

---

# LËTZVOLLEY ACADEMY

---

Level 2 Exam Book



2024/25

FLVB

# Level 2 Exams

## Level 2 - Consolidation of Fundamentals

### Introduction

Level 2 also known as Consolidation of Fundamentals, is meant to build upon the skills learned in Level 1. Consolidation means that the skills become more natural and the athlete is able to replicate the skill in more game situations. This section is linked to the Train to Train section of our Long Term Athlete Development Model. Athletes can expect to be challenged in tougher exams | the skills from level 1 and introduced to new intermediate volleyball skills.

In this level the Academy uses MIKASA V200W volleyballs and we play on a net at 2.15 meters high.

By the time of Level 2 exam completion, an athlete will be able to:

- Maintain the skills learned in level 1
- Overhand serve to a target on the other side of the net
- Set to an attacker
- Receive a freeball
- Receive a serve
- Defend a hard driven attack and a tip
- Jump and attack a ball with proper footwork

# The Key Accessed Skills

## Overhand Serve

You will need to serve overhand 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
- Serving arm is back, Elbow high and chest open
- Toss ball in front of Serving arm, only as high as you can reach
- Shift weight from back to front with a step in opposition to hitting arm
- Action continues with trunk rotation from abdominal muscles
- Arm swings forward leading with Elbow
- Contact center of the ball with palm of hand at extension but slightly in front of you
- Finish with arm facing towards target

## Setting

You will need to set towards a target in Position 2 and 4.

Technique:

- 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 as reception to a setter and pass 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

# Other Skills Taught but not Assessed

## Defending

- Ready position: Low base, feet slightly wider than shoulder width
- Cue reading, adjusting to the attackers
- Arms come together to meet the ball
- Small bend of elbow is fine to take energy out of the ball
- Recovery moves, diving for tips

## Attacking

### Footwork

- 3 step approach
- Left handed – Right Left Right
- Right handed – Left Right Left
- Acceleration with approach
- Adjust to the set

### Arm action

- Arm swing patterns
- Draw back
- Trunk rotation with Abdominal contraction
- Arm extension
- Wrist snap to generate topspin

## Blocking

1v1 Individual Blocking technique.

- Hand positioning
- Positioning at the net
- Shuffle movement at net
- Penetrating to other side of net

**Name: Level 2 Serving Exam**

Objective: Test Serving accuracy

Materials:

- Volleyballs
- Large mats as targets

Description:

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

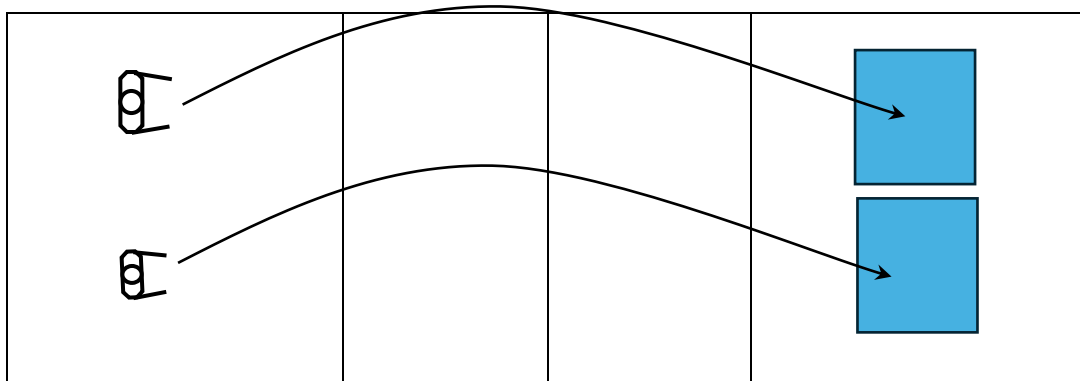
Teaching Cues:

Overhand Serve Technique  
Weight transfer  
Contact point  
Finish with arm to target

Criteria:

In 5 attempts they need to hit the target 2 times

Diagram:



**Name: Level 2 Serving Exam 2**

Objective: Test Serving accuracy rapid fire

Materials:

- Volleyballs
- Large mats as targets

Description:

Goal is to hit the mats with an overhand serve  
Servers serve at 6 meters one after the other  
After 1 serve, the next player serves

