

# VOLLEYBALL MASTERY



## RULES:

- Each task must be completed with both the mentor AND the mentee present
- Both the mentor and mentee must complete each task
- Each task must be signed off by the mentor upon completion



## Mastery Tasks:

Together, research official rules, techniques, and history of volleyball:

\_\_\_\_\_  
*Mentor Signature* *Date*

By yourself, bump the ball 15 times without dropping it (either in the air or against the wall):

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice "bumping" the ball back and forth to each other for 15 minutes:

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice "setting" the ball back and forth to each other for 15 minutes:

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice "spiking" the ball back and forth 20 times:

\_\_\_\_\_  
*Mentor Signature* *Date*

Use or create a net to play one-on-one 3 times to 15:

\_\_\_\_\_  
*Mentor Signature* *Date*

Play "Pepper" (1st pass, then bump, set, and spike back and forth to each other) 15 times:

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice under-hand serving back and forth for 20 minutes:

\_\_\_\_\_  
*Mentor Signature* *Date*

Practice over-hand serving back and forth for 20 minutes:

\_\_\_\_\_  
*Mentor Signature* *Date*

Bump, set, or spike the ball back and forth 25 times without dropping it:

\_\_\_\_\_  
*Mentor Signature* *Date*