

# Volleyball Individual Skills Contest #1

Athlete's Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

## Volleyball Juggle

Rules:

- Athlete starts by standing or sitting in the middle of the circle and holding a ball.
- Athlete begins juggling at the sound of the whistle.
- Athlete may use only hands and arms to juggle the ball.
- There will be a maximum time limit of **60 seconds**.
- The event will end when the athlete catches the ball, the ball touches the ground, or when 60 seconds is reached.

Scoring:

- Count the number of times the athlete hits the ball into the air.
- Athlete is awarded one point every time the ball is hit into the air.
- Athlete receives one bonus point for keeping the ball in the air for the full 60 seconds.
- **Final score is the number of hits in 60 seconds plus bonus point.**

Number of Hits: \_\_\_\_\_

Bonus Points: \_\_\_\_\_

Total Points: \_\_\_\_\_

## Volleyball Toss and Hit

Rules:

- Athlete sits or stands behind the throwing line.
- Athlete attempts to hit **five balls**, one at a time, over the net.
- Athlete may hit the ball with one or two hands.
- Athlete has **two** attempts to hit each ball over the net. Shaded boxes are for second attempt only.

Scoring:

One point is awarded for each successful ball hit over the net.

1		2		3		4		5	
---	--	---	--	---	--	---	--	---	--

Total Score: \_\_\_\_\_

## Volleyball Pass

Rules:

- Athlete starts in sitting or standing position behind the throwing line
- Athlete attempts to throw the ball over the net.
- Athlete may throw the ball with one or two hands.
- Athlete has five attempts to throw each ball over the net.

Scoring:

One point is awarded for each successful ball thrown over the net.

1		2		3		4		5	
---	--	---	--	---	--	---	--	---	--

Total Score: \_\_\_\_\_