

## Mountain RAGE Volleyball Skills Progression by Age

U12	U13	U14	U15	U16	U17	U18	
<b>Underhand/Sidearm Serve</b> Opposite foot forward; drop not toss; watch the ball; solid contact; follow-through armswing; control. <i>Ball over net &gt; Ball in play &gt; Placement(Pos 1-6)</i>							
		<b>Overhand Serve</b> Controlled starting position - elbow up/thumb down; straight, consistent toss just higher than contact height; ball contact in front of body; trunk rotation; rigid flat hand; follow-through to target; quickly move to court. <i>Ball over net &gt; Ball in play &gt; Placement (Pos 1-6) &gt; Tactics &gt; Top Spin &gt; Power</i>					
<b>Passing Fundamentals</b> Ready position; call the ball; proper movement to the ball; body position at contact; face target; flat platform; legs-not-arms passing; remain standing; NEVER one arm pass. <i>Body position/movement &gt; Called ball &gt; Good platform technique &gt; High pass to target</i>				<b>Jump Float Serve</b> Follows Overhand Serve mastery. <i>Ball over net &gt; Ball in play &gt; Placement (Pos 1-6) &gt; Tactics &gt; Power</i>			
			<b>Rundowns &amp; Angled Platform</b> Follows Fundamentals mastery. Angle platform when unable to face target; use armswing when moving away from target. <i>Watch the ball &gt; React to the unexpected &gt; two arm contact &gt; High pass to target</i>		<b>Jump Spin Serve</b> Follows Jump Float Serve Mastery. <i>Ball over net &gt; Ball in play &gt; Placement (Pos 1-6) &gt; Tactics &gt; Power</i>		
			<b>Ballspeed Control</b> Follows Rundowns & Angled Platform mastery. Anticipate the powerful attack or serve; stay low on balls of feet; absorb contact with arms/legs; "moving away" motion. <i>Hard driven ball in play &gt; Ball on team side of net &gt; Ball to target</i>				
			<b>Hand Passing Serve-Receive</b> Follows Ballspeed Control Mastery. Hand passing can be a valuable skill when reacting to hard-driven spikes and serves, but also when a team desires a faster tempo offense.				
<b>Setting Fundamentals</b> Proper body position (under ball, legs and arms bent; hands cupped like ball, shoulders square to target); getting feet set; hand position at contact; high ball setting technique; extension. <i>Getting under ball &gt; Legal contact &gt; Hitable high front set</i>			<b>Dive Passing</b> Follows Rundowns & Angled Platform mastery. Always to stay on feet whenever possible; lean forward on one leg; extend platform; contact ball; slide on stomach; return to feet quickly. <i>Ball kept in play &gt; Ball high enough for next contact &gt; Controlled pass</i>				
<b>Setter Fundamentals</b> Follows Setting Fundamentals instruction. Start in "Ready" position; clean foot movement to get under the ball; communication with passers and attackers. <i>Hitable high front set &gt; Set from mid-net to power &gt; Set to back row attackers</i>			<b>Pancake Passing</b> Follows Dive Passing mastery. Always to stay on feet whenever possible; lean forward on one leg; extend flat hand to full extent; hand rigid on floor; contact ball; slide on stomach; return to feet quickly. <i>Ball kept in play &gt; Ball high enough for next contact</i>				

**Backsetting**  
Follows Setter Fundamentals mastery. Communicate with attackers; practice deception (don't give away the set); arch back and extend to delivery.  
*Hitable backset ball from base > Backset not from base*

**Tactics**  
Follows Backsetting mastery. To control the court, setter must make set selections that have highest probability of Kill. Read the defense; find the soft targets; communicate with hitters; use deception.  
*Hitable ball > Set to attack soft targets > Recognize best match-ups > Good deception*

**Attack Fundamentals**  
Focus on transition footwork, 3-Step approach, timing of jump, and swing through body. Back row attack and attacking away from the net are essential.  
*Attacked ball in play*

**Set Variation (for tempo)**  
Follows Backsetting mastery. Utilize various set heights to achieve tempo variations.  
*Quick sets to middle > "Shooters" to outside > Quick backset/Slides*

**Attack**  
Follows Attack Fundamentals mastery. Players work on contacting the ball above the net and achieving a downward attack.  
*Attacked ball in play > Ball contact above net > Downward attack*

**Jumpsetting**  
Follows Set Variation mastery. Utilize jumpsetting as a form of deception and fast tempo.  
*Hitable ball from front jump > Deceptive dump > Backset from jump > Set variations from jump*

**Advanced Attack**  
Follows Attack mastery. Players work on control and power.  
*Attacked ball in play > Hit around block > Placed to open court > Power*

**Blocking Fundamentals**  
Although not all players will be able to block above the net, the habit of preparing for the block is important. Footwork and timing are essential.  
*Disrupt opponents attack > Good footwork > Timed block jump*

**Quick Hits & Shooters**  
Timing, timing, timing  
*Attacked ball in play > Placed to open court > Power*

**Pair Blocking**  
Follows Blocking Fundamentals mastery. Blockers moving as a team to achieve a double-block. Being able to take away hitting lanes or compensate for an aggressive hitter.  
*Disrupt opponents attack > Good footwork > Blocking Communication > Timed block jump*

**Strategic Blocking**  
Utilize the ability to take away portions of the court for coverage purposes.  
*Pair blocking line > Solo blocking*