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# LËTZVOLLEY ACADEMY

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Level 1 Exam Book



2024/25

FLVB

# Level 1 Exams

## Introduction

This is the Level 1 exam Guidebook for the “Basic skills” section. Athletes are expected to learn the basic fundamentals of volleyball in this section. This document outlines all the exams that will take place on our testing day at the end of this year’s LëtzVolley Academy to access if the athletes have learned enough to move onto the next level. Please use this as a guide for how you can improve your skills and practice these tests with teammates, friends, parents and coaches from your club. Initiation and Acquisition of basic skills required to play volleyball

The Level 1 basic skills section is meant for introductory to basic volleyball skills and is set in the Learn to Practice stage and the early Train to Train stage of the long term athlete development model. The level is generally for athletes who compete in our under 13 category. Training will be completed on net of 2m10 and with soft balls.

By the time of Level 1 exam completion, an athlete will be able to:

- Throw and catch a volleyball
- Forearm pass to myself or to a partner
- Set to myself or to a partner
- Underhand serve over the net and hit a target
- Set and pass against the wall
- Jump and attack a ball over the net

# The Key Accessed Skills

## Underhand Serve

You will need to serve under hand and hit a target from 6 meters on the court.

The technique for underhand serve is as follows

- Weight on back foot, ball held out in front of hitting arm
- Shift weight from back to front with a step
- Swing arm forward from back to front
- Slightly toss ball, and contact ball with palm of hand
- Finish with arm pointing in direction you want ball to go

## Setting

You will need to set against the wall and with a partner.

- Move under the ball in an athletic position
- Create triangle with thumbs and pointer fingers
- Spread remaining fingers around the ball
- Elbows bent and knees bent
- Use whole body to generate power
- Contact the ball close to forehead using finger tips
- Push until arms are fully extended and palms are facing up

## Forearm Passing

You will need to pass against the wall and with a partner.

- Feet slightly wider than shoulder width, weight forward
- Move to get body behind the ball
- One hand over the other with thumbs touching
- Arms straight from shoulders to elbows
- Use weight transfer and should shrug to hit ball towards target
- Follow through and hold finish towards target

**Level 1: Serving Exam 1**

Objective: Test Serving Accuracy

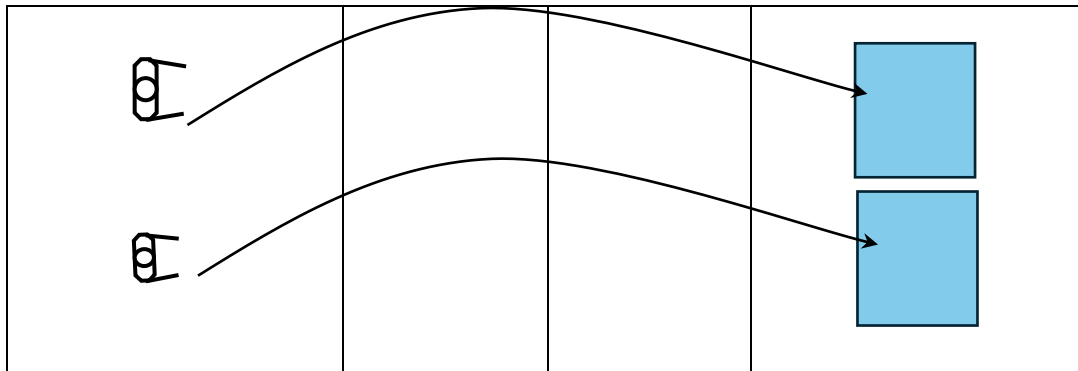
Materials:  
Volleyballs  
Large mats as targets

Description:  
Goal is to hit the mats with an underhand serve  
Servers serve at 6 meters and 5 serves in a row.

Teaching Cues:  
Under hand serving cues  
Weight transfer  
Contact point  
Finish with arm to target

Criteria:  
In 5 attempts they need to hit the target 2 times

Diagram:



