



# Tryout Techniques & Procedures



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## TTPs: Why

- ▶ Gives Objective & Impartial Tryout Opportunity
- ▶ Provides Measurable Feedback
- ▶ Shows Individual Strengths/Weaknesses
- ▶ Helps players accept team placement & role
- ▶ Aids in setting off-season SMART goals  
(Specific, Measurable, Achievable, Realistic, Time-Frame)



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### RAMS Tryout Content

- ▶ Skills Testing
- ▶ Athleticism Testing
- ▶ Competition
- ▶ Volleyball Knowledge Test
- ▶ Positional Fit Ranking
- ▶ Intangible Score

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### Skills Testing Procedures

- ▶ Get extra help for tryouts
  - volunteer coaches, school admin
- ▶ 3 Courts, 2 Coaches/Court
  - Athletes rotate
  - Consistent Skill Judging
  - Efficient
- ▶ Communication
  - Immediate: Good, Off Target, Error
  - No other feedback allowed



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Billings Central RAMS Volleyball Tryouts 2022

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Total: \_\_\_\_\_ (100pts)

Scoring: ○ = Good (3)    \ = Off Target (2)    X = Error (1)

SKILLS TESTING

SCORE

Serving: 5 Standing/5 Jump Serves (Positions 1, 6, 5, Short, & Best Serve)

Standing: 1 2 3 4 5      Jump: 1 2 3 4 5      \_\_\_\_\_ (10pts)

Passing/Ball Control: 5 free ball passes, 5 serve receive passes, 30 second against wall in defined area, out of system passing

Free Balls: 1 2 3 4 5      Serve Receive: 1 2 3 4 5

Out of System: 1 2 3 4 5

30 Second Count on Wall      Wall Ball Score: \_\_\_\_\_ (10pts)

Overhead Passing/Setting: 5 free ball OH Pass to target, 5 Serve Receive OH Pass to target, 5 Sets to OH

Free Balls: 1 2 3 4 5      Serve Receive: 1 2 3 4 5

Set to OH 1 2 3 4 5      \_\_\_\_\_ (5pts)

Attacking: Line, Cross Court, Seam, Tip/Roll, Best Hit-Front/Back Row, 30 sec against wall

Front Row: 1 2 3 4 5      Back Row: 1 2 3 4 5

30 Second Count on Wall      Wall Ball Score: \_\_\_\_\_ (5pts)

Defense: 10 balls hit by coach on a box in back row position of players choice

1 2 3 4 5 6 7 8 9 10      Coach on 1 Count: \_\_\_\_\_

30 sec Coach on 1 Count      Coach on 1 Score: \_\_\_\_\_ (5pts)

Blocking: 10 touch block drill (footwork, arms, eyes), 5 balls hit by a coach on a box

10-Touch: 1 2 3 4 5 6 7 8 9 10

Hit Balls: 1 2 3 4 5      \_\_\_\_\_ (5pts)

TOTAL SKILLS SCORE (Sum of Skills/2)

\_\_\_\_\_ (20pts)

ATHLETICISM TESTING: Top 20%=5, Next 20%=4, Next 20%=3, etc.

The Ascent Time: \_\_\_\_\_ (5pts)

Goal: Under 10 Minutes

Plank Test Time: \_\_\_\_\_ (5pts)

Goal: 4 Minutes

Best Back Squat: \_\_\_\_\_ (5pts)

Goal: 3-2-1 Tempo, 135# or more

1-Minute Burpees: \_\_\_\_\_ (5pts)

No-jump Goal: 23+

Box Jump Best Height/Times: \_\_\_\_\_ (5pts)

Goal: Height=30", Time=TBD

5-10-5 Agility Times: \_\_\_\_\_ (5pts)

Goal: <= 2.75 seconds

Vertical

Reach: \_\_\_\_\_ = \_\_\_\_\_ Inches

Approach Jump: \_\_\_\_\_ = \_\_\_\_\_ Inches

Goal: Middles=9'2", Pin Hitters=9'2", Setters=9', DS=8'10"

