
LËTZVOLLEY ACADEMY

Level 3 Exam Book



2024/25

FLVB

Level 3 Exams

Level 3 – Intermediate skills

Introduction

Level 3 training is the introduction of intermediate skills as well as refinement of the fundamental skills. It is in the late Train to Train and Learn to Compete stages of the LTAD. Athletes will be expected to perform intermediate skills consistently in a competitive environment where they will have to adapt to their opponents actions. This level is tailored for u17 athletes or newcomer older athletes.

Athletes will be challenged in this level and will be expected to produce high results in pressure situations. This level is where athletes demonstrate what they are capable of in the sport of volleyball and their potential begins to show. Please be prepared to work hard and be pushed to be your very best.

By the time of Level 3 exam completion, an athlete will be able to:

- Maintain the skills learned in level 1 and 2
- Overhand serve and hit multiple targets on the court
- Set to an attacker forward and backwards
- Receive float and spin serves
- Defend a hard driven attacks from different positions on the court
- Make a recovery move on the ground to recover a ball
- Attack a ball down the line and cross court from position 4 and 2

The Key Accessed Skills

Overhand Serve or Jump Float

You will need to serve a ball in 3 zones 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 Float serves and Spin Serves.

- 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
- Reception outside midline, dropping a shoulder so platform faces your target

Defending

You will need to defend attacks from various positions on the court.

- 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

You will need to attack from position 4 and 2 both down the line and cross.

- 3 step approach, adjusting to set
- Arm action to generate power
- Hitting line and diagonal

Other Skills Taught but not Assessed

Blocking

1v1 and double blocking principles

- Hand positioning
- Positioning at the net, body and hand
- Shuffle, and cross step movement at net
- Penetrating to other side of net
- Defending behind a block

Level 3 serving exam

Objective:
Serve the ball in 3 zones

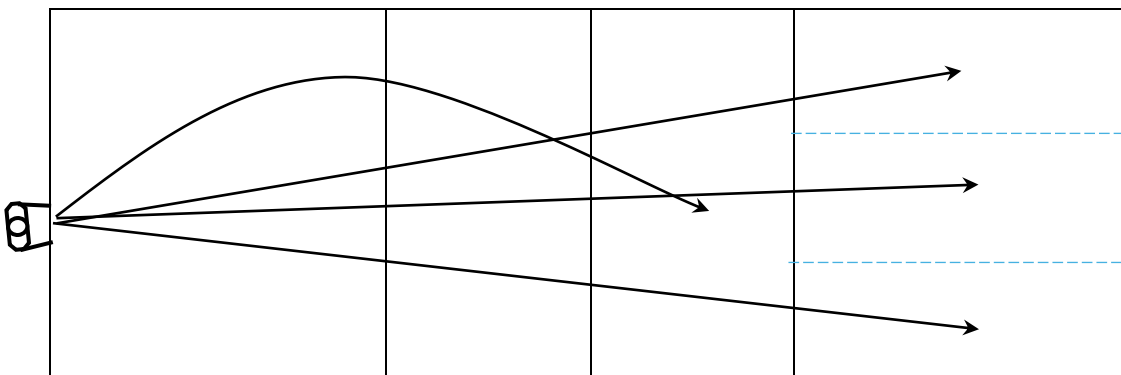
Materials:
Volleyballs
Net
Cones(or something to mark zones)

Description:
Player selects one spot on the endline to serve from and must serve all balls from that zone
They get 3 attempts at each zone and 1 attempt short as a bonus ball

Teaching Cues:
Serving technique
Contact point

Success criteria:
5 out of 9 serves in the correct zone
Bonus for the short serve
No underhand serve.

Diagram:



Name: 3 zone reception

Objective:
Receive Float and Spin serves in all 3 reception zones

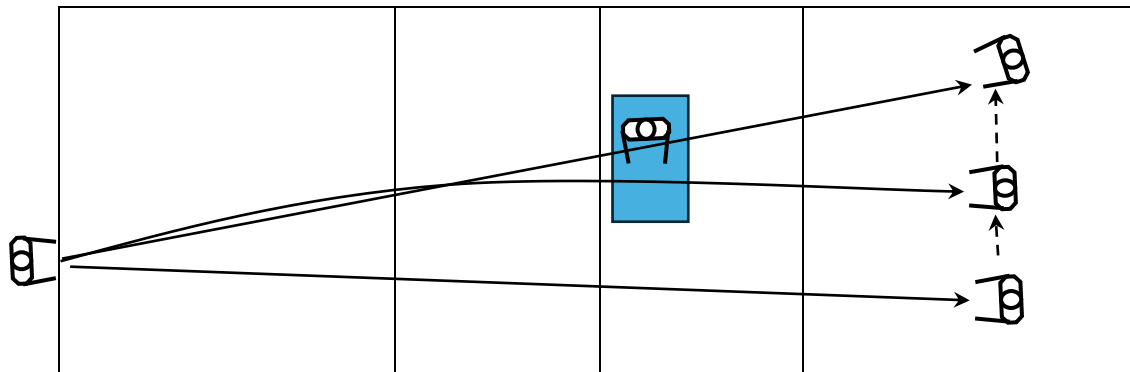
Materials:
Volleyballs
Net
Mat

Description:
Receiver starts in Pos 5, receives 5 float serves from coach
Shuffles to Pos 6
Receiver now receives 5 spin serves in Pos 6
Shuffles to Pos 1
Receiver now receives 5 float serves in Pos 1

Teaching Cues:
Changing positioning, Float vs Spin
Reception of serves

Success Criteria:
2 out of 5 balls per zone good.
Good pass consists of high reception that can be caught above coaches head on the mat.
Coach can repeat a serve if it was not hit correctly.

