knee bend; passes playable but off-target	Lower stance at times; calls "mine"; some angle control; ~50% to target; chase/recover is inconsistent	On toes; quiet, flat platform; angles to target; clear communication; ~70-80% to target	Reads server early; moves first; firm platform; purposeful, on-system passes to setter from multiple zones
Setting	No triangle; palms/lifts; off-balance; balls not hittable	Triangle sometimes; feet not set; contact off palms; height/target erratic	Gets under ball; finger contact; squares late; some hittable sets, tempo inconsistent	Early to spot; square to target; consistent height/tempo; clean release to primary hitters	Delivers in-rhythm sets from varied digs; consistent tempo/decisions; places balls to maximize hits
Hitting	No true approach; low contact; frequent net/out; unsafe/arm-only swing	Late or 2-step approach; off-balance; contact below head; mostly tips/rolls	Basic 3-4-step approach; timing inconsistent; legal contact; some in-court swings	Solid 3-4-step; high contact; controls line; uses roll/tip situationally; growing location control	Terminal threat; varies speed/trajectory; tools block; hits called zones under pressure
Serving	No routine; many faults; toss off line; high, loopy ball with little pace	Sometimes in; high clearance (>10 ft); low pace; inconsistent toss/footwork	Mostly in; repeatable toss at times; moderate pace; basic zone awareness	Targets zones intentionally; low net clearance ($\approx 3-6$ ft); good pace/float/spin; few errors	Consistent to zones; disruptive float/spin/pace; mixes short/deep/angle strategically
Physical	Fatigues quickly; slow first step; low jump/explosiveness	Inconsistent stamina; delayed reactions; below-average jump	Average endurance and speed; functional jump; recovers between reps	Good engine; quick first step; above-average jump; repeats high-effort reps	Excellent stamina; explosive reactions; top-tier jump; rapid recovery all session
Mindset	Negative/self-defeating talk; poor focus/effort; resists feedback; hurts team energy	Effort and focus fluctuate; accepts feedback inconsistently; minimal communication	Coachability improving; responds after mistakes; basic positive talk; growing game IQ	Consistently coachable; high effort; clear, positive communication; supports teammates	Composed leader; elevates others; anticipates plays; resilient after errors; strong game IQ & poise

Player Evaluation Sheet

Player's Name: _____ Age: _____

Position(s): _____

Ratings: 1 - Poor, 2 - Needs Improvement, 3 - Developing, 4 - Good, 5 - Advanced

Passing

Reading Server	1	2	3	4	5
Movement	1	2	3	4	5
Communication	1	2	3	4	5
Platform	1	2	3	4	5
Directional Control	1	2	3	4	5

Skill Comments:

Setting

Reading the Ball	1	2	3	4	5
Footwork	1	2	3	4	5

Hitting

Approach	1	2	3	4	5
Contact	1	2	3	4	5
Directional Control	1	2	3	4	5
Location	1	2	3	4	5

Serving

Toss/Approach	1	2	3	4	5
Contact	1	2	3	4	5
Directional Control	1	2	3	4	5

Physical

Speed	1	2	3	4	5
Endurance	1	2	3	4	5
Jump	1	2	3	4	5

Mindset

Attitude	1	2	3	4	5
Coachability	1	2	3	4	5
Focus	1	2	3	4	5
Effort	1	2	3	4	5
Game IQ	1	2	3	4	5
Leadership	1	2	3	4	5

Other Comments:

Evaluator: _____

Date: _____

[illegible]

Volleyball Tryout Signup Sheet

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