## Level 1: Serving Exam 2

### Objective:

Test Serving accuracy rapid fire

### Materials:

- Volleyballs
- Large mats as targets

### Description:

Goal is to hit the mats with an underhand serve

Servers serve at 6 meters one after the other

After 1 serve, the next player serves

### Teaching Cues:

Under hand serving cues

Weight transfer

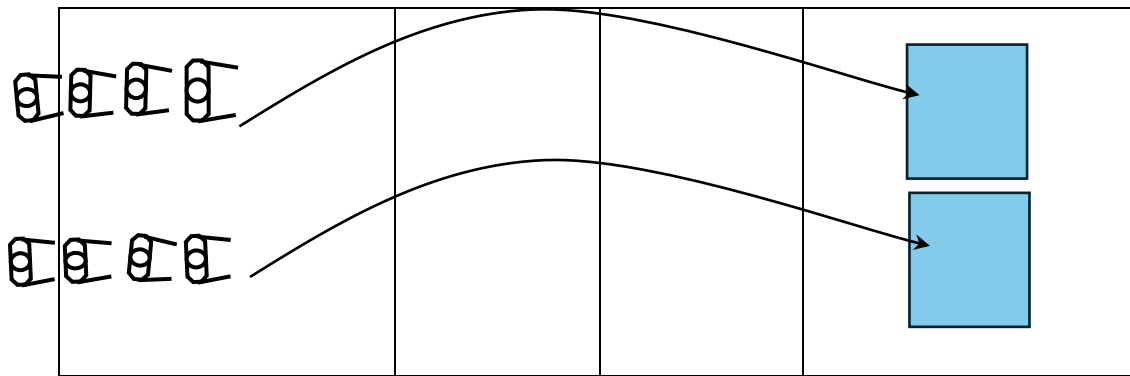
Contact point

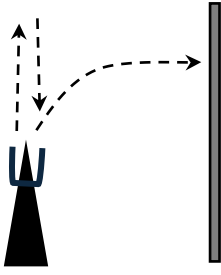
Finish with arm to target

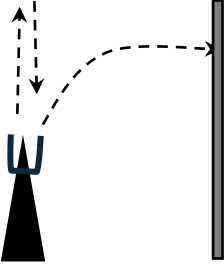
### Criteria:

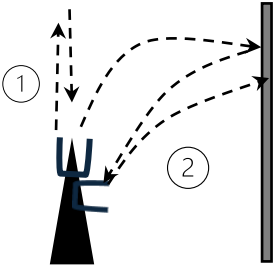
In 5 attempts they need to hit the target 2 times.

### Diagram:



Level 1: Set Wall Exam	
<b>Objective:</b> Set ball against the wall and catch	<b>Materials:</b> Wall Volleyball
<b>Description:</b> Throw the ball above head Set the ball to the wall Catch the returning ball	
<b>Teaching Cues:</b> Contact point Setting position	<b>Criteria:</b> 10 Set attempts with 6 successful
<b>Diagram:</b> 	

Name: Level 1: Set Wall Continuous Exam	
<b>Objective:</b> To continue to set ball against the wall	<b>Materials:</b> Wall Volleyball
<b>Description:</b> Throw the ball above head Set the ball to the wall Set returning ball above head Set the ball to the wall again Continue to repeat	
<b>Teaching Cues:</b> Contact point Setting position	<b>Criteria:</b> Minimum of 3 times in a row
<b>Diagram:</b> 	

Name: Level 1: Pass Wall Exam	
Objective: To set and pass ball against the wall	Materials: Wall Volleyball
Description: 1) Throw the ball above head Set the ball to the wall 2) Pass returning ball to the wall Catch the returning ball	
Teaching Cues: Contact point Setting position	Criteria: 10 attempts with 4 successful
Diagram: 	



<b>Name: Level 1 Partner Setting over net</b>	
<b>Objective:</b> Self-toss set over the net to a partner	<b>Materials:</b> Net Volleyball
<b>Description:</b> Self-toss set over the net to a partner standing at 3 meters on the other side of the net. Partner catches and does the same back. Continue repeating this pattern.	
<b>Teaching Cues:</b> Setting cues Body position	<b>Criteria:</b> 3 attempts to get the ball to cross the net 6 times total 3 sets made by each partner without drops
<b>Diagram:</b> <div style="text-align: center; margin-top: 20px;"> <p>The diagram shows a rectangular volleyball net with a central vertical line. On each side of the net, there is a stick figure representing a player. From the left player, a dashed arrow points upwards and then curves over the net to the right player. From the right player, another dashed arrow points upwards and then curves over the net back to the left player. This illustrates the reciprocal setting action described in the text.</p> </div>	