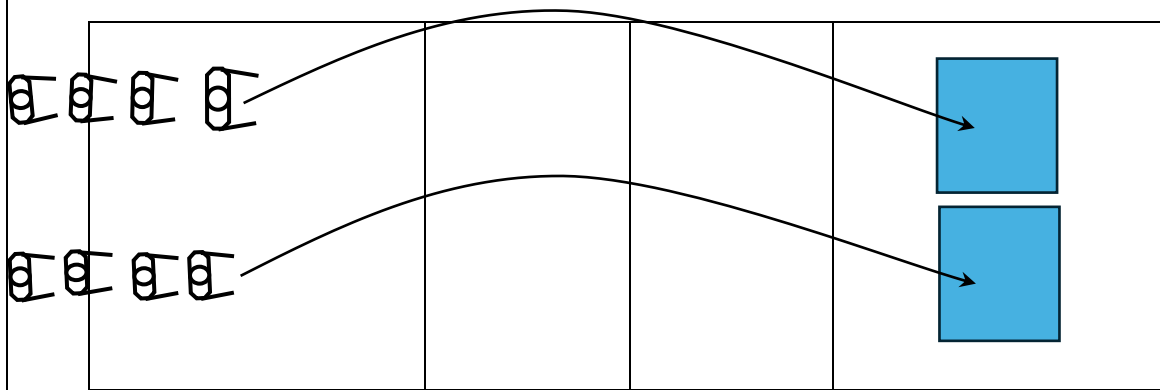
Teaching Cues:

Overhand 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 2: Setting drill 1

**Objective:**  
Set to self and to partner over the net

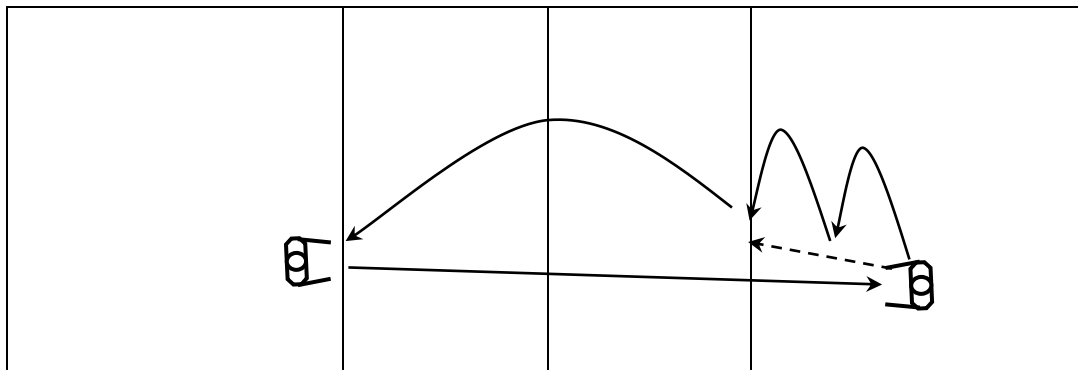
**Materials:**  
Volleyballs  
Net

**Description:**  
Partner throws the ball over the net to player at 5 meters.  
They have 2 self-sets to bring the ball into 3 meters line.  
Then on the third contact, set the ball long over the net to partner  
Partner catches within one step of them.

**Teaching Cues:**  
Setting technique  
Contact point  
Using legs

**Criteria:**  
5 good attempts out of 10 tries  
Good attempts = self-sets higher than net height, get inside 3 meter line, partner can catch the ball.

