



Volleyball Forearm Pass Rubric



This rubric will help to grade skill level of students in volleyball bumping mechanics. To achieve a skill number, students must demonstrate all of the skills in that scoring level. Emphasis is on the process and mechanics of the sports skill and not the end product.

Skill Number	Mechanics and Cues of Skill
1	Basic Skill Level
	<ul style="list-style-type: none"> • Hands are not clasped together using proper grip • Students arms are bent before they strike the ball • Student swings arms at the improper time and poor good contact with the ball traveling over the net 0-25% of the time • Student contacts the ball with their hands
	Elementary Skill Level
	<ul style="list-style-type: none"> • Hands are not clasped together using proper grip • Students arms are slightly bent before they strike the ball • Student swings arms at the proper time and makes good contact with the ball traveling over the net 25-50% of the time • Student contacts the ball with their hands or forearms
3	Intermediate Skill Level
	<ul style="list-style-type: none"> • Hands are clasped together using proper grip • Students arms are straight before they strike the ball • Student swings arms at the proper time and makes good contact with the ball traveling over the net 50-75% of the time • Student contacts the ball with their forearms
4	Advanced Skill Level
	<ul style="list-style-type: none"> • Hands are clasped together using proper grip • Students arms are straight before they strike the ball • Student swings arms at the proper time and makes good contact with the ball traveling over the net 100% of the time • Student contacts the ball with their forearms