



"CAN YOU DO IT?" VOLLEYBALL PLAYER TEST

Name: _____

This is a five-minute timed test to determine the general and specific knowledge of volleyball athletes, in particular their speed in decision making and their abilities to react to instruction within familiar performance requirements. You only have five minutes.

1. Read everything before doing anything.
2. Put your name in the upper right hand corner of the paper, in the space provided.
3. Draw a full court diagram in the space below, complete with serving area lines, net, three-meter attack lines and overall court dimensions, including the net height.

4. Put "X's" where the serves come from in relationship to your court above.
5. Draw what you would consider to be the best spiking approach angle for you from the left side (above).
6. Place your initials, in capital letters, by the lower right corner of the court.
7. Below the test title print "yes, yes, yes" in the narrow space allowed.
8. Draw a line where you like best to serve from and to what area on the above court.
9. Multiply the number of years you have been playing volleyball times the number of weeks you practice in a season times the number of workouts in a week times the number of hours in a practice.

Years _____ x Weeks _____ x Days _____ x Hours = _____ Total

10. Count in your normal speaking voice backwards from 10 to 1.
11. Call out loudly "I am halfway done with the test" when you reach this point.
12. Draw a volleyball in the lower left hand corner of the paper.
13. Put a circle around the volleyball, then draw a line from the word "volleyball" in the test title to the circled volleyball you have just drawn.
14. List the name of the best volleyball team in the world.
15. If you are the first person in the test to get this far, call out loudly, "I am the first to this point, I am the leader in following directions."
16. List the score of your final game last season _____ - _____
17. Hum your school fight song, or alma mater's school song.
18. Put a square around every even number on this page. Hurry, time is almost up.
19. Say out loud, "I am nearly finished; I have followed directions."
20. Put a big happy face in the lower right hand corner.
21. Now, having read almost everything, read and do just the last question. Make sure you have printed your name in the upper corner.
22. What is the skill you feel weakest in at the present time?