**Diagram:**



## Level 2: Setting drill 2

**Objective:**  
Set to self and to partner over the net

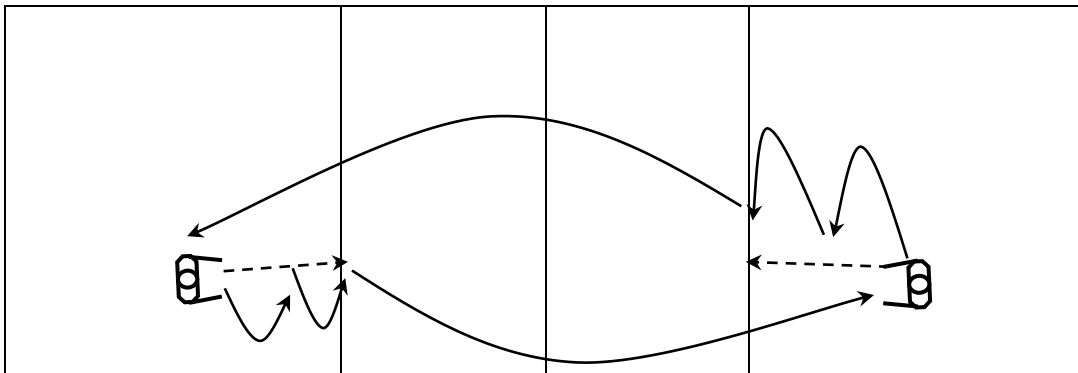
**Materials:**  
Volleyballs  
Net

**Description:**  
Partner throws the ball over the net to player at 5 meters.  
They have 2 self-sets to bring the ball into 3 meters line.  
Then on the third contact, set the ball long over the net to partner at 5 meters  
Partner does the same: two self-sets into 3 meter line and over the net back to partner

**Teaching Cues:**  
Setting technique  
Contact point  
Using legs

**Criteria:**  
4 in a row with partner.

**Diagram:**





**Name: Setting in 4 and 2**

**Objective:**  
Set high ball in 2 and in 4

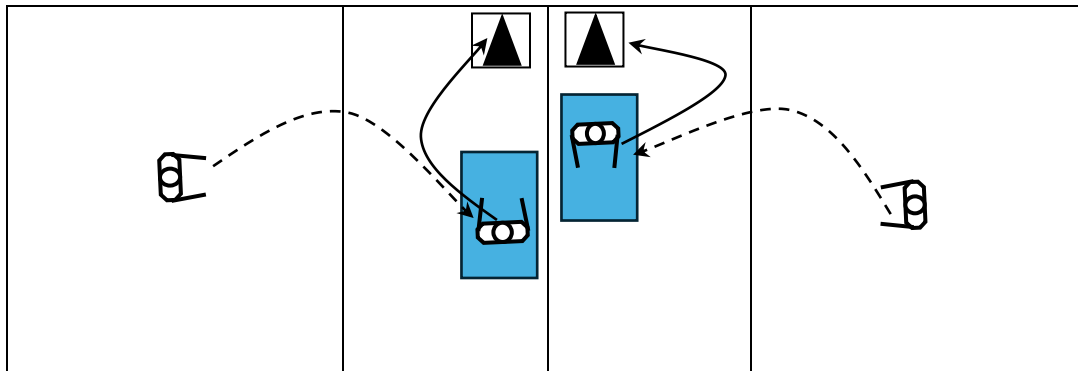
**Materials:**  
Volleyballs  
Boxes  
Net

**Description:**  
Coach tosses ball to player standing in 3  
Player sets either in 2 or in 4  
Coach catches on a box in attacking position

**Teaching Cues:**  
Setting position  
Squaring to target

**Criteria:**  
10 sets to achieve 5 good  
Good = high coach doesn't have to move and catches ball above head.

**Diagram:**



**Name: Forearm Passing**

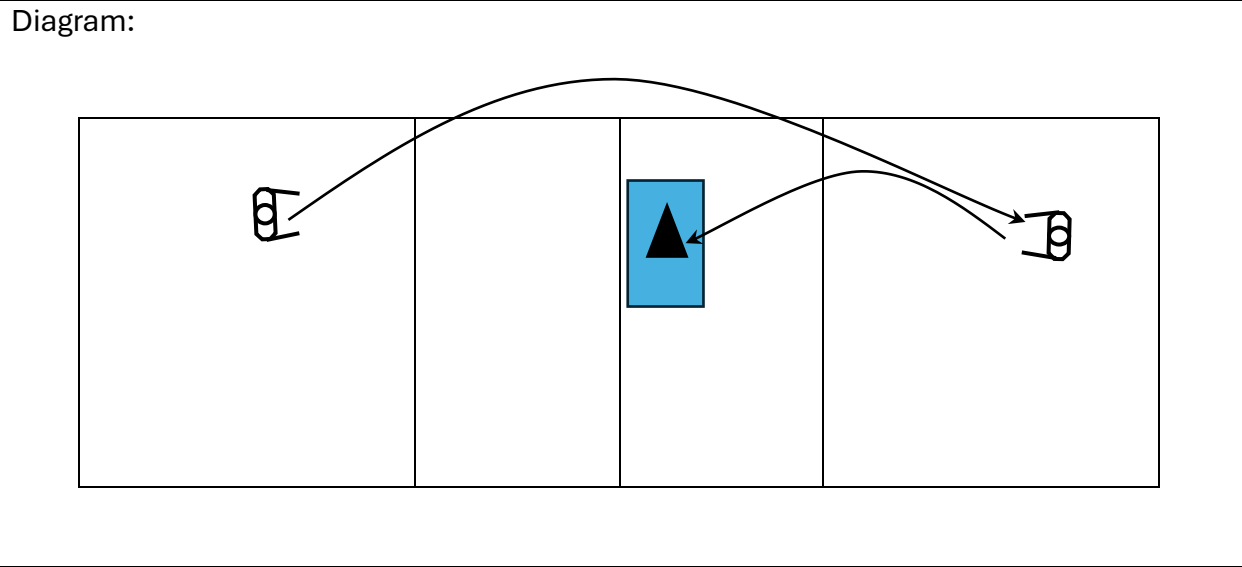
**Objective:**  
Receive a ball to setter position

