

At the higher levels we are looking for evidence of players being able to anticipate events, select and modify appropriate skills, strategies and tactics, and execute skills, strategies and tactics with precision

The team on the far side of the net are defending against a direct point-scoring attempt

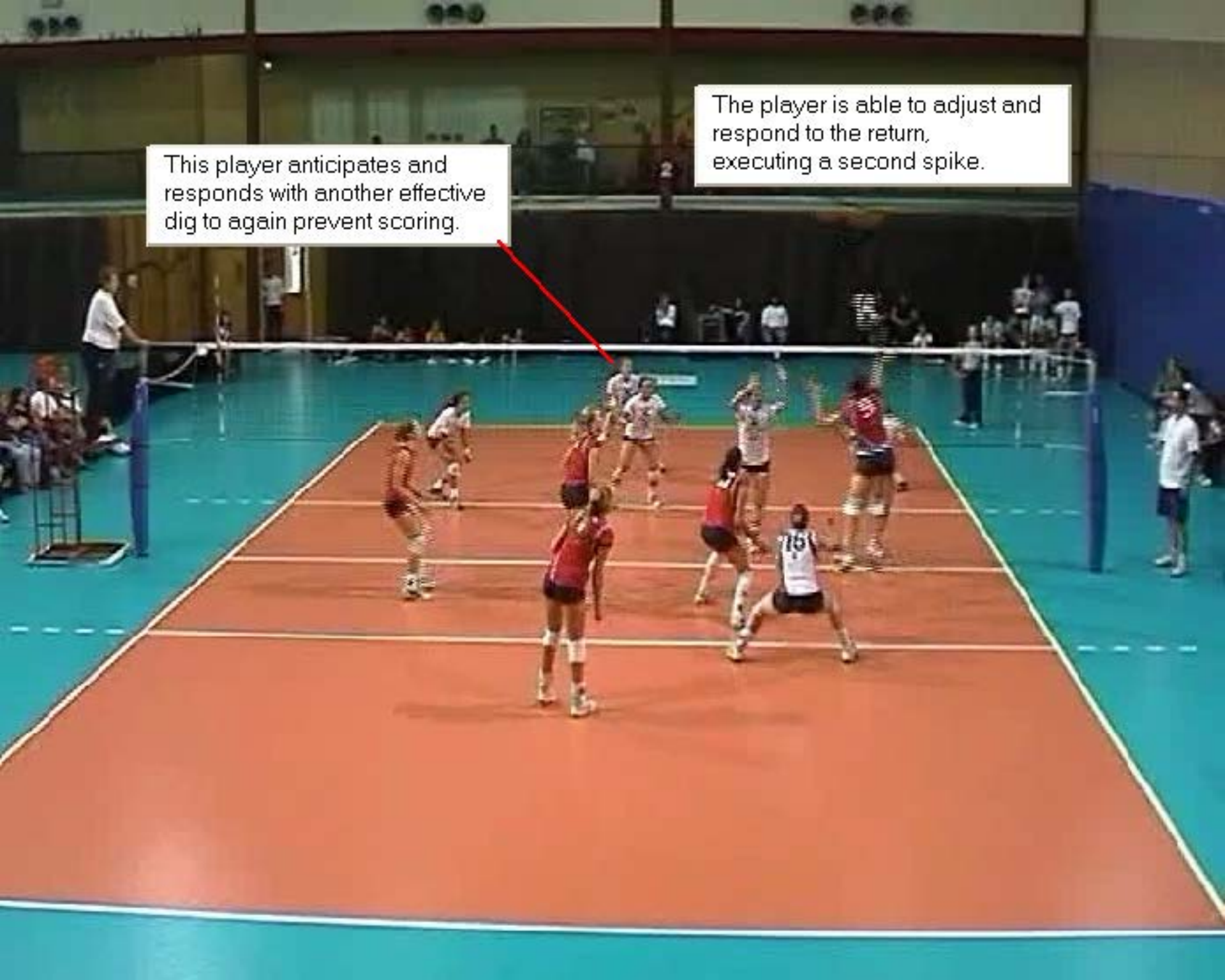
Watch this player executing two consecutive digs to prevent point-scoring.

Attempting to win a point: Player No.9 executing a spike



This player anticipates and responds with another effective dig to again prevent scoring.

The player is able to adjust and respond to the return, executing a second spike.



Note the efficient recovery and preparation to defend from the open play situation



No.11 is preparing to set up the attacking opportunity.

No.9 is off the net, positioned to attempt to execute a spike to win the point.

Note the setter's execution of a technically advanced skill - she uses a jump set.



We are concerned with:
the choice of shot;
where in the opposite court it is being aimed towards;
preparation to execute it effectively; and
the accuracy achieved in terms of direction, timing and power.



Again we witness an effective defense against the attack. Consistency, particularly in complex environments, is a marker of high level performers.



On this occasion we see no. 11's ability to move quickly across court to again set up a point-scoring opportunity.



Here no.9 is attempting to win a point from a different court position. Adaptation is required to execute the spike successfully. Again, we should look at whether the shot is directed to open space, pace and timing of the shot.



Note the defensive team strategy here. Three players move to form a block. Back court players are ready to cover if the block is unsuccessful. On the attacking side, players adjust to cover a potential block.



This is another instance in which the red team have an opportunity to set up an attack.

Player no 11 adjusts well to dig to front court. Even more notable is player 11's ability to produce an accurate dig to set up the opportunity for a point-scoring attempt.





Player 9 again judges approach and take off well in executing the spike. Again we see defensive strategy being implemented well, and members of the attacking team prepared to cover a return off the block.



Again no.9 has a point-scoring opportunity. On this occasion there is evidence of ability to execute an alternative strategy, disguise shot selection and execute a 'drop' over the block.

The defensive player behind the block demonstrates their ability to adjust quickly and proficiently to cover the shot.





On this occasion no 11 demonstrates precision in executing an advanced skill to set up the point-scoring opportunity: a reverse set.



No 11 demonstrates her ability to perform a set very effectively in a challenging game situation to create a point-scoring opportunity.



On this occasion no.9 is the player setting up an attack, requiring a controlled and accurate dig.



The situation is start of play.
We now see a series of serves.
No.9 needs to demonstrate the ability
to vary the direction and pace of the
serve so as to put the opposition under
pressure.

The receiving team need to demonstrate their ability to select, adapt and implement a strategic play to set up an attack from this situation.



This player demonstrates the ability to perform a long set accurately to create a point-scoring opportunity.



The receiving team demonstrate their ability to vary their attack. The same setter demonstrates her ability to perform a reverse set.



In this final play, further variation in strategic play is demonstrated. The setter performs a short forward set to create a point scoring opportunity. Note the player effectively moving to fake attack down the middle of the court.

