

Selection Criteria of the
Volleyball Players for National
Volleyball Coaching Camps
Men and Women

Men and Women:

POSITION	Height (in cm)		Standing Reach(in CM) (One hand)		Standing Reach(in cm) (Both hands)		Spike jump (in cm)		Block jump (in cm)	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
SETTER	188 & above	173 & above	245 & above	220 & Above	240 & above	218 & Above	330 & above	276 & Above	310 & above	262 & Above
MIDDLE PLAYER	195 & above	180 & above	250 & above	230 & Above	245 & above	228 & Above	350 & above	295 & Above	330 & above	280 & Above
OPPOSITE PLAYER	195 & above	176 & Above	250 & above	225 & Above	245 & above	223 & Above	345 & above	275 & Above	325 & above	265 & Above
RECEIVE ATTACKER	190 & above	176 & Above	250 & above	225 & Above	245 & above	223 & Above	340 & above	275 & Above	320 & above	265 & Above
LIBERO	175 & above	162 & Above	-		-		-		-	

Boys & Girls (U-16 & 18):

SR NO.	PHYSICAL PERFORMANCE TESTS	JUNIOR NATIONAL TEAM	
		BOY	GIRL
1.	ABSOLUTE VERTICAL JUMP (CMS)	75 CMS	56 CMS
2.	3 STRIDES APPROACH JUMP (CMS)/ ATTACK JUMP REACH	320+	295+
3.	BLOCK JUMP REACH	310+	285+
4.	FRONT FLEXIBILITY	16 CMS	16 CMS
5.	9-3-6-3-9 SHUTTLE RUN	<6:6-7:4SEC	-----
6.	20 MTS DASH (FLY RUN/STANDING START)	<3.8 SEC	<4.0 SEC
7.	STANDING BROAD JUMP	>2.70MTS	>2.30 MTS
8.	SIT UPS (30 Second)	+++	+++
9.	12 MINUTES RUNNING (COOPER TEST)	2800 MTS	2200 MTS
10.	"T" TEST	<9.50 – 10.50 SEC	+++

To analyse the Technical, Tactical, Psychological and Team Cohesion abilities, the members of the selection committee should observe the following qualities of players in various categories.

OUTSIDE HITTER (RECEIVE ATTACKER, WING SPIKER, TIME DIFFERENTIAL SPIKER)



- Good In Passing Skills (Reception Of Serve)
- All The Time He Approaches For Second Tempo Spikes After Pass Or Dig. Very Good In Executing The Spike Variations Against Block.
- Serving With Power and Control.
- Possess Good Blocking Skill At #4 (Individual & Group)
- Good In Defense Skills And Back row attack
- Good In Communication & Teamwork
- Excellent Physical Fitness (190cm + Ht. And 340+ Spike Jump Reach)
- Great Attitude, Leadership And Discipline
- Ability To Take Responsibility During Crunch Situations.

SETTER



- Good In Setting skills, Play Maker, Fighter, Intelligent
- To execute various tempo sets with excellent footwork with Volley pass techniques to #4,3,2,& Pipe from #1&6.
- Quick Decision making to feed the ball to Spikers by deceiving the opposite Blockers.
- Serving (Accuracy & Tactical)
- Blocking (Individual & Group)
- Defence Skills with great will quality
- Communication & Teamwork
- Excellent physical fitness
- Attitude, Leadership and Discipline
- Ability to take responsibility during crunch situations.
- Ht. 190cm+ Agile Player, preferably the left hander.
- In charge Of Organizing Offence

OPPOSITE PLAYER

(Diagonal Player, All-rounder, Universal, Ace Attacker)



- Good Back row Attack From #1(Power) And very good in all the skills.
- Capable of Spiking against the group Block.
- Anticipate the sets all the time when the pass and dig is not in a comfortable zone of a setter.
- Good Jump server with Power & control (100km+)
- Solid physique (Ht.195cm+ and 350 cm+ Spike Jump reach,330+ Block jump reach)
- Great Blocking Skills at #2
- Expect the sets for all the crunch points and wins.
- Ability to take responsibility in all the situations
- Solid will quality with good attitude and discipline.

MIDDLE BLOCKER (QUICK ATTACKER)



- Ht.200+ 360+Spike Jump Reach And 340 Block Jump Reach
- Good In Blocking Skills.
- All The Time He Approaches For First Tempo Spikes.
- Good Server With Jump Float
- Good Understanding With The Defense Players
- Great Attitude, Leadership And Discipline
- Ability To Take Responsibility During Crunch Situations.

LIBERO



- Good Receiver and Digger in the team.
- Wonderful reaction ability to receive and defend the balls which come with 100+kms speed.
- Good in anticipating the ball with or without Block
- Possess a great fighting spirit to motivate the team members with acrobatic digs.
- Shows wonderful leadership qualities with passing the correct information to the players often.
- Taking responsibility in passing to create a comfortable situation to the one of the OH to free him for the attack during crunch situations.
- Capable to dig from #6&5 according to the situations
- Good setting skills to organise attacks when the setter involves in a dig.

- The Selection Committee should consider the present performance during selection trial.
- The Selection Criteria may be updated/upgraded from time to time as per demand of the volleyball game.
- The Selection committee should also consider long term target of the talented players(U-16 & U-18 Only).