**Materials:**  
Volleyballs  
Net  
Target

**Description:**  
Coach tosses the ball to player standing at 6 meters on other side of the net.  
Player uses forearm pass technique to receive ball to coach standing in Pos 3.  
Repeat 10 times

**Teaching Cues:**  
Movement adjusting to ball

**Criteria:**  
4 good passes out of 10 balls.  
If Ball is caught above head on the Mat it counts.



**Name: Forearm passing square Straight**

**Objective:**  
Forearm passing 4x4 in a square

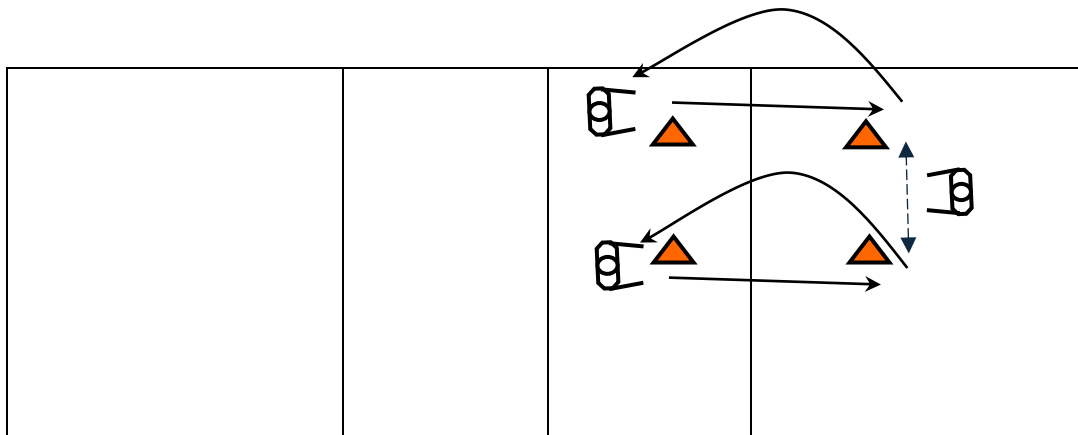
**Materials:**  
4 cones  
Volleyballs

**Description:**  
4 cones will be put up in the court 4x4m  
Player will move side to side to play the ball.  
Coaches toss the ball straight and player returns it straight back.  
The reception has to be played outside of the cones.

**Teaching Cues:**  
Passing technique

**Criteria:**  
10 attempts to get 6 good back to coach  
Good = high on top of coaches head.  
Only forearm pass.

**Diagram:**



**Level 2 Forearm passing square Diagonal.**

**Objective:**  
Forearm passing 4x4 in a square

**Materials:**  
4 cones  
Volleyballs

**Description:**  
4 cones will be put up in the court 4x4m  
Player will move side to side to play the ball.  
Coaches toss the ball straight and player returns it Diagonal to other coach.  
The reception has to be played outside of the cones.

**Teaching Cues:**  
Reception outside Midline  
Platform angle to coach not turning

**Criteria:**  
10 attempts to get 6 good back to coach  
player.  
Good= high on top of coaches head.  
Only forearm pass.

**Diagram:**

