

# Sr. Varsity Volleyball Skills Comp. (Provincials)

WELCOME!!!

On behalf of all the staff and students of MBCI, welcome to the 2022 MHSAA Senior Varsity Boys & Girls Volleyball Championships.

Congratulations to all athletes for earning the privilege of competing in this provincial championship tournament. Congratulations and special thanks to all the coaches, managers, and supportive parents who have helped get your student athletes to this tournament. Your commitment to the sport, students and team is greatly appreciated.

Thank you to our organizing committee for all the work they put towards organizing this event and to all the volunteers for supporting this tournament. Also, thank you to all the businesses in The Pas who generously donated to this tournament.

Good luck to all teams and enjoy your weekend! We hope that everyone enjoys the high level of competition and appreciates the talents of these athletes from across the province.

***TO MAKE IT A SUCCESSFUL SKILLS COMPETITION, ALL  
TEAM PARTICIPATION WOULD BE APPRECIATED BY THE  
ORGANIZERS.***

***DIFFERENT ATHLETES FOR EACH  
SKILL COMPETITION ARE  
REQUIRED.***

***ATHLETES MAY PARTICIPATE  
IN ONLY 1 EVENT.***

***TEAMS WILL BE CHOSEN TO  
PARTICIPATE IN RANDOM ORDER  
SO PLEASE BE READY TO PLAY.***

***THIS IS A FUN EVENT! GOOD  
LUCK TO ALL PARTICIPANTS!***

## **THE SKILLS**

### Competition # 1

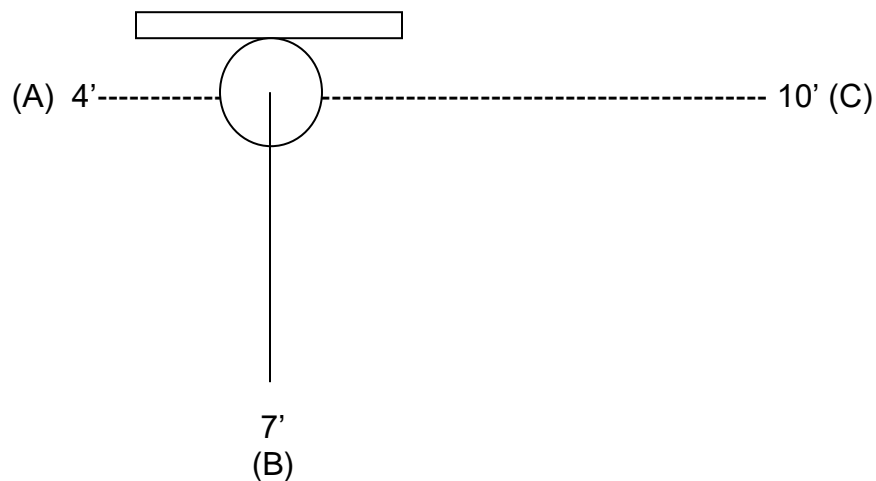
### **Setting**

**Purpose:** To develop confidence, accuracy, and height.

**Competition:** Choose 2 players to represent your team. Each player sets two balls from each position. Six sets in all. Use a basketball goal 10 feet above the floor as the target.

Backboard hit – if hit, void shot

Scoring: See Below



- **Position A is 4' out from center of point on floor directly under the basket. Stand with both feet behind the line at position A.**
- **Toss the ball two or three feet in the air with one or both hands.**
- **As it comes down, set it into the air so that it drops into the basket. Take two tries at position A.**
- **Use fingertip control. Keep head up. Face direction of pass. Keep feet in walk/stand position, with one foot in front of the other. Keep elbows wide, free from body. Handle ball in front of face.**

- Use same procedure at B (7') and C (10'), taking two tries at each position. A ball going through the hoop is worth two points; a ball hitting the rim but not passing through the hoop is worth 1 point.

**Winner will be recognized at the end of each skill. In the event of a tie, there will be a skill set showdown.**

<b><u>Team:</u></b>
<b><u>Player:</u></b>

<u>Area</u>		<u>Attempt 1</u>	<u>Attempt 2</u>	<b>Your Score</b>
A	Rim 1 pt, Hoop 2 pts			
B				
C				
	<b><u>Total Score</u></b>			

<b><u>Team:</u></b>
<b><u>Player:</u></b>

<u>Area</u>		<u>Attempt 1</u>	<u>Attempt 2</u>	<b>Your Score</b>
A	Rim 1 pt, Hoop 2 pts			
B				
C				
	<b><u>Total Score</u></b>			

