2020 High Performance Athlete Identification Matrix

This matrix describes five (5) different stages of skill development in Canadian youth volleyball players.

Athletes will receive scores related to the stages of which the stages of depondent that best reflect their current skill level.

For all skills, evaluators are looking for the relationship between the athlete's technical execution of the skill, their ability to read and make decisions related to that skill and the produced outcome.

	Skills	What are evaluators looking for?	Proficient 5 (18U PT and YNT Standard)	Advanced 4 (17U PT Standard)	Competent 3 (16U PT Standard)	Emerging 2 (15U PT Standard)	Developing 1	
	Serving (all players)	Can the player perform different types of serves with proper technical execution and consistency? Can the player serve to different areas of the court with an agressive trajectory while avoiding mistakes? Does the player understand the tactics of serving and manage their serve based on what is happening in the game?	Player is refining all types of serves Main serve is very effective and technique is examplary Ability to serve the whole court consistently, specifically the gaps between players and open court. Trajectory is flat and agressive Serve is part of a team strategy. Can serve purposefully and tactically based on opponent's weakness and context of the game.	Player is refining standing float and consolidating jump float/spin Main serve is a very effective jump float or jump spin serve. Can perform both serves with good technique Ability to serve the whole court with some control. Trajectory is flat and agressive Can serve purposefully and tactically based on opponent's weakness and context of the game	Player is consolidating standing float serve and acquiring jump float/spin Main serve is technically sound and effective. Execution is more and more consistent Ability to serve most of the court including short. Trajectory can be aggressive but not always consistent Can serve with some purpose and starts serving tactically based on opponent's weakness and context of the game	Player is consolidating standing float serve and acquiring jump float/spin Standing float serve is technically sound. Jump float/spin technique is in acquisition stage Technique generally lacks consistency. Has success serving into the court. Less errors. Trajectory still lacks consistency. Serve is often easy to pass Serve is individual and player's skill level doesn't allow tactical serving.	Player is acquiring standing float serve Float serve technique is inconsistent Has some success serving the ball into the court. Trajectory is inconsistent and results in easy to pass serve or high mistakes Serve is individual and does not integreate into a team serving strategy. Player's skill level doesn't allow tactical serving.	
	Passing (Leftsides, liberos, middles at 15UG and 16UB)	Can the player move and pass with proper technical execution? Can the player pass balls coming at different speeds with different trajectories and ball movement through good cue reading? Can the player produce a pass trajectory that is consistently in a position to allow the setter to run a full offence?	Player is refining basic serve receive skills and consolidating advanced skills Hand/forearm pass technical execution is examplary. Spin serve passing is good. Reads the play and the ball as to produce efficient movement to the ball. passes well outside of body. Body is balanced at contact Ability to pass tactically. Transition from pass to attack is good and consistent.	on various types of serves. Acquiring spin serve passing. Reads the play and the ball as to produce efficient movement to the ball. Passes well when outside of body. Body is balanced at contact	Player is consolidating basic serve receiving skills and acquiring advanced skills Can execute hand/forearm passes with proper technique most of the time on medium to hard serves. Free ball passing is good from various positions Reads the play and the ball well but passing outside of body is still difficult. Body is sometimes unbalanced at contact. Developing ability to transition from passing to attack	Player is acquiring basic serve receive skills Technical execution of forearm and overhead pass is good but inconsistent. Reading and tracking of the serve is limiting success Difficulty passing outside of body and seam responsibility is not yet developed Can pass free balls well when little movement necessary. Inconsistent trajectory and location in serve receive	Player is acquiring basic serve receive skills Serve receive technical execution is inconsistent. Serve reading and tracking is limited. Inconsistent trajectory and location of pass on both serves and free balls	
