**Self-Assessment Sheet for Volleyball**

**Student name: ____________________________**

For each of the five areas, place a tick in the square that best indicates the performance in the game. Note there are 4 opportunities to assess yourself.

<table>
<thead>
<tr>
<th>Skill/strategy</th>
<th>Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Achieved</td>
</tr>
<tr>
<td><strong>Movement off the ball</strong></td>
<td></td>
</tr>
<tr>
<td>Does not demonstrate</td>
<td>• Moves to a position to receive the ball</td>
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<tr>
<td><strong>Ball skills</strong></td>
<td></td>
</tr>
<tr>
<td>Does not</td>
<td>• Can control the ball</td>
</tr>
<tr>
<td>Self</td>
<td>Teacher</td>
</tr>
<tr>
<td>------</td>
<td>---------</td>
</tr>
</tbody>
</table>

**Defensive skills**

**Does not demonstrate**
- Can dig the ball when it comes to me
- Can get into a position to create a block
- Moves to receive a serve

**Demonstrate**
- Digs the ball to the setter
- Can attempt to set up a three shot play
- Can block the oppositions shots/spikes

**Consistently**
- Can consistently pass accurately in an open situation using the set and dig technique
- Can consistently block the oppositions shots/spikes

**Offensive skills**

**Does not demonstrate**
- Set the ball so team member can play the ball
- Return the ball over the net
- Serve over the net

**Demonstrate**
- Sets the ball in the desired direction
- Can drive the ball into opponents court
- Able to use the overhand serve

**Consistently**
- Can consistently set the ball to a spiker
- Spike over the net
- Able to serve the ball away from a receiver
- Consistently able to play the ball into space on the oppositions court