Vertical: \_\_\_\_\_ = \_\_\_\_\_ Inches

Goal: 22"

TOTAL ATHLETICISM SCORE (Sum of Athleticism/2)

\_\_\_\_\_ (20pts)

TOTAL SKILLS SCORE (Sum of Skills/2)

\_\_\_\_\_ (20pts)

COMPETITION SCORE: Results from competitions: Big Springs, 4 v 4, 6 v 6

\_\_\_\_\_ (20pts)

VOLLEYBALL KNOWLEDGE TEST:

\_\_\_\_\_ (10pts)

POSITIONAL FIT: Ranking of players by position. Players who can play multiple positions may score higher.

\_\_\_\_\_ (10pts)

INTANGIBLES: Hustle, work ethic, attitude, coachability, communication

\_\_\_\_\_ (20pts)

TOTAL TRYOUT SCORE

\_\_\_\_\_ (100pts)

\_\_\_\_\_ out of \_\_\_\_\_

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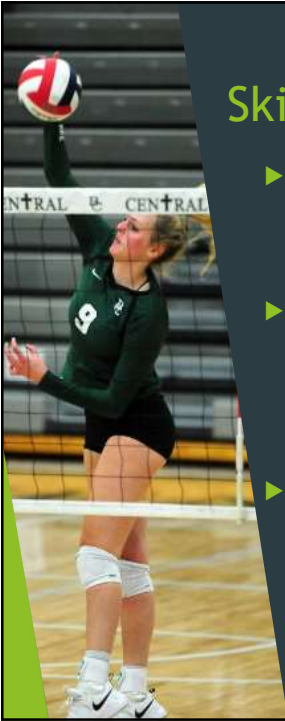
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Skills Testing

▶ Serving - Standing & Jumping

- 5 Serves: 1, 6, 5, Short & Best

▶ Passing/Ball Control

- 5 each: Free Balls, Serve Receive, Out of System, & 30 second wall ball

▶ Setting

- 5 each: Free Ball Overhead Pass, Serve Receive, Sets to OH Target

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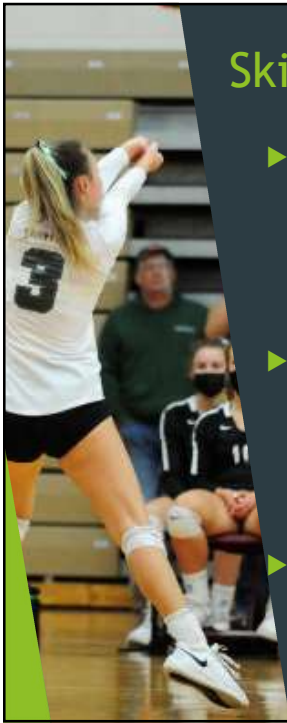
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### Skills Testing Continued...

- ▶ **Attacking: Front Row & Back Row**
  - 5: Line, Cross Court, Seam, Tip/Roll, Best & 30 second wall ball
- ▶ **Defense**
  - 10 balls hit by coach on box
  - 30 seconds Coach on 1, count digs/touches
- ▶ **Blocking**
  - 10-touch block drill (footwork, arms, eyes)
  - 5 balls hit by a coach on box

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### Athleticism Testing

- ▶ The Ascent: .9 mile hill run
- ▶ Max Plank
- ▶ Best Back Squat
- ▶ 1-minute max burpees
- ▶ Box Jump Rebound
- ▶ 5-10-5 Agility Times
- ▶ Vertical Testing

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### Competition Score

- ▶ 3 Courts of Bjerrings - 2s and/or 3s
  - Court placement based on skills/athleticism testing
  - 2-3 Rounds
  - After each round: top finishers move up, bottom move down
- ▶ Hitter vs Hitter
- ▶ Danger Zone - Serve/Serve Receive
- ▶ 4v4, 6v6