**Name: Level 1: Partner Setting 2 Continuous**

**Objective:**  
Continuous setting over the net with a partner

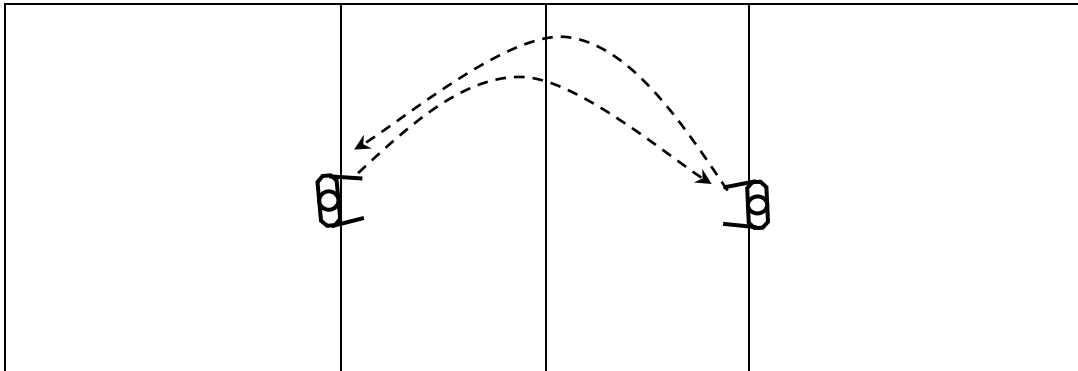
**Materials:**  
Net  
Volleyball

**Description:**  
Start with a self-toss set to partner standing at 3 meters  
Partner directly sets the ball back to partner  
Continue to repeat setting back and forth over the net

**Teaching Cues:**  
Setting technique

**Criteria:**  
3 attempts to set 6 times continuously over the net.

**Diagram:**



**Name: Level 1 Partner Passing**

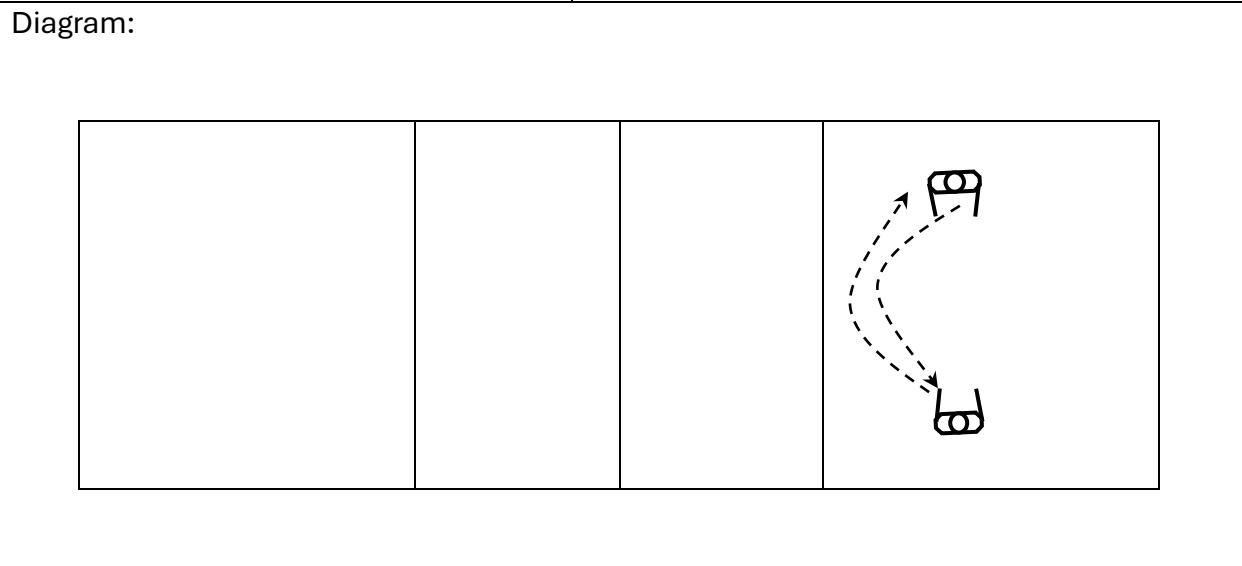
**Objective:**  
Pass back to partner and catch

**Materials:**  
Volleyball

**Description:**  
Distance of 4 meters between partners  
Partner 1 tosses the ball to the partner 2  
Partner 2 receives ball with a pass back to partner  
Partner 1 catches the ball  
Repeat action 10 times.

**Teaching Cues:**  
Passing technique

**Criteria**  
10 Attempts to achieve 5 good  
Good means partner does not have to take more than a step and the pass is at least as high as the net.



