

PAL VOLLEYBALL DIVISION DEFINITIONS

1. Non-Competitive or B Division (applies to 3rd, 4th and 5th grade divisions)

Beginner players that are unfamiliar with the basics of volleyball. Will require consistent practice and coaching to learn rules and basic skills such as serving, passing and rotation

2. Competitive or A Division (applies to 5th grade divisions)

Players know the basics of volleyball including how to pass, set (a little), and can serve fairly consistently but still may make mistakes. Players may already have organized volleyball experience and will continue to progress volleyball skills. Some players may have overhand serving experience; players understand basic rotation.

3. B Division (applies to 6th, 7th, 8th grade divisions)

Players know the basics of volleyball including how to pass, set (a little), and hit, but make mistakes often and skills are not consistent. Players may not be able to consistently hit the ball, may not consistently use 3 contacts, and may only be learning to serve overhand. B players know basic rotations, but do not have club experience and skill levels will continue to improve as the season progresses

4. A Division (applies to 6th, 7th, 8th grade divisions)

Players are beginning to get comfortable with the pass, set, and hit, are actively working to use 3 contacts more often, and are working toward playing the game skillfully. One or more players can hit the ball with light to moderate power and players are not afraid to receive a harder driven ball (though may not be able to consistently return such ball). Players are learning rotations and positions. Some may be serving overhand, and the team may have one or two players with club ball experience.

5. AA Division (applies to 6th, 7th, 8th grade divisions)

Players have a solid knowledge of the game and rules. Players understand rotational sequence, offensive concepts (i.e., 5-1, 6-2, etc.) and defensive positions, and may be working to solidify those skills. Players know the volleyball skills good enough to pass, set and hit consistently to enable the team to gain 3 contacts more consistently in succession and know where to be on the court when plays are developing. One or more players can hit the ball with light to moderate power and players are not afraid to receive a harder driven ball. The team may have 3 or 4 players with club ball experience. Majority of the team serves overhand.

6. AAA Division (applies to 6th, 7th, 8th grade divisions)

Players are aggressive with very good court awareness and execute skills proficiently and consistently. Players understand rotational sequence, offensive concepts (i.e., 5-1, 6-2, etc.), defensive positions and can apply them in competition. Game and player strategies are well understood (i.e., running offensive plays, identifying opponent weaknesses, reading opponents plays during volley, etc.) and the game is run at a higher tempo. Majority of players may have club volleyball experience and most players, if not all, serve overhand.