

Ducks U15-U18

Tryout Process and Selection Criteria



The purpose of the program is to identify, select and train athletes as part of the Ducks Volleyball Club. The goal of the tryout process is to produce an accurate assessment and ranking of all the eligible athletes in each age group and place them on a Ducks team appropriate to their developmental level.

Authority for Selection

The Ducks Volleyball Club has delegated the Selection Committee the authority for all decision making during the tryout process. The Selection Committee will consist of (not limited to):

- Technical Director (if/when applicable)
- 2 Executives not coaching in the specified age group
- Head coaches of each team in the specified age group

Selection Process

- The Selection Committee will oversee the entire tryout process, athlete assessment and ranking, and determine at its sole discretion the recipient(s) who will be offered a position in the program. If a decision is inconclusive, the Executive Director has final decision-making ability.
- Tryout lead coaches will be hired for each age group and are responsible for running and coordinating the tryout.
- If an athlete decides not to accept a spot in the program, the Selection Committee will select the next athlete on the ranked list and work through in order of ranking.
- Members of the Selection Committee are required to remove themselves from any discussions, ranking and voting if there exists a conflict of interest.

Number of Positions Available

The number of spots available on each team is dependent on the age level, as well as by the level of the athlete pool. Details will be provided at the tryout. Exact allocations will not be known until all tryouts have been completed. In general, 10-12 athletes will be selected for each team.

Ducks Selection Criteria

Criteria

- Physical Attributes (when applicable and/or when time permits)
- Skill and Tactical Assessment
- Behavioural Skills
- Positional Skills (assessed when specific positions are required in determining athlete placement)

Physical Attributes

Physical testing will be provided to the selection committee. Tests will include (not limited to):

- Height
- Spike and Block Touch

Skills and Tactical Assessment

All the foundational skills of volleyball will be assessed, as well as a tactical evaluation. The ability to consistently apply the required skills in your position, while limiting errors, during competition and training will be observed.

Skills

- Serving | The ability to serve accurately, consistently, and aggressively
- Passing | The ability to provide the setter with a middle attacking option
- Setting | The ability to provide attackers with hittable sets
- Attacking | The ability to terminate a rally or place the opposing team in a difficult situation
- Blocking | The ability to take away hitting options from the attacker, and block opponents
- Defending | The ability to control attacked balls

Tactical Skills

- Game Plan | The ability to implement and follow a game plan
- Reading | The ability to read and respond to game situations during a rally

Behavioural Skills

- Willingness to Learn and Improve | Athletes should demonstrate an effort and ability to follow directions and instructions that are provided by the coach, stay focussed and concentrated on a task, and a willingness and commitment to learning both during training and game play.
- Emotional Stability | Athletes should demonstrate the ability remain positive, focussed and calm during adverse situations both during training and game play
- Competitiveness | Athletes should demonstrate a competitive spirit, consistent play, the ability to function within a team setting, and the belief that one can make a significant impact on the play of the game at any point during play.
- Leadership | Athletes should be able to demonstrate strong leadership and communication abilities with other athletes and coaches, throughout the tryout.
- Strong Work Ethic | Athletes should demonstrate a consistent and concerted effort regardless of the environment, coach or teammates.
- Responsible | Athletes should accept responsibility for one's actions and demonstrate the ability to self-direct and not rely on others for support or guidance.

Position Specific Skills

- Setters | Athletes are expected to demonstrate the ability to accurately and consistently set to a variety of locations, as well as the ability to change the speed of the set. Setters should be able to set to the outside, middle and right-side. Setters must also demonstrate a high level of effort and effective movement to arrive at the location of the ball early and put oneself in the best possible position to set.
- Middle Attackers | Athletes are expected to demonstrate proper timing, movement and blocking position, where they are at the top of their jump and the top of their reach to contact the ball. Middle blockers must also be able to move quickly and smoothly when transitioning between blocking and attacking. The ability to attack a variety of sets from the middle is also essential. Athletes should exhibit an exceptional ability to play defense and serve and receive pass. When serve receive passing, athletes must demonstrate effective movement to put themselves in the best position to pass the ball, and consistent platform control. On defence, athletes must be able to play defense in positions 5 or 6 and perform techniques that produce effective results.
- Outside Attackers | Athletes should demonstrate the ability to attack a variety of sets from both the left and right side of the court. Outside attackers should also be able to hit cross court and line effectively. Athletes should exhibit an exceptional ability to play defense and serve and receive

pass. When serve receive passing, athletes must demonstrate effective movement to put themselves in the best position to pass the ball, and consistent platform control. On defence, athletes must be able to play defense in position 5 or 6 and perform techniques that produce effective results.

- Libero/ Defensive Specialist | Athletes should consistently demonstrate an exceptional ability to serve, receive pass and play defense. When serve receive passing, athletes must be able to effectively move and put themselves in the best position to pass the ball and present a consistent platform. Athletes also need to demonstrate exceptional defensive skills and positioning. On defence, athletes must be able to play defense in positions 5 or 6 and perform necessary techniques that produce consistent results. Athletes should be able to successfully dig balls into zones that allow the team to run their offence.

Much of our criteria is in line with Volleyball Canada.

Thank you, Volleyball Canada, for sharing your information: Volleyball Canada Junior and Youth National Team Selection Criteria and Process. (2018)