Diagram:



Name: Defense from 4 and 2

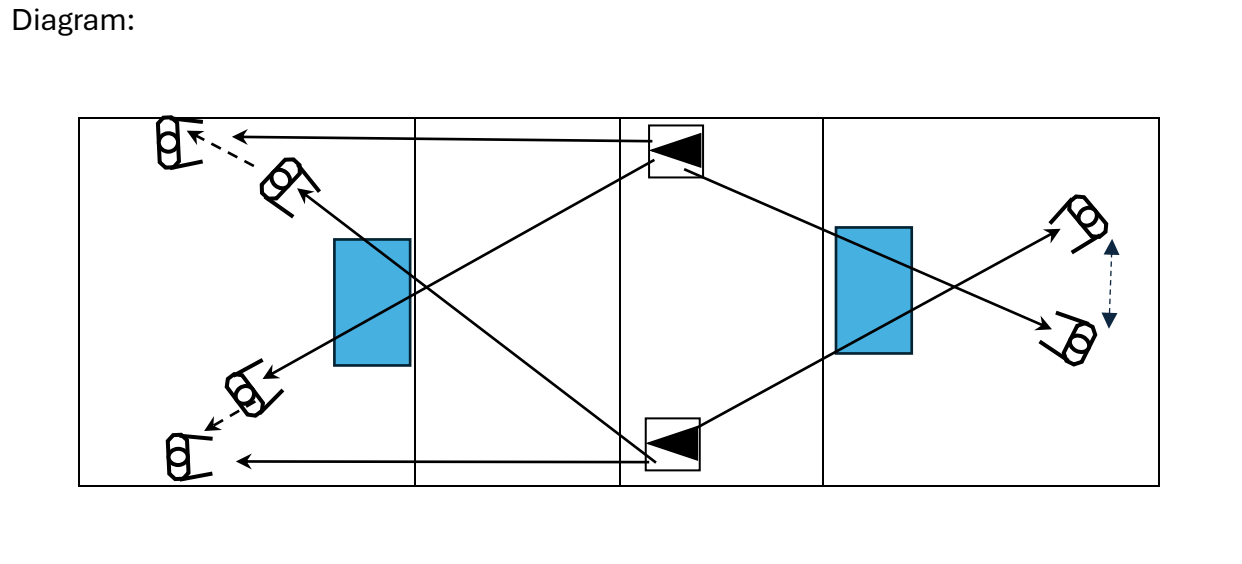
Objective:
Defend Attacks from 4 and 2

Materials:
Volleyballs
Mats
Boxes
Net

Description:
Defensive movements in selected position.
Defend 5 balls from Pos 2 and Pos 4
Ball needs to be high and land on the Mat for it to be successful

Teaching Cues:
Defend High in the Middle
Body position

Success criteria:
3 out of 5 Balls defended per coach attack



Name: Setting Exam

Objective:
Setting in 4 and in 2

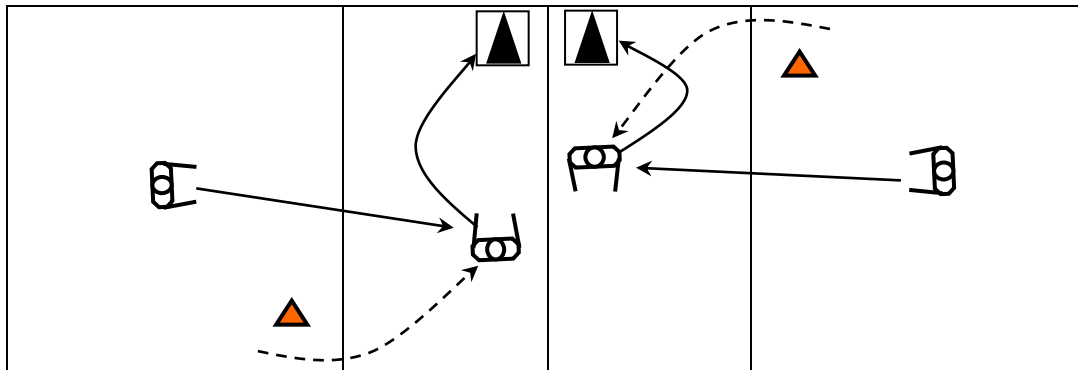
Materials:
Boxes
Cones
Volleyballs
Net

Description:
Coach smacks ball
Setter moves from Position 1 to Pos 3
Coach tosses ball
Setter needs to set to either 4 or 2
Coach is standing on a Box in attacking Pos and catches set above head.

Teaching Cues:
Setting technique
Contact point

Success criteria:
Set is high enough and caught above head of coach.
4 out of 5 good sets each direction to pass.

Diagram:



Name: Attacking Exam

Objective:
Attack cross court and line from position 2 and 4

Materials:
Volleyballs,
Net
Cones or way to mark targets.

Description:
Players attack from a coaches toss in 2 and in 4
They get to attack 5 balls total from each zone

Teaching Cues:
Approach Footwork
Arm action

Success Criteria
1 down the line and 1 cross court from each zone
Hard driven balls only, no tipping or roll shots

Diagram:

