# 2017 CSG’s Men’s and Women’s Volleyball Selection Criteria

**Technical:**

Serving Percentage

Serving Score (4 point scale)

Passing Score (4 point scale)

Attacking Kills Percentage

\*\* Setters will be evaluated on their ability to run an offense, while Liberos are evaluated on ball control and cue identification. These will be scored on a 0-4 scale 0- ineffective, 1- last minute decision making, 2- pre-planned decision making, 3- moderate cue identification and decision making, 4 – early cue identification and strong decision making.\*\*

**Physical:**

Agility: T-test

Aerobic and Anaerobic Endurance: beep test & Check ball

Spike & Block touch

Upper Body Strength: max rep bench press

Core Strength: 7 stage sit up test

**Character attributes:**

**Self-motivated**: Demonstrates the willingness and ability to satisfy a desire, expectation, or goal without being influenced or asked to do so by a coach or teammate.

**Strong Work Ethic**: Demonstrates consistent and concerted effort which is not conditional on the environment, coach or teammates

**Responsible**: Accepts accountability for ones actions. Demonstrates an ability to self-direct and does not rely on others for support or guidance.

**Focused**: Demonstrates an ability to remain fully concentrated and is not easily distracted.

**Strong Leadership**: Demonstrates the ability to inspire confidence and influence their team toward the achievement of collective goals. Athlete leads by example in training, in setup, and in competition.

**Positive Attitude**: The athlete consistently expects the best possible outcome from any given situation.

**Effective Communication**: Is able to clearly and effectively communicate with teammates during rallies, timeouts, and other necessary situations to promote success.

**Coachable**: Demonstrates the willingness and ability to communicate with coaches, adapt to new techniques and tactics, receive and understand feedback