

**NYU Shanghai Sports Team Tryouts
- Men's & Women's Volleyball Teams
Coach: Mr. SHEN, Qi**

1. Evaluation Contents

***1.1 Ball Sense**

Upward digging, moving digging, relay digging, receiving

***1.2 Spiking**

Opposite hitter, middle blocker, and outside hitter

1.3 Serving

Serving the ball from both baselines

***1.4 Test match**

Each group of six people plays in a test match.

The contents marked with * are the key factors during evaluation.

2. Tryout Agenda

2.1 Warm-up: about 15 minutes

2.2 Ball sense drill: about 30 minutes

2.3 Spiking drill: about 20 minutes

2.4 Serving drill: about 15 minutes

2.5 Group match: about 30 minutes

2.6 Stretching and relaxation: about 10 minutes

3. Scoring Criteria

There are no specific scoring criteria for this tryout. At most 14 players will be selected. Coach will make the final decision based on the players' overall performance.