-	Setting (Setters)	Can the setter move to the ball effectively to use their hands and adopt a stable body position at contact? Is the technical execution of the set proper? Can the player set all positions of the court with acuracy and location from varying distances? Can the player set different tempo balls to create diversified offence? Can the player make proper setting decisions based on the situation, the abilities of their attackers and the opposite team's defensive strategy?	Player is refining basic setting skills and consolidating advanced skills Moves effectively to position themselves under the ball, square to position 4. Setter is consistently in a position to jump set. Release is fast and from a consistent contact point Ability to set tempo balls to all positions of the court (front & back row set) with above average acuracy and consistency Has a strong understanding of tactical setting and how to run an effective offence. Can exploit opponent weaknesses and utilize team strengths. Has ability to see the blockers when making setting decisions.	square to position 4. Setter is in a position to jump set most of the time. Release is fast and from a consistent contact point. Ability to set tempo balls to all positions of the court (front & back row sets), from varying distances off the net with accuracy and good toxion. Has good understanding of tactical setting makes setting decisions hased on proponent weaknesses, and team	and square to position 4. Contact point is not always consistent and depends on choice of set. Setter uses the jump set regularly and is developing a fast release Can set high balls to all postions on the court in good pass scenarios. Both location and accuracy are consistent from varying distances off the net. Ability to set different tempo balls.	accuracy. Has basic understanding of tactical setting. Set location is still mainly based on quality of pass.	Player is acquiring basic setting skills. Movement is inefficient and results in unstable and inconsistent body position at contact. Technical execution of set is compromised by body position or lack of strength. Bump sets are often used Setter sets high balls. Range, acuracy and location are limited. Does not set tactically. Set location is based on quality and location of the pass.	
Technical & Tactical	Setting (non-setters, only evaluated if significant # of sets are observed)	Can the player move to the ball effectively and be stable at contact? Can the player execute a high ball set with proper technique? Are the sets consistently allowing attackers to hit multiple shots?	Player refines high ball setting skills and demonstrate certain qualities associated with setters Moves effectively to position themselves under the ball and square to position A. Can set ulsage hands and arms with exemplary technique. Reliase is clean, fast and contact point is consistent. Is able to set a hittable high ball to all positions of the court using front and back sets from varying positions on the court. Player reads situations well and makes good setting choices. Player is able to deliver a hittable tempo set when appropriate.	Player refines high ball setting skills Moves effectively to position themselves under the ball and square to position 4. Can set using hands and arms with good technique is able to set a hittable high ball to all postions of the court from varying positions on the court. Can back set a hittable high ball in certain situations. The choice of sets is consistently appropriate given the context	Player is consolidating high ball setting skills Movement is good, but body position is inconsistent at contact. Technical execution of hand set is proper. Technical execution of forearm set is inconsistent is able to set a hittable high ball in front of them to postions 2 & 4 from limited positions on the court. Back sets are inconsistent. The choice of sets is appropriate most of the time	Player is acquiring high ball setting skills Body position is unstable and irregular. The technical execution of the set is affected by body instability is able to set a hittable high ball right in front of them but the quality of the set is inconsistent Ability to back set is limited. Decision making is not developed yet.	Athlete movement is inefficient and results in unstable and inconsistent body position at contact. Technical execution of set is compromised The quality of the set is very inconsistent and doesn't allow hitters to attack aggressively. Lack of physical strength is a probable cause of thedifficulty with setting a high ball Decision making skills are not developed yet	

	Attacking (Leftsides, middles, rightsides) Does the player have a dynamic approach and technically sound hitting motion? Can the player hit to score? Can the player hit the whole court with velocity and consistency? Can the player hit the whole court with velocity and consistency? Can the player hit to score? Can the player hit the whole court with velocity and consistency? Can the player attack different types of sets from different positions?		attack with intent, accuracy and velocity. Approach is dynamic and adapted to the set. Ability to efficiently attack different types of sets from different positions on the court. Player terminates points with their attacks.		different positions on the court Athlete is able to identify and select the correct offensive		Approach and arm swing technical execution is proper and consistent. Ability to attack with velocity but inconsistent accuracy. Ability to attack different types of sets from different positions. Can use different shots but the offensive choice is not		Player acquires basic and advanced attacking skills Approach and arm swing technical execution is proper but inconsistent due to struggles with adjusting to the set. Ablility to attack with velocity highly depends on quality of set. Can attack from different positions but limited ability to hit different types of sets Can hit a limited number of shots with intent. Player struggles to identify and select the correct offensive choice based on the situation. Lack of decision making skills leads to unforced errors.		Limited ability to attack with intent or velocity. Approach is inefficient and technical execution is inconsistent. Can hit a very limited number of shots. Athlete has od difficulty identifying and selecting the correct offensive choice based on the situation. Attacks do not threaten opponent's defence and errors are frequent Limited ability to attack from different positions and hit	
	Blocking (all players except liberos)	Can the player move quickly to blocking position with good body control? Can the player produce a high, stable and agressive block (hands across the netl?Can the blocker identify the offensive choice and produce an appropriate response? Can the player execute efficient blocks in both directions with both shuffle and crossover techniques?	n, stable and agressive block ker identify the offensive response? Can the player to show this both shuffle and ques? The player can block tactically in multiple contexts and can execute a triple block. Player can move quickly and effectively in both directions. Can effectively use both shuffle and swing block (crossover) techniques. Player successfully handles overbumps and transitions out of blocking efficiently Player refines defensive skills Always in a state of readiness to defend. Reading abilities in wovement and defence technique are examplary. Ability to effectively read the opponent offense and adjust initial join? Can the player defend the ball join? Can the player defend the ball join? Can the player defend the ball context.		advan Starting position, move consistently good. Block across the net, taking op Player is able to read the sepager of the sepager of the sepager can move quick directions. Can effectivel block (crossoft Player successfully handles of the sepager of the sepage	ic blocking skills and acquiring ced skills. ment and hand action are er is high, stable with hands titions away from attacker. ets properly most of the time. ty and effectively in both y use both shuffle and swing very techniques. overbumps and transitions out g efficiently	Player is acquiring basic blocking skills Starting position, movement and hand action are good but break down in certain situations. Blocker is stable when reading the set properly. Ability to read the setter is inconsistent. Player can move in both directions and use both shuffle and swing block (crossover) techniques but with some inconsistency Player can handle overbumps but transition out of blocking is often slow		Player is acquiring basic blocking skills Starting position, movement and hand action are proper but inconsistent. Blocker is often unstable and hands do not penetrate very far across the net. Limited ability to read the setter. The player often anticipate the sets and gets caught out of position. Player can move in both directions but is not comfortable with both shuffle and swing block (crossover) techniques Player does not take advantage of overbumps and is inconsistent with transitionning out of blocking		Limited ability to identify opponents offense. Decision making is very late and often inappropriate. Blocker is unstable and hands do not penetrate across the net.	
	Defence & Ball control (All players)	Can the player read the play effectively as to position themselves in the right position to defend the ball? Can the player defend the bal high and off the net to allow a transition? Can the player defend hard hits as well as rolls and tips? Is the player in a constant state o readiness allowing them to move quickly to balls at various distances?			Constantly in a state of readiness to defend. Able to effectively read the opponent attack and move to an ideal position to create a positive contact. Regularly digs difficult attacks as well as rolls and tips. Dies are regularly high middle of court and off the net		Regularly in a state of reac the opponents offence ar most of the time. Som Often digs difficult attacks rolls and tips. Struggles a outside of body. Digs are r	s defensive skills liness to defend. Able to read and move to correct location etimes is out of position and can go to the floor to dig little bit with balls that are egularly high, off the net and ositive transition	heady position is good but inconsistent. Player starts to be able to read the opponents offence but struggles to move efficiently and is often out of position. Can dig balls that are on body but struggles with outside of body digs. Player struggles with roasing halls. Quality		identify opponents offence very well. Often out of position in defence or in movement at the time of the hit Quality of defence is very inconsistent and does not regularly lead to positive transitions. Difficulty defending	
		All in centimeters (cm)	Boys	Girls	Boys	Girls	Boys	Girls	Bovs	Girls	Boys	Girls
_	Physical Assessment	Height	199+	189+	194-198	183-188	184-193	177-182	174-183	172-176	173 & shorter	171 & shorter
Physical		Block Touch	321+	284+	311-320	276-283	300-310	271-275	290-299	265-270	289 & lower	264 & lower
Ś		Spike Touch	341+	305+	331-340	296-304	320-330	288-295	305-320	277-287	304 & lower	276 & lower
>	(All players)	Vertical (spike-reach)	91+	76+	84-90	69-75	76-83	61-68	70-75	54-60	69 & lower	53 & lower
<u>></u>		Serve Velocity (km/h)										
		Spike Velocity (km/h)										
		Agility (sec)										
Psychological	Communication	Ability to communicate openly and honesity to create a shared understanding of objectives, strategies, and to accelerate learning and development										
	Leadership Skills	Ability to empower teammates by taking ownership and responsibility to bring energy and productivity to all activites and to create a safe envirionment for others										
holo	Self-Awareness	Ability to have an accurate perception of self (e.g., awareness of his/her habits, personality traits, strengths and gaps both in and outside of sport)				The <i>Psychological</i> and <i>Life Skills</i> areas of the Volleyball Canada Athlete Development Framework are part of the High Performance Athlete Identification Matrix but are not evaluated as part of the identification process because the related skills can't be assessed by evaluators watching						
Psyc	Self-Reflection	Ability to continually identify and monitor strengths and gaps both in his/her learning and ability to perform required skills in and outside of sport										
	Resilience	Ability to identify his/her default responses to	Ability to identify his/her default responses to adversity and to develop plans to manage themselves in a competitive and professional fashion					athletes perform				

Understanding and applying sleep best practices including hours per day, naps, sleep routines, getting to sleep methods

Ability to organize and prioritize daily, weekly, monthly and yearly activities as to achieve the task necessary for one to reach his/her goals

to create balance and muscle functionality

Injury Prevention & Applying pre and post exercise routines to minimize injury and promote recovery: proper warm-up and cool down, use of rollers and balls, use of bands, ice, massage, tailored program

Nutrition & Hydration Understanding and applying nutritional foundations/education: making good food choices, meal planning, grocery shopping and reading labels, hydration, competition meals, snacks

Sleep

Time Management

Recovery

Life Skills

These skills should serve as a guide for athletes who want to develop the abilities the provincial associations and Volleyball Canada are looking for in athletes for Provincial Team and National Team programs

Other Assessments		Potential is the perceived likelyhood that a player will be successful at a higher level of the high performance pathway in the future based	The athlete's technical and tactical skills are exceptional and beyond the standards for the expected developmental level		
	High Performance	on the qualities they currently demonstrate. An athlete is perceived to have potential if they demonstrate exceptional levels of performance in one or more of the assessment areas (Technical & Tactical, Physical, Psychological, Life Skills) No coaches or evaluators can accurately predict who will actually reach higher levels of play but the following characteristics have been linked to higher chances of advancing in volleyball.	The athlete's physical abilities are exceptional and well beyond standards for the expected development level		
	Potential		The athlete's cue reading and decision making abilities are exceptional and well beyond standards for the expected development level		
			The athlete demonstrates exceptional understanding and proficiency in certain life skills and psychological skills		

^{*}The Athlete Evlaution Matrix was a collobrative project developed by a Volleyball Canada working committee that consisted of technical staff from Volleyball BC, Volleyball Alberta, Volleyball Saskatchewan, Volleyball Manitoba & Ontario Volleyball.