|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Students | The two hand overhead pattern was used to strike/volley the ball on all 4 attempts | Body aligned and positioned under the ball | Knees and elbows bent in preparation for the volley | Hands rounded; thumbs and pointer finger make triangle without touching | Ball contacts only the finger pads | Extend arms upward on contact and follow through | Pre/Post | Overall Growth |
| Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

OVERHEAD VOLLEY

0-CRITICAL ELEMENT NOT MET 1-CRITICAL ELEMENT MET