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### Other Tryout Scores:

- ▶ Volleyball Knowledge Test
- ▶ Positional Fit: Ranking of players by position. Players who can play multiple positions may score higher.
- ▶ Intangibles: Hustle, work ethic, attitude, coachability, communication

\*All Coaching Staff scores positional fit & intangibles together \*

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# Knowledge Test Example

Name:

1. Name, in order, the three things you need to be ready for while playing defense.

2. Show with X's where our back row players start in defense (aka base):

3. Show with an X where the off blocker should be against an outside attack:

4. Describe the difference between a rotation defense and read defense:

5. Name two ways the libero substitution is different than a regular substitution.

6. The other team is leaving "seam" open against our outsides. Show the part of the court i'm talking about:

7. Which two blockers block against a middle attack? What is an exception to this?

8. When lining up a block, what should you be looking at once you see where the ball has been set?

9. Our theme for the year is Play with Purpose, and our team verse is 1 Cor 10:31... Whatever you do, do it all for the Lord. How can you play with purpose this season and bring God glory?

10. On a scale from 1-10, (10 = VERY HIGH Performance, 1 = VERY LOW performance) how would you rate your personal commitment to preparation for our season over this past summer? Make sure to include the following considerations in your assessment: physical conditioning commitments, open gym attendance, volleyball camps, etc.

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Foster TTPS

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BC Rams Volleyball Tryouts - 2021										Foster TTPS	
RANK	NAME	GRADE	TOTAL SKILLS SCORE	TOTAL ATHLETICISM SCORE	COMPETITION SCORE	VOLLEYBALL KNOWLEDGE TEST	POSITIONAL FIT	INTANGIBLES	TOTAL TRYOUT SCORE	Additional Notes	
1		11	17.63	19.5	16	9.5	10	20	92.63		
2		12	16.18	19.5	16	9	10	20	90.68		
3		11	17.21	15.5	14	9.5	9	20	85.21		
4		12	16.49	14.5	12	8.5	10	18	79.49		
5		12	14.21	18.5	12	7	7	20	78.71		
6		12	15.58	15	14	8	8	18	78.58		
7		12	13.76	13.5	18	6.5	6	20	77.76		
8		12	17.38	10.5	16	6	8	18	75.88		
9		9	13.69	13	16	6.8	8	18	75.49		Foster TTPS
10		10	14.19	12	12	8.2	9	20	75.39		
11		12	16.97	9	16	8.8	8	16	74.77		
12		9	15.44	12.5	12	7.2	8	18	73.14		
13		9	13.67	12	14	5	6	17	67.67		
14		9	11.61	13	12	4	7	18	65.61		
15		10	15.49	11.5	14	5.3	7	12	65.29		
16		9	14.07	12	6	7	8	17	64.07	Swing: C & JV	
17		10	15.00	14	10	7	6	12	64.00		
18		9	14.47	10.5	10	6	7	16	63.97	Swing: C & JV	
19		9	12.64	6	16	6	6	14	60.64		Foster TTPS
20		9	12.60	10	12	5.5	5	14	59.10		
21		9	15.31	5.5	12	4	7	15	58.81	Missing 2 Tests	
22		9	12.88	9	14	3.3	4	14	57.18		
23		9	13.53	10.5	8	3.8	5	15	55.83		
24		10	12.15	12.5	4	5.3	4	17	54.95	Swing: C & JV	
25		9	13.36	6.5	8	5.5	7	12	52.36		
26		9	10.64	6	12	4	4	15	51.64	Missing 2 Tests	
27		9	12.00	10	6	4.5	3	16	51.50		
28		9	11.07	9	8	3	4	15	50.07		
29		9	10.99	7.5	6	6.3	4	14	48.79		Foster TTPS
30		12	9.53	0.5	4	6	10	18	48.03	Missing Several Tests	
31		9	11.17	6.5	6	3	3	15	44.67		

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## Foster TTPs

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