Competition # 2

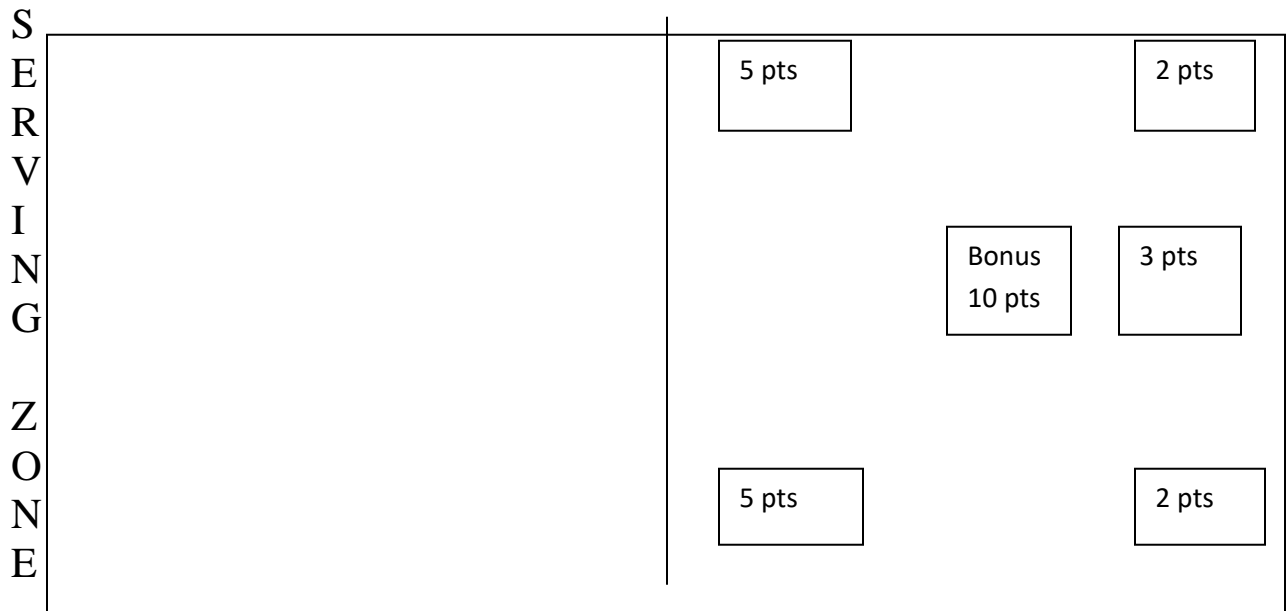
**Serving**

**Purpose:** To develop precision in placement.

**Competition:** 2 participants from each team serve 5 balls onto the other side of the net attempting to hit target. Points will be marked on each target.

**Detailed Instructions for Conducting and Scoring the Contest**

- **Serving**



- ✚ **Serve from the serving area with both feet and body behind the serving line. Attempt to serve five balls over the net onto any of the six targets.**
- ✚ **A ball touching a target is good.**
- ✚ **A ball touching the net is a miss.**

**Winner will be recognized at the end of each skill. In the event of a tie, there will be a skill set showdown.**

<b><u>Team:</u></b>
<b><u>Player:</u></b>

<b>Serve</b>	<b>Score</b>	<b>Your Score</b>
1	0 2 3 5 10	
2	0 2 3 5 10	
3	0 2 3 5 10	
4	0 2 3 5 10	
5	0 2 3 5 10	
	<b>Total Score</b>	

<b><u>Team:</u></b>
<b><u>Player:</u></b>

<b>Serve</b>	<b>Score</b>	<b>Your Score</b>
1	0 2 3 5 10	
2	0 2 3 5 10	
3	0 2 3 5 10	
4	0 2 3 5 10	
5	0 2 3 5 10	
	<b>Total Score</b>	

Competition # 3

***Vertical Jump***

**Vertical Jump/Reach**

**Purpose:** To determine jumping ability.

**Competition:** Jumping as high as possible and leave your hand print mark.

**Detailed Instructions for Conducting and Scoring the Contest**

Each team: choose 2 players to represent your team.

Each player for the team will put paint on their hands and mark their reach. Then they will jump as high as possible to mark a second spot. The distance measured between the two marks will be their Vertical Jump score.

Each player has 2 attempts.

**Winner will be recognized at the end of each skill. In the event of a tie, there will be a skill set showdown.**

# Vertical Jump

<b>Team:</b>	<b>Reach</b>	<b>Jump 1</b>	<b>Jump 2</b>	<b>Difference</b>
<b>Player 1:</b>				
<b>Player 2:</b>				

<b>Team:</b>	<b>Reach</b>	<b>Jump 1</b>	<b>Jump 2</b>	<b>Difference</b>
<b>Player 1:</b>				
<b>Player 2:</b>				



Competition # 4

***Fastest Spike***

Choose 2 spikers and 2 setters from each team. (Setters are the spikers' choice – from their own team).

Each team coach will serve up the ball to the setter.

Each spiker gets 2 attempts

Fastest spike will be measured.

**Winner will be recognized at the end of each skill. In the event of a tie, there will be a skill set showdown.**

# Fastest Spike

<b>Team:</b>	<b>Attempt 1:</b>	<b>Attempt 2:</b>
Player 1:		
Player 2:		

<b>Team:</b>	<b>Attempt 1:</b>	<b>Attempt 2:</b>
<b>Player 1:</b>		
<b>Player 2:</b>		

## **PRIZES**

**At the conclusion of the skills competition, draws will be made. All athletes are eligible. Athletes must be in attendance to claim their prize.**