Skills	Outcomes	Outcome Description	Objectives Team Ontario Red	Objectives Team Ontario Black, Jr, Youth, Select National Team
Serving	Technique	Demonstrates sound serving technique according to international standards. The technical execution of the serve will allow the player to evolve and learn to serve at the highest level.	Elements of sound technical execution include proper trunk rotation, high elbow, high contact and dynamic approach in the case of a jump serve	
			Click below for full technical description	
			Standing Float / Jump Float (2-hand) / Jump Float (1-hand) / Jump Spin - Power	Jump Spin - Control
	Decision- Making	Serve location and trajectory are consistent	Ball crosses the net within the height of one antenna from the tape	
			For short serves, the ball has a lowering trajectory when crossing the net	
			Spin serves start dropping before or as it crosses the net	
			Can serve the gaps between the receivers to avoid the receivers themselves	
			Serve is between the outside receivers and the sidelines	
			Can serve in the last meter of the court and on the 3m line	
	Positive Outcome	Can serve with enough pace to challenge the opponent's receivers and create a time crisis for the other team.	Float serve velocity is in top 10% for age group (target should be min. speed of 50 km/h)	Float serve velocity is in top 10% for age group (target should be min. speed of 60 km/h)
			Spin serve velocity is in top 10% for age group (target should be min. speed of 70km/h)	Spin serve velocity is in top 10% for age group (target should be min. speed of 80km/h)
Serve-Receive	Technique	Demonstrates sound serve receive technique according to international standards. The technical execution of the serve receive will allow the player to evolve and learn to serve receive at the highest level.	Elements of sound technical execution include flat platform, arms away from the body, platform and shoulders angled towards the target.	
			Click below for full technical description	
			Forearm Pass / Overhead Pass	
	Decision - Making	Can effectively and quickly move the body while tracking the ball to get in the optimal positon to pass the ball.	Initiates movement in the direction of the serve	
			Identifies location of serve before the ball crosses the net	
			Can track the ball while moving the feet towards the intersection point	
			Moves fast enough to adopt a stable position at the end of movement before the pass	
			Eyes of the receiver are on the server (eyes, toss, shoulders, hand)	
			Stays in an engaged position through the movement	
			Can adjust response to pass standing floats, jump floats and jump spin serves	
	Positive Outcome	Can produce a consistent pass trajectory that will allow the setter and attackers to run an effective offense; Can consistently pass the ball to the setting location with success 50 cm off the net to position 2.5 or wherever the setter runs an effective offense from.	The pass is high enough (at least 2m above the setter's contact point with the ball)	
			Pass gets to the setter's hands in a downward trajectory	
			readiness of the setter	
			Pass gives the setter 3 or 4 setting options (3 or 4 pass, 50 cm off the net in front of setter)	40% excellent passes, average of 3.0/4
			Ball is in front of setter so they don't have to backup	
			35% excellent passes, average of 2.6/4	
Setting	Technique	Demonstrates sound setting technique according to international standards. The technical execution of the sets will allow the player to evolve and learn to set at the highest level.	Uses effective footwork and arm movement to stabilize body throughout movement	
			Setter is under the ball early (not running or jumping through the set)	
			Player is balanced and stable before, during and after set	
			Adjusts body position during movement to prepare for set	
			When jump setting, can make all sets	
			When jump setting, lands at the location of take off	
			Hand location at contact is consistent, above and slightly in front of the head	
			Click below for full technical description	
			High Ball Sets / Basic back court sets / 51 / 31	41 / Step-around 61 / 31-41-61 comparison
			61 / Step-around	
	Decision Making	Makes good setting decisions based on contextual information and game plan.	Uses a variety of sets based on the attacker's abilities	
			Exploits weaknesses in opponent's defense to create gaps for attackers	
			Establishes the middle to create time crisis in opponent's block	
	Positive Outcome	Each type of set has a consistent location that is conducive to the attackers' success. The location of the set is relative to the hitter and their ability to attack the ball.	The set is consistently in the attacker's zone, no matter the attacker	
			Outside sets are falling through the attacker's zone	
			Quick sets are going through the attacker's zone	
			The set allows the hitters to hit every possible shot (cross court, line, tips, rolls...)	
			High ball sets to position 4, 2, 1 and 6 (13, 93, C-ball, pipe)	
			Fast sets to position 4 and 2 (black, red)	Fast sets to position 4, 2, 1 and 6 (black, red, C-ball, pipe)
			First tempo sets to the middle (51, 31, 61)	First tempo sets to the middle (51, 31, 41, 61)
Attacking	Technique	Demonstrates sound attacking technique according to international standards. The technical execution of the attack will allow the player to evolve and learn to attack at the highest level.	Elements of sound technical execution include an effective and dynamic approach, proper trunk rotation, high elbow, high contact, use of legs and non-dominant arm for stability	
			Click below for full technical description	
			Cross court / Line / Sharp cross-court / Tip	41 / Step-around 61 / C-ball
			61 / 31 / Step-around / 51	Pipe / Recycle / Tool
	Decision- Making	Can make decisions conducive to the team's success depending on the sets and the context of the rally. The player can recognize different situations and adapt their response as to create an opportunity to score the point.	score the point	Can score against a 3-man block
			Chooses the right hit according to quality of set and approach	Can use the recycle with intention to build another attack
			Can use the block to score	
	Positive Outcome	Can hit different kinds of sets while maintaining velocity and location; Can attack the whole court consistently. The player shows control and can place their attacks in gaps and open court according to the game plan and the context of the rally.	Can hard hit line, sharp cross-court and deep cross-court	
			Can tip and roll to middle of court, deep line and short cross-court	
			Middles can hit to 5 and 1 (cross-body) on each type of middle sets	
			Outsides can hit high balls and fast balls from both position 4 and 2	Middles can hit a 41 and a short step-around
			Middles can hit 51, 61, 31 and step-around	Can hit a fast tempo pipe and C-ball
			Can hit a slow tempo pipe and C-ball	Outsides can hit inside tempo balls
Blocking	Technique	Demonstrates sound blocking technique according to international standards. The technical execution of the block will allow the player to evolve and learn to block at the highest level.	Elements of sound technical execution include an agressive ready position, effective and dynamic footwork, compact use of the arms during movement, shoulders squared to the net	
			Blocker is straight in the air and has no unwanted floating in the air	
			Both hands are pressed across the net to cut the attacker's angles	
			Is stable enough to adjust block (ex: drop a hand or throw down a tip)	
			Click below for full technical description	
			Middle movement / Outside movement	
	Decision Making	Can effectively read the opponent's setter as to initiate blocking movement in the right direction.	Eyes are on the setter, then the ball, then the attacker	
			First step is in direction of the set (no guessing)	
			Middle recognizes when a commit is required	
	Positive Outcomes	Player is able to successfully move and to penetrate both hands over the net. Contribute to taking hitting options away from opponent	Gets to blocking location in time to take away an option for the attacker	
			Both hands are pressed across the net to cut the attacker's angles	
			Middle blockers close the block in time to press with the outside blocker	
			Can use the step block and the swing block	Outside blockers can triple block to the opposite end of the net
			Middles can block effectively going in both directions and on different middle hits	
			Outsides can intervene on a quick set played in their zones and triple block in the middle	
Defense	Technique	Demonstrates sound defensive technique according to international standards. The technical execution of the defense will allow the player to evolve and learn to defend at the highest level.	Elements of sound technical execution include an agressive ready position, arms away from the body with palms facing up, knees over toes, shoulders forward, angle of platfor at moment of contact	
			Low and engaged position throughout movement in defense	Can go to the ground at any point of the movement and at any speed of movement
			Stopped right before the attack to allow for proper reaction	
			Movement is fast enough to get to the ball and defend it	
			Click below for full technical description	
			Basic dig / Overhead dig / Dive / Roll	
	Decision Making	Can effectively read the play and the attacker as to make proper defensive decisions.	Can adjust defense position based on speed and location of set	Can go to the ground at any point of the movement and at any speed of movement
			Can adjust defense position based on blockers position and other defenders	
			Can defend hard hits, tips, rolls and deflections with consistency	Can play one-hand defense with both hands
			Can use the volley to defend an overhead ball	Can use the slide to play defense
			Can defend balls outside the stands using a two-hand and a one-hand dig	
			Can dive and roll to play defense	
			Can adapt to the situation and dig the ball in an unconventional fashion if necessary	
			Defense position is "outside" the block and allows defender to see the ball	
	Positive Outcome	Can consistently defend the ball in a location conducive to a successfull transition.	Trajectory is upward and towards the middle of the court	
			The ball lands in the court and on their side of the net	
			The ball is dug in the middle of the court within 4.5m of the net	
			The ball is off the net to allow the backrow setter to get to the ball and set	
			Easy hits and deflections are passed perfectly to the setter	
Intangibles	Competitive Attitude	Demonstrates a desire to win and compete through an aggresive and confident attitude.		
	Leadership	Demonstrates leadership through actions and effective communication on and off the court		
	Sportsmanship	Demonstrates an ability to be respectful of other competitors, officials, spectators, and the game		
	Communication	Demonstrates the ability to positively communicate with teammates and coaching staff		
	Potential	Demonstrates potential to meet international standards of play in the future.		

Physical Qualities	Power	Demonstrates ability to generate power and meet physical indicators associated with their age, gender, & position

Block Touch	16U Female	Leftside	280cm	Block Touch	18U/17U Female	Leftside	292cm
		Middle/Rightside	285cm			Middle/Rightside	295cm
		Setter	275cm			Setter	285cm
	16U Male	Leftside	320cm		18U/17U Male	Leftside	328cm
		Middle/Rightside	320cm			Middle/Rightside	330cm
		Setter	310cm			Setter	320cm
Spike Touch	16U Female	Leftside	285cm	Spike Touch	18U/17U Female	Leftside	295cm
		Middle/Rightside	290cm			Middle/Rightside	300cm
		Setter	280cm			Setter	292cm
	16U Male	Leftside	330cm		18U/17U Male	Leftside	340cm
		Middle/Rightside	335cm			Middle/Rightside	345cm
		Setter	325cm			Setter	335cm
Vertical	16U Female	All positions	61cm	Vertical	18U/17U Female	All positions	65cm
	16U Male	All positions	81cm		18U/17U Male	All positions	85cm