**Name: Level 1 Partner Passing Continuous**

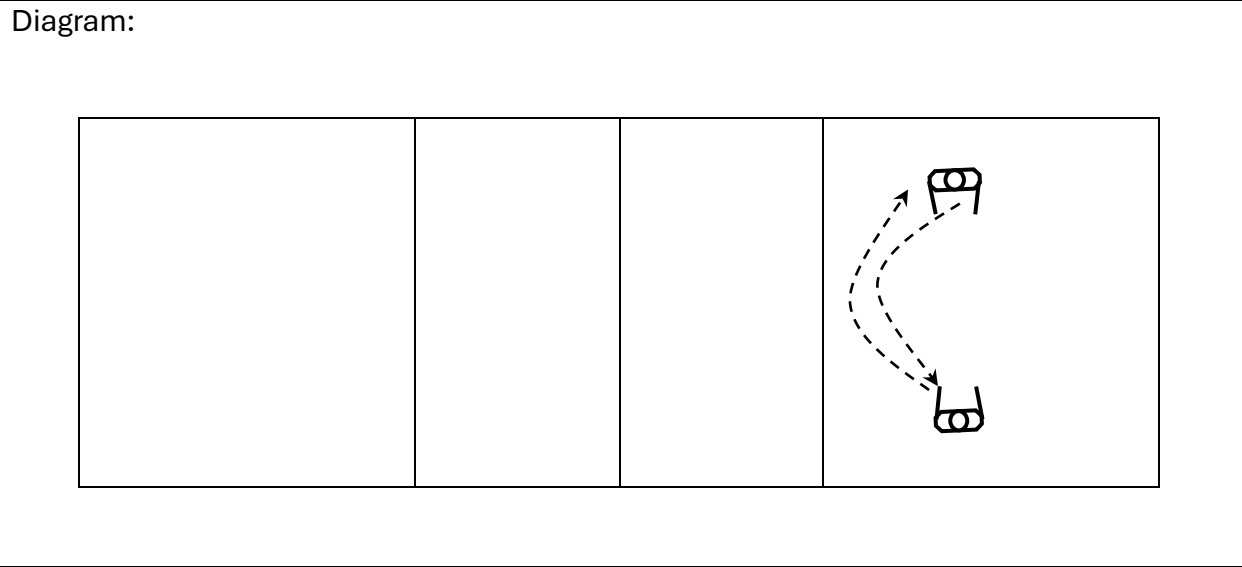
**Objective:**  
Pass back and forth with a partner

**Materials:**  
Volleyball

**Description:**  
Distance of 4 meters between partners  
Partner 1 tosses the ball to the partner 2  
Partner 2 receives ball with a pass back to partner 1  
Partner 1 also receives  
Pass back and forth between partners

**Teaching Cues:**  
Passing technique  
Body position

**Criteria**  
6 times between partners without losing the ball.



**Name: Level 1: Passing Over the net continuous**

**Objective:**  
Pass the ball continuously over the net

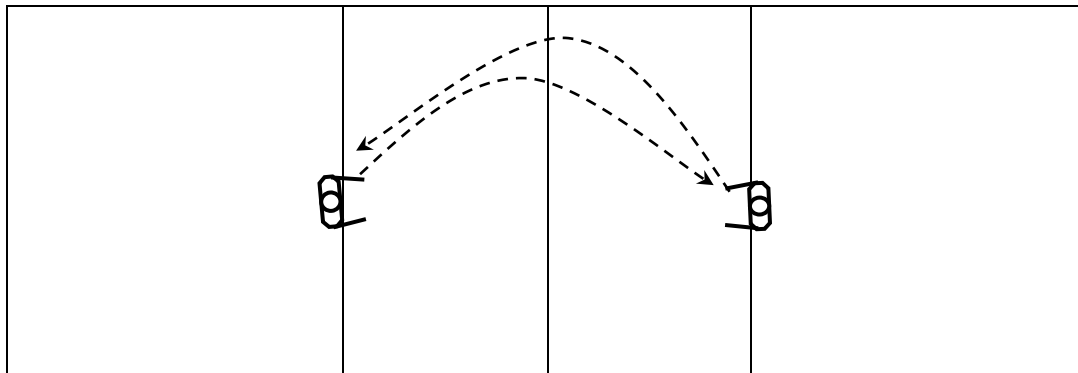
**Materials:**  
Net  
Volleyball

**Description:**  
Partners stand at 3 meter line on either side of the net  
Partner 1 tosses the ball to the partner 2 over the net  
Partner 2 receives ball with a pass back to partner over the net  
Partner 1 receives the ball back to partner 2  
Continue to pass back and forth between partners

**Teaching Cues:**  
Passing Technique  
Adjusting to ball

**Criteria**  
3 attempts to get 4 passes between partners  
without losing the ball.

**Diagram:**



Name	Serving		Wall			Setting		Passing			COMMENTS
	1	2	Set 1	Set 2	Pass1	1